

In this video, I am talking about opening up to receiving more abundance, love, support, or anything else you want more of and how it relates to your physical and energetic well-being. The guidance I received for this topic is simple: you can only receive more when your container (your body and your energy system) is large and healthy enough to receive it. Otherwise anything new you add to your life (including money) will become overwhelming and really hard to digest and live with.

When we create opportunities for our nervous systems to rest and reset, we are essentially enhancing and expanding our ability to hold and receive more. Not only that, with a well-cared for nervous and energy system, you can open up to intuitively receiving creative ideas, guidance on your next few small steps, and the ability to reach out for more support physically and energetically.

Exhausted energetic systems cannot create or sustain wealth, love, or opportunities, nor can they enjoy and fully grasp the extent of the wealth, love, or opportunities they already have.

Learn more about Chakra Bliss Vault Crystal Healing Membership to clear, ground, transform, expand, and nourish your energy system with easy to access and follow crystal energy healing sessions and more.

With love and light,

Damla