Here’s my word of the year for 2019: ocean, and here’s why:

- **We are all tiny droplets of love in the ocean of the loving and kind universe.** This is the inspiration behind the name of my website and blog. We are all ‘a drop of om’ in the ocean of vibration, frequency, and beauty, aka ‘OM’ness. We all carry the ocean, ‘the OM’ within us and we are connected to it every single moment. The ocean isn’t complete without you and you can’t exist without its gentle and loving care and support. In 2019, I want to remember this more and help you do the same.
- **Salt water heals.** Yes to more baths with epsom salt, more walks at the beach, swimming more, sweating more, and yes to letting life flow through me, sometimes with tears that remind me to trust life each and every day, especially on days when I can’t make sense of the news or find myself in fear and doubt.
- **Yes to long conversations with my body**, my little ocean oasis, my saltwater crystalline temple, my home in this seemingly physical lifetime.
- **Yes to connecting with and being of service to other droplets in the ocean, the best way I can.** Even though the path isn’t always clear, yes to showing up for it with all my heart. I am so grateful to have connected with you. Thank you for trusting me and swimming in the waters of healing energetic wounds with me.

What is your word of the year and why? What are your intentions for 2019? I’d love to know. Please comment and share.

With love and light,

Damla