



**Everything on your path serves a purpose.** On the journey of healing, it is important to pay attention to the license plates, road signs, and scenery. Life talks to you constantly and not always with words.

**Today, as you go about your day, notice what catches your eyes, ears, and senses.** Do you keep repeating a song in your head? Is there something that you see that is a symbol for you? Do you notice how your body reacts to certain people, situations, places?

**When you notice something, just breathe with it.** Just noticing all that your path offers and breathing with it is more than enough. Understanding your journey is secondary to being in it. When you are in it, you don't need to put it into words for it to make sense. Your soul already knows what to do with it.

**I am here for you if you need help deciphering what life is telling you.**

With love and light,

Damla