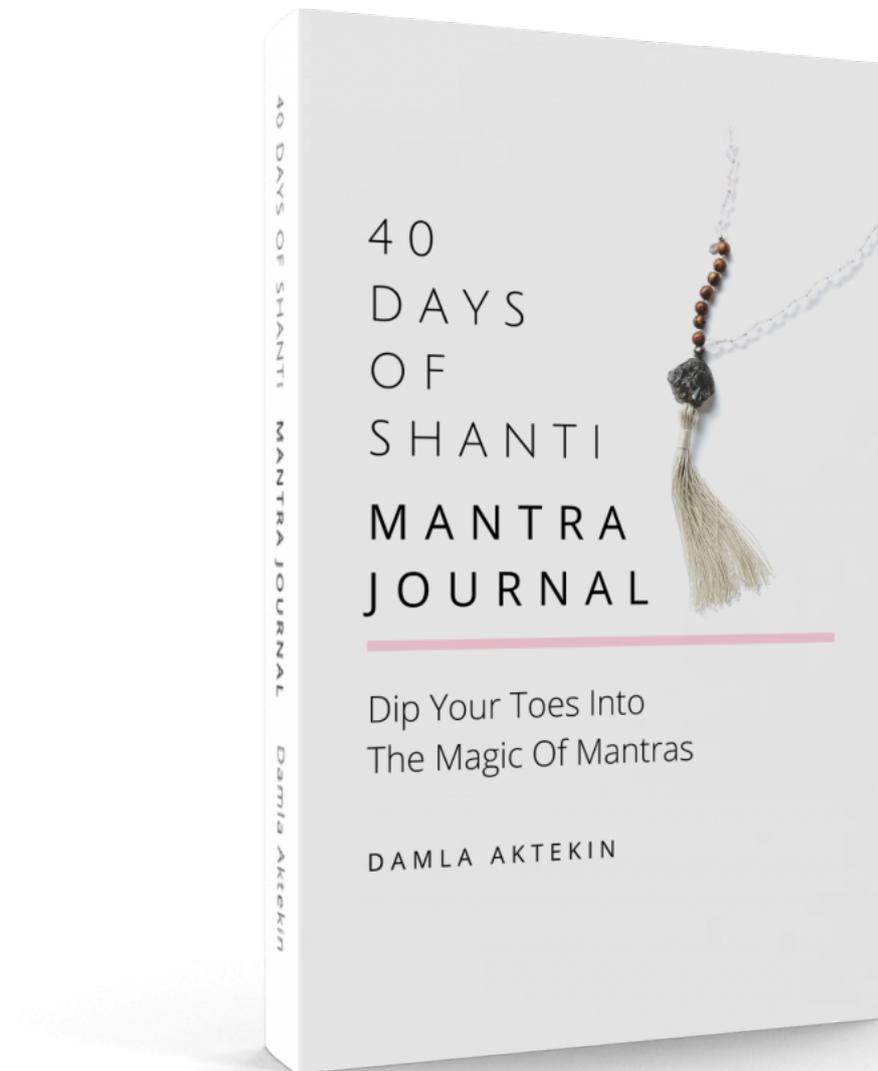


What I want to share with you

My soul project [Crystal Healing Simplified Online Course](#) is all done! I will launch it very soon with an amazing unexpected offer. But for now, [check out what it is all about.](#)

I had [a small injury that made me pause.](#) I am doing well and really appreciate all that my body does for me.

The gift of giving



40 Days of Shanti Mantra Journal is the perfect gift for anyone you know who would love to add more peace and serenity into their life.

I recently designed some **beautiful mantra-inspired physical goods** with you in mind.

They are perfect for the spiritual seeker in your life.

Check out [my all time favorite healing tools](#) and see my recommendations for crystal healing, mantra practice, body care, blue-light-filtering, oracle card decks, and more.

[Gift certificates](#) are available upon request for all my healing sessions and online courses.

Things that fill my heart

Being part of the [Voices From the Heart](#) Virtual Choir has been one of the saving graces for me during the pandemic. I love this beautiful community of 200+ women who come together to sing, share their stories, and uplift each other. Here's the song that we recorded as our year-end performance. Listen to the words with your heart and see if you can find me in the video.

Things that make me smile and (sometimes) laugh out loud

[My new favorite reality show](#)

[A giraffe drinking water](#)

[These three guinea pigs](#)

[This Instagram account](#)

My favorite comedy movies for an indoor movie date

This new gluten-free cookie recipe that I made with my daughter

What makes you smile and laugh, and what fills your heart right now?

With love, light, and blessings,

Damla