**I take my healing work seriously, both for myself and everyone that I work with. Here’s why.**

**I grew up in Turkey.** When I was younger my parents, both high school teachers, would pack me and my brother in the summer to go work in my grandparents’ farm in a small village in the Northwest of Turkey. The village didn’t have running water. I remember going to the fountain at the center of the village and carrying back gallons and gallons of water to the house with my cousins, mom and aunts. The house didn’t have central heating. In the winter when we visited, we would all sit around in a tiny room heated by a big stove. The house didn’t have a septic system either. There was a little room outside with a hole on the ground that always reeked. The electricity would go off often and at nights we would sit with candlelight around the dinner table.

**My mom had to leave her village when she was very young.** She went to a

boarding school for middle school, high school and then college since there was only an elementary school in the village. It was similar for my father who came from a small village in the South of Turkey. They both became high school teachers living on a budget. I remember my mom washing our clothes by hand since we couldn't afford a washing machine. She would also sew or knit most of our clothing while I grew up.

**I remember my parents, aunts and grandparents telling stories about their parents and grandparents.** My mom's grandparents were forced to migrate to Turkey from Bulgaria and Greece due to their religious and ethnic background. My mom's grandfather was a war hero. There's an old newspaper article that mentions him carrying a huge bomb away to save the village. They would talk about the people and homes that were lost while migrating. They would talk about wars and how hard they were, how scarce food had been. They would talk about my mom's grandmother, how resilient and resourceful she was in the midst of all this and how much of an influential voice and authority she had in the family.

**When I look at where I am, living in a beautiful and comfortable house in New England in the US, doing my soul work, surrounded by people, technology and opportunities for growth and creativity, I bow to my blood line in deep infinite gratitude.** The name of my grandparents' village was 'Armağan' which means 'gift' in Turkish. It is such a gift that I got to see and live in my grandparents' village. It is such a gift that I got to hear their stories. It is such a gift that they have shown me that even with trauma, migration, wars, unthinkable tragedy, very little resources, and narrow odds, it is possible to make a good and honest life you can be proud of.

**Every time I heal myself, I know I heal them too**, because they continue to live in me and through me through my blood.

**Every time I heal someone, I can't help but heal all of us**, because we are all one big family.

**I invite you to make your energy healing a big priority, not just for you, but for everyone in your family.** I am here if you need me.

With love, light, and gratitude,

Damla

**P. S.** Join me and other amazing speakers on the Ancestral Healing Summit on February 22nd to 26th. It is a wonderful opportunity to discover what ancestral healing is for you. **GET YOUR FREE TICKET HERE**