



**I was so grateful to find this beautiful postcard (art by @banksy) while cleaning and organizing my notes from the last four years.** A client wrote on the other side of it:

“Damla, this postcard has been on my bedside table for many months, my invitation to myself. It feels so much to be about your healing practice to help us step out of old patterns into the world of light and new possibilities. Thank you for all that you do and share.”

**In the postcard, the little girl isn't yet aware that she is the one holding onto the umbrella of rain and suffering.** In an effort to protect herself, she is depriving herself of the healing and light that is available to her always. She has created a way of being and seeing the world through fear that masks her own tears and prevents her from exploring what she is really feeling. I feel like the majority of the time, my work as a healer is simply reminding people that it is possible for them to put down the umbrella of self-judgement, self-doubt and fear, and step into a way of existing that is light, open, and expanded, and often beyond their imagination.



**As soon as I held the postcard in my hands, I was also reminded of the Tarot card Ten of Swords.** This card shows how even in the midst of a beautiful weather and horizon, your old patterns can stab you in the back and keep you stuck. The wounded (stabbed) small self is you but you need to remember that the beautiful mountains, fields, the body of water and the limitless sky is also you. If you let it happen, you can be held, supported, taken care of, and healed by this vast and expanded part of you.

**I know that this is possible through daily healing practices and getting help from a healer for healing deeper wounds.** Please make your well-being and healing your energetic wounds a priority, and open up to existing in a new, expanded, light-hearted way.

**Find out what your energetic wounds might be (the rain and the swords) and how you can begin to heal them.**

With love and light,

Damla