Sometimes something pulls you and touches your life without you realizing the significance at the time. Pomegranates pulled me towards them just like that. I first touched a ceramic pomegranate in the Greek island Symi, not letting myself purchase it because it was ‘too expensive’, and mostly because I wasn’t ready for them then. I was mesmerized by their beauty, the satisfying weight as I held them, and the indescribable stories they held inside. Two years later, when I got back to the island, I let myself purchase a couple and a small thought formed in my head ‘what if I make them myself?’. 6 months later when I held my very first pomegranate after taking a ceramics class, I cried with joyful tears.

As I was making this pomegranate you see in the picture and others, I

dove deeply into the depths of what they represented and what they woke up in me. They represent potential, creativity, abundance, and beauty. They are like the womb, small but mighty. They are like the mind, a thousand ideas waiting to burst out of you. They are like the night sky, filled with mystery.

I couldn't have imagined then what other doors pomegranates would open for me. They re-entered my life with Tarot imagery, in the dress of the Empress, symbolizing life renewing herself. They opened up the door to the myth of Persephone, holding the wisdom of the darkness, the unknown, and the forgotten, in one tiny seed.

The last couple of months I have been writing another daily practice journal: 40 Days Of Gratitude. This time following one pomegranate seed at a time, from fruit to seed to nectar-filled flower. Gratitude is all about appreciating all seasons and layers of what it means to be a human and extracting and holding onto what matters. I am so happy to share it with you.

Find out more about how to take a soul journey to find the nectar in every layer of your life through the **40 Days Of Gratitude Journal.**

Here's where you can find my other **daily practice self-healing journals**

With love, light, and gratitude,

Damla