Remembering who you are.

Remembering that life is happening for you, not to you.

Remembering that your wounds are gifts.

Remembering that your body is your ally.

Remembering that you have been here before, in this mess, in this struggle, and you survived.

Remembering that life isn’t made up of absolutes, but complex, enchanted, beautiful combinations of duality and fluidity.

Remembering that grief has its own timeline, so
does creativity, joyfulness, rest and renewal.

Remembering that you are not your wounds, you are the light that surrounds them and that is hidden in them.

Remembering that your soul has a journey to fulfill that you may never understand with your 3D glasses.

Remembering that everyone is lost in their own struggles.

Remembering that true forgiveness can only start with
being vulnerable and forgiving yourself.

Remembering that this is all just a dream.

Remembering being.

Remembering that you are your own healer and you will attract to you all that you need to heal including tools, strategies, right-for-you healers.

Remembering that you don’t have to struggle by yourself, you can get help, support from a compassionate space-holder.

Remembering that your intention to heal will get you further than you may think

possible.

Remembering you are not alone, we are all wounded.

Remembering all that you have ever lived through have been gifts.

Remembering there is healing happening each and every moment big or small.

Remembering you are love manifested as a body.

This is what I call healing. If you need help remembering, I am here for you.

With love and light,

Damla