



This is my 7 year old daughter, also known as my guru. Yesterday we were talking about Thanksgiving. I told her I was looking forward to being invited to a friend's home and that I really didn't enjoy cooking and hosting it. She looked at me and said 'Mom, you need to say that differently. You are closing yourself up to the possibility that you might enjoy it when you host' and I looked at her thinking 'Which alien planet do you come from and how did you manage to come to Earth through my body and turn into a living, breathing, talking small person with opinions and teachings?' ?

I am humbled everyday by the amount of practice, learning, transformation and digestion that needs and continues to happen in my own life. I am so grateful for the opportunities for growing and evolving every single day including nudges from divine beings (like my daughter and **cat**) that I live with.

What are you learning today? What is making you feel humble? How has 2019 been for you? What have you learned that brought you to your knees? What do you want to take with you to 2020 and what do you want to leave behind?

As a thank you for your continuing support and loving presence, I am hosting a completely free year-end clearing meditation and healing on December 22, you can join in live or download the recording. Make sure to register below to receive the connection details.

With love and lots of gratitude,

Damla



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