



Let's take a moment and salute where you are. Recognizing how far you have come. How many times you stumbled, fell down and lifted yourself back up despite everything.

Saluting your healing journey. Saluting the many layers of your being. Knowing with each layer you see, know, heal, you get another layer underneath waiting to be unfolded. Noticing the love it took to get to know each layer as well as the courage.

Making peace with stumbling. Knowing that every time you struggled, you had another chance to decide to heal. Even when it felt like you made zero progress, you were already a different person than the last time. It's like what Samuel Beckett says: "Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better."

Understanding that all of this, all that life throws at you, all that you are is part of a big beautiful, complex puzzle, with each piece, each moment so very beautiful and meaningful just as it is. Saluting where you are, with all my heart.

With love and light,

Damla