



My one-on-one private sessions are for self-healers and healers who want to:

Experience deeper healing of their energetic wounds,

Become aware of how their wounds may be affecting their lives and connect the dots,

Work on the areas of their life that they want to improve on,

Manage and release their stress better and more effectively,

Get unstuck and move towards feeling and being whole,

Learn to reclaim their power and establish strong and kind boundaries,

Become aware of their non-life-affirming vibrational patterns and replace them with new and life-enhancing ones,

Deeply nourish their bodies and souls,
And remember the light and love that they already are.

PRIORITIZE YOUR HEALING AND BOOK YOUR SESSION NOW



BOOK A SINGLE SESSION



BOOK A 3-SESSION PACKAGE

10% OFF for 3 sessions



BOOK A 5-SESSION PACKAGE

15% OFF for 5 sessions



BOOK A 10-SESSION PACKAGE

20% OFF for 10 sessions

Not sure where to start?



LET'S CHAT!

**Complimentary
15-Minute Video Call**

Ask me anything you need to
know about working with me to
deepen your healing

You know that you have energetic wounds when:

Life doesn't flow and you feel stuck,

There are numb parts in your body that you can't easily access,

You get reactive easily and your emotions overflow as anger, anxiety, overwhelm,
sadness or addiction,

You implode often with self-judgment, self-doubt or self-anger,

You don't know where you belong and don't feel at home anywhere you go,

Your efforts to change your life feel pointless as things don't seem to change no
matter how hard you try,

You have family and relationship issues that include resentment, anger, sadness,
anxiety or a mixture of all of the above,

Even though you are sleeping well, eating well, exercising well, you still don't feel good and OK most of the time,

And my favorite one: you aren't able to meditate no matter how hard you try.

Your Energetic Wounds Quiz

Take this quiz to discover what your energetic wounds are and how they show up in your life

[START QUIZ](#)

In my private sessions, I work with a combination of the following:

Consult: Deep listening, intuitively channeled questions, messages, imagery, and healing guidance.

Chakra Bliss Healing: Crystal healing with no touch created by Damla and intuitively channeled chakra messages.

Sound Balancing (Biofield Tuning): Working on the human biofield with tuning forks to release, understand and harmonize vibrational remnants of trauma.

EFT (Emotional Freedom Technique) Acupressure Tapping: Releasing trauma and re-patterning your body and energy system, through the activation of meridian points in your body.

Intuitive Archetypal Imagery: With the help of sense-based visualization, exploring the archetypes and stories hidden in your inner landscape.

Intuitive Tarot Reading: Using the symbolism of the Tarot cards combined with intuition, exploring your inner landscape and answers to your questions.

Intuitive Drawing: Letting your inner artist show you what is going on, what you need and exactly where you need to go. Intuitive interpretation of hidden messages and clues within your drawings.

The tools and methods I work with come from positive experiences from my own healing journey and from seeing client after client experience relief, joy and ease through them.

In this video, I am explaining what to expect in my private healing sessions. When people hear the word 'healing' they assume that it will be a silent meditative experience. While I do offer that for certain circumstances and in other formats (explained in the video), my one-on-one process as a healer is a collaborative, co-creative, interactive one where my main job is to guide and coach you in getting in touch with and healing your energetic wounds.

Here's what the healing process typically looks like when we work together

When you make the commitment to work together, your energy system will immediately bring up to the surface everything that we will address together. In other words, you and your system are in charge of exactly what we will work on.

Before you walk in or meet with me online, I tune into you and I receive guidance on what chakra areas we will work on and what tools and approach would be the most beneficial for you.

The work is a co-creative process. As an intuitive empath with clairaudience, clairvoyance, and clairsentience, I am in constant communication with all that you say to me as well as what your energy system and your highest vibrational guides and mine are telling us. I will gently guide you through discovering any connections, revelations, and points of wounding you need to love. Anything that comes up will only be visited within the safety of our healing connection as it relates to your now and as it helps with what needs healing the most now.

As a Healer, my job is to safely guide you through discovering patterns, thoughts, programming, and wounding that you may not even be aware of and that are affecting you now. Together we will create new pathways, patterns, and perspectives that will help you understand your healing journey better and connect the dots that create a soulful presence and more vitality for you now.

[Here is a blog post](#) where I explain the healing process further.

The end result (depending on what we work on) is

Increased awareness

Relief and release

Freedom from repeating wound patterns

Calmness and crystal clarity

Confirmation of and guidance for your life goals and path

Increased physical ease and comfort

Letting go of the false and limiting beliefs

A deeper connection with your body and soul

Feeling grounded

Lack of repetitive negative thoughts

Forgiveness and letting go of resentments

Honoring and understanding the gifts of your ancestors

Deeply caring for your inner child

Feeling seen, heard and understood on a deep vibrational level

Better relationships and being able to be present for your life and for the people you
love.

