



caption for image

April is here as sweet as a cherry blossom!

How I love the sweet scent of newness in the air and the possibility of spending more time outside!

The Astrological outlook agrees with me on that. Two of the major astrological happenings this month are:

the Full Moon in Libra at 17 degrees on April 5

and the New Moon Solar Eclipse in Aries at 30 degrees on April 19

This Full Moon is a reminder to find a sweet balance between exerting yourself and taking some much needed rest. Release what weighs you down and let yourself rest in the LOVE that you are.

The New Moon is also reminding you not to burn the candle at both ends. Look deep into what your inner child and body need, and give yourself that. The Solar Eclipse is a reminder to examine what may be in the way of you shining your truest light.

So take some time to LOVE yourself some more this month!

Notice what this statement brings up in you. Are you hearing an enthusiastic YES! Or noticing some resistance? Both are ways that your inner child talks to you. The enthusiastic child is so ready to play but may need to balance it