



I would like to invite you to try out a simple practice. I call it ‘listening to the sound of joy’. Sometimes we put joy on a pedestal. Things have to be perfect for us to feel joy without any pain or struggle. It’s a lot simpler than that.

Close your eyes seated or lying down. In and around you, what do you hear? Breath by breath get super still and listen in and out with every fiber of your being. Notice what’s in, what’s out. Watch the shifts and layers in all that is in and around you. Inhale and exhale, and hear the music that your breath creates in you.

The joy is in that moment when you close your eyes and notice what it feels like being alive. There are shades and colors to our existence. There are sounds and distinct vibrations to it. And if you get really still and quiet, you can even begin to feel the song of your liver, your kidneys, your intestines, your heart. And if you open up your imagination, you can decipher how these songs and vibrations are speaking to you, communicating with you every moment of every single day. Isn’t that beautiful?

With love and light,

Damla