What my clients are saying

“Damla has become one of my most valuable allies for my healing. She is a true healer in every sense of the word. She lives and breathes her craft of healing. I can’t say it enough, Damla is simply.....the real deal.” M. V.

“Damla is an extraordinary person and healer. Long before the current world situation, it became apparent that I needed to find a long-term and committed approach to maintaining my physical, mental, emotional, and spiritual health. Young children, high-stress, C-class job, challenging family, and work relationships had all taken their toll. I was on the search for someone to partner with me to regularly address, layer by layer, both the immediate and more entrenched issues that stood in the way of my health and forward progress. One phone call with Damla and I knew I was where I was supposed to be. Over a ten-session span, working together, we were able to gain some much-needed momentum. The beautiful part of energetic healing work is that once a problem is settled, it’s like the issue never really existed in the first place. You quickly realize you have gained back far more than you thought you had lost. I highly and enthusiastically recommend Damla.” P. Johnson

“Damla is an authentic, intentional guide who is exceptional at listening (not only to what is being said, but to what isn’t being said as well), and navigating. She is like an oasis in such a noisy world.” Elizabeth B.

“I have found Damla’s sessions extremely helpful

and honestly, life-changing.” Gayle V.

“Thanks for the intensive session Friday. I feel more open, physically and emotionally. I feel myself connecting back to who I was as a child, when the world seemed magical and I felt magical. Thank you.” Laurie R.

“Thank you, Damla! Working with you has been a transformative experience. You are a wonderful and gifted healer.” J. M.

“I could feel healing, and release and so much more.” Cindy L.

“I feel as though the energy is getting lighter and freer.” Rob S.

“Just had a fire healing session with Damla Aktekin and she is truly amazing. Her insights were SPOT ON and we made some deep progress on clearing my energetic field in just the first session.” Kristin T.

“As a result of my healing session with Damla, I have continued to feel at peace and more in control of my life and day to day situations. ” Debra D.

“After my healing sessions, I felt very calm and grounded and relaxed. After the first session, I felt like old debris had been removed from my being. Like I was lighter, more buoyant and just freer. I felt inspired, creative and ignited.” Jennifer R.

FAQs

How many sessions do I need?

It depends on your energetic wounds, your time and resources, and most

importantly to your self-commitment to healing. For existing clients, seeing me once a month, once a season or even once every 6 months is enough. If you are just starting out and would like to deeply heal a particular issue or a wound, consider making a commitment for **10 sessions** at least a week apart for long-lasting, life-enhancing results. You can always start with **one session** or **chat with me** to see if we are right for each other. Please keep in mind that your system and the universe will respond to your commitment. When you commit to deeper wound healing with consistent support from me over a longer time, your healing experience will be exponentially different from committing to a single session only.

Which session or package should I start with?

When you are scheduling a single healing, you will have the opportunity to choose whether you'd like us to work with a **Consult, Chakra Bliss Healing, Sound Balancing** or a session intuitively selected and guided by me. If you have more questions about each of these, you can **book a 15-minute video call** for us to chat and I can answer your questions. Similarly, if you are not sure which package (group of sessions) to commit to, simply choose an All For You package **for 3 sessions** or **for 10 sessions**, where I will intuitively select how we will work together.

Are all your sessions available online?

All my sessions can be booked as an online video chat using the **Zoom** application.

How do I get prepared for a session?

Before the session, it is really important to be well hydrated. You can even start a couple of days before to drink lots of good quality water. Some people enjoy journaling to clarify their intentions. You can think about creating a 5-10 minute sacred pause to breathe and set a healing intention. Here's my favorite one "I am

open to all that needs to heal for my highest good to come to the surface during this session. I am open to the guidance, love, and support from Damla and my highest vibrational guides, helpers and ancestors. I release my expectations and fully embrace all of this experience as a gift. May I and all beings everywhere benefit from my healing and from the fruits of this session.”

What should I expect to experience in a session?

Body sensations, feelings or tears are common. You may notice energy shifts, tingling, cold or warm sensations, heaviness or lightness on certain body parts during the healing. Yawning, stomach gurgling or twitching are signs of energy release and movement. All of these usually resolve by the end of the session. It is important to understand that regardless of your bodily sensations, an energy shift will occur through our combined intention. I invite you to release any labeling (good or bad) or judgment of your experience and allow the session to unfold as it does.

What do I need to do after the session?

After the session, taking time to take care of yourself in any way that feels good is essential. Drinking lots of water, taking a salt bath, meditating, and letting the healing unfold on its own time and way would be helpful. In some cases, a minor detox of sensations, feelings or emotions may happen. Let them flow and observe and allow them without labeling or judging.

What if I feel vulnerable during the session?

Being vulnerable is the first step in your healing. In my healing sessions, I always intend to create a safe and judgment-free atmosphere where everything you share and we find out will be confidential. If you choose to work with me, I will guide you every step of the way. You are not alone and you will get more from looking into

your vulnerabilities than from running away from them.

