

**In this video, I am sharing a recent dream guidance I received about making the world beautiful and what that means for you.** We often think that making the world beautiful requires effort. The truth is whatever you create, make, or recognize as beautiful can only be a tiny fraction of the beauty that you are. Know that your existence and presence already makes the world beautiful. You are beautiful.

**I recently took a two-day solo trip which was deeply nourishing.** You can [see my chronicles here](#).

**Here's what else has been giving me joy lately:**

[This amazing and inspiring interview about how to handle the times that we are given](#)

[This movie about intergenerational trauma, finding your own voice, and being and becoming the Healer in your family that stole my heart forever](#)

[This video all day everyday](#)

[This amazing gadget that helps me make loose leaf tea that I can drink all day](#)

[This best raw and quick dessert ever](#) (thank you Burcu!)

[This amazing vegan soup](#) (thank you Becky!)

[This yummy snack](#) and [this one](#)

[Opening up this book randomly for daily inspiration](#)

With love and light,

Damla