

Trust what is coming up in your life. Holding space for what comes up starts with trusting that all that is coming up for you as a struggle right now, is happening for you, not against you. **In this video**, I am sharing why it is so important to hold the intention to trust in your heart.

Even when you don't know why this struggle is in your life, you can hold space for it. When it is difficult to hold space, it is time to get help from someone you trust who is a professional space holder.

Your first 30 Minute Chakra Consult to uncover what is asking you to be seen, heard and understood is free at this link.

With love and light,

Damla