



I reached out to my friends last week as the weight of the pandemic hit me once again. I found myself longing for a face to face conversation, a long hug, a real outing at my favorite cafe, being able to travel, and seeing my family in Turkey safely. I have been having people over in my house in my dream one night and meeting with my girlfriends to enjoy their company and have a long chat the other. I reached out to one of my girlfriends who appeared in my dream and found out that she was having a heck of a day too. Then something miraculous happened. Another girlfriend texted me and said 'Damla, are you okay? I saw you in my dream last night'. And I started to cry, I let it all out. All the weight, grief, longing, sadness for what could not be and could have been. I tapped and cried. The weight in my body and my heart disappeared.

I see miracles here and there everyday, in my daughter's smile, in my clients' healing and relief, or in the song of the birds. However, It was truly special to realize that there is a dream network that connects us to each other, no matter how far

apart we may seem. I know that we will go through this and live our lives with meaning.

If the pandemic is getting to you, you are not alone. Make time to feel and release your feelings. If you need help with that **reach out to me**. I am here for you as a healer and coach.

With love and light,

Damla