



It is possible to rewrite your story, your past, present, and future. When it feels like you get lost in your thoughts and reactions, consider this: you are a vibrational being and vibrations can be changed.

Just like a tuning fork gets attuned to another tuning fork, you can choose how you would like to live and allow a new pattern to overwrite the old.

Sometimes this only takes a conscious thought, like choosing gratefulness instead of regret or worry. Other times, especially if you lived in a reactionary state all your life, you might need a Healer to help you tune-up your system.

The beauty is knowing that you have the possibility and the potential to be alive in any way that you can imagine. Expand your imagination and choose where you put your attention very carefully. If you need help updating your vibration, **I am here.**

With love and light,

Damla