

**What is the sweetness in your life that you crave, one that you're not allowing?** In this video, I am sharing a story about my Grandfather to inspire you to reach out for joy.

**What is between you and experiencing spontaneous laughter, sweetness or joy in your life?** You can [chat with me](#) to discover what energetic wounds, patterns or vibrations might be keeping you from experiencing and reaching out for sweetness.

With love and light,

Damla