



Joy is essential and non-negotiable.

It isn't about being 100% happy all the time. But it is about what Germans call 'geniessen', making the most out of every single moment and being alive with all your senses.

I invite you to pay attention:

To how the sun sets in your neck of the woods and how she changes your experience of seeing colors and shapes,

To the scent of your food and the scents of your loved ones,

To the taste of a single fruit, water, or your favorite meal,

To the presence of softness or warmth in or around your body,

To the tiny sounds of life,

And to the unmovable knowing in your heart that whispers that you are a part of all
life and what you feel and sense matters.

These are the times our souls have chosen to be here.

These are the times we will walk through, together, not numbing but leaning into
our senses.

Here's a beautiful reminder and intention that we all need right now:

“Milk every moment for all the pleasure you can get from it. When you say, “It is my dominant intent to look for things that feel good today. No matter where I’m going, no matter what I’m doing, no matter who I’m doing it with, it is my dominant intent to look for what I’m wanting to see, to look for things that feel good,” and the more you develop the habit of that kind of vibration—the more the Universe understands that that’s who you are! And so, the more you have access only to those kinds of things!”

Abraham-Hicks

Here's what has been giving me lots of joy lately:

This fun daily game

This amazing uplifting service that offers pep talks from Kindergartners

This poetry book and this one

These Earthing shoes and sandals

This -great for value- electrolyte mix

This Turkish pantry staple

This chocolate pudding recipe that my whole family loves

These poufs that we filled with my daughter's plushies

With love, light, and healing wishes for all beings everywhere,

Damla

P. S.

I am supporting these two organizations who provide medical and psychological help to those affected by war.

Together Rising helps meet the most urgent needs of Ukrainian families on the

ground right now.

Voices Of Children offers psychological help to children affected by trauma in Ukraine.

Feel into them and send hope and love through your donations if they speak to you.

P. S. 2

Some conversations come into your life right when you need them most. David Brower (@thesensorialguy) and I connected for this chat before the news of yet another war. His message is simple yet powerful: use all your senses and deeply engage with life here and now through following your sensorial pleasure.

I hope you tune in and listen!

LISTEN & WATCH HERE

P. S. 3

Here are some powerful free resources for your healing journey.

Make sure to sign up to the **Chakra Bliss Party Facebook Group** for more insights and tips on living a blissful life.

Follow me on Instagram for daily energetic wound healing inspiration.

Join me on YouTube for inspirational videos and healing conversations.