



**One of the gifts in my life is reading the chakra states of the people around me.** There is one thing in common in everyone with healthy and open chakra fields: they are happy and at ease with who they are and where they are in life regardless of their circumstances, which shows in their bodies and in their smiles.

**Anyone can have healthy chakras.** The last person I read in public with completely open chakras? The busboy at a sushi restaurant. Our waiter was completely blocked and stressed, didn't even notice my four year old daughter thanking him. But the busboy was all smiles and I could sense him elevate everyone's energy.

**So look for the smiling faces around you today. And if you want to be one, just close your eyes and whisper 'I am ok with this',** to your body, to your struggles, to your troubles over and over again, until a smile finds its way into your being.

**Wishing you a beautiful day,**

With love and light,

Damla Aktekin