



**You are here. You are surviving a global pandemic. It is heavy. It is really hard.**

You are operating in a new normal. Brain fog, not being able to focus, not feeling 100% present, depression, sadness, anger, worry, and fear are here in varying degrees and getting louder every time you turn on the news. It is not just what is happening today. Everything you haven't had a chance to deal with and heal is coming up to the surface. You feel like you have used up all your energetic reserves already. You are running on empty, pushing through each day, and missing the way things were or could have been.

**Here's what I want you to know:**

**There is hope. There is love. Healing is within your reach.**

You have a life spark in you that keeps your body breathing. You don't need to know or do anything other than this: become a fierce protector of this spark of

yours. It is your job to tend to this spark, preserve it, nurture it, and help it shine brighter.

**I put together a loving and gentle energy healing container for you to do just that:**

### **Chakra Bliss Vault Energy Healing Membership**

Every month, I share three new healings to help you clear what may be in the way of shining your light. I am also sharing all my energy healing recording library in the Vault. The truth is, I created this container because I needed it. I have been feeling a strong need to be simply held in love ever since the pandemic started.

**All the healings I share are silent crystal healing sessions with a soothing music.** There is no guided meditation, no instruction other than simply being and allowing your spark to get brighter.

**This is your chance to begin to process the collective trauma of the pandemic by letting yourself be held in love and and begin to tend to your energetic wounds that the pandemic has awakened in you.**

### **INVEST IN YOUR ENERGETIC WELL-BEING NOW**

With love, light, and gratitude,

Damla