Can I share a session with a friend or family member?

Sharing a session is available only for an in-person [Chakra Bliss Healing](#). [Partner Sound Balancing](#) to work on relationship patterns is available in-person or online after individual sessions for each participating party.

Can I gift a session?

Yes, you can purchase a session or a package like you would do for yourself and email me to let me know of your gift. The person who receives the gift can then schedule their own sessions [at this link](#). I'd be more than happy to send you a gift certificate if you would like one.

What is special about the Chakra Bliss Healing?

[Chakra Bliss Healing](#) is a blissful crystal chakra energy healing that was born through my own healing journey and discovering the magical qualities of the crystals. Through my personal chakra work with crystals as well as by working with clients and groups, I discovered that crystals enhance, catalyze and amplify healing intentions which allow the person to come to a higher vibrational, healthy chakra state very quickly and effectively.

Chakra Bliss Healing includes your chakra measurement, assessment, a blissful chakra healing with the hovering of my hands, intuitively selected crystals just for you, chakra balance recommendations and personal intuitive messages for each chakra and some organs. More information is [here](#).

One-on-one online video session with Zoom.

INVEST IN YOUR HEALING

What is special about the Sound Balancing?

Sound Balancing is a revolutionary method that detects the disturbances in your energy field and corrects them with the help of the purifying tones of the tuning forks. With this Biofield Tuning method, it is possible to rebalance the source of your energetic wounds without the need to delve into them.

A trauma causes an energetic disturbance in your energy field, that carry its effects through your energy system right into your physical body. Through sound balancing, it is possible to detect and re-balance energetic wounds in your field that result in changes and release in your physical system. More information is [here](#).

The session lasts one hour and can be booked anywhere online with Zoom video chat.

INVEST IN YOUR HEALING

What is special about the Consult?

Consult is a one on one meeting for bliss and transformation. We focus on one area and create a plan to change your relationship with anything that is between you and a blissful life. With personalized chakra, crystal and mantra guidance, intuitively channeled messages, energy healing, EFT Tapping, intuitive drawing and practices you can add to your life right away, you can embark on a journey of bliss.

Yoga studio owners, teachers, healers, I offer consults and recommendations on your social media presence, marketing and operations strategies, and financial sustainability planning.

More information is [here](#).

Anywhere with Zoom online chat.

INVEST IN YOUR HEALING

What is special about the Tarot Healing?

Tarot is a way to better understand your hidden patterns and waves through archetypal images, myths and stories. An intuitive Tarot reading can help you to:

- get clear about a specific question
- better understand the unconscious patterns playing themselves out
- realize your hidden potential
- open up to new ways of inspired action
- find out new ways of experiencing life and shifting your perspective
- and more

This session will give you a chance to work with a specific intent and question. You will receive an intuitive Tarot card reading from me. We will also work with crystal healing to clear anything that may be coming up in you related to your intention or question, and catalyze your intention to come into life.

[More information is here.](#)

Anywhere with Zoom online chat.

INVEST IN YOUR HEALING

What is special about the Unity Field Healing?

Unity Field Healing is a healing method discovered by Dr. John Ryan and endorsed by Kryon. I came across Dr. Ryan's work many years ago and have been following and loving it. Unity Field Healing is a series of three energy healing sessions that are meant to unite you with your soul's essence and wisdom through your quantum DNA. Your DNA has an energy field and carries infinite wisdom of your lifetimes, timelines and multidimensional existence. What these sessions help you with is bringing that infinite wisdom and awareness right here and now, and weaving your loving quantum energy (your soul's light) within your physical existence.

In session 1, you will receive an attunement that connects you to your DNA field and your quantum potential.

In session 2, you will be attuned to the Unity Field Healing geometry which helps strengthen your connection to your quantum DNA and begins to clear your DNA field.

In session 3, you will have an opportunity to access your soul's wisdom and support in realizing a healing intention.

While session 1 and 2 are energetic attunements that you only need once (although it is really special to experience them again), you can repeat session 3 as many times as you would like to.

The effect of receiving these three sessions is hard to put into words. They are best

experienced. My wish for you is to take the leap to open up your horizons and give yourself a chance to experience the beauty that these sessions can create for you.

[More information is here.](#)

You can schedule [a single healing session](#) or a [3 session package](#).

Anywhere with Zoom online chat.

INVEST IN YOUR HEALING

Can I cancel a session?

Yes. I ask for a 48-hour notice for cancelations.

Can I get a refund ?

Yes, for unused packages and single sessions you can get a refund by [contacting me](#). If you used a part of a package or didn't cancel an existing appointment within 48 hours of the appointment time, there will not be a refund.

Do my sessions expire?

Yes, sessions and packages expire 6 months after the date of purchase

Can I ask you a question that is not answered here?

Always, just [email me](#) or connect with me with a [free 15 minute chat](#).

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