



I had a lovely conversation with Julie Hilsen. Here's what she says:

'Join us as we journey into how to use clues from your soul to explore what your inner children are telling you. Damla gives me suggestions for listening to my inner child and what times of compression and heaviness can reveal. She also shares how crystals can help us align and empower our soul missions. How cool that we can have a relationship with the crystalline energy within in us and around us. More than ever we are living through challenges that help us reveal our hidden gifts and insights we would never realize without bit of soul searching and yes some tough times. We've got this! You matter.'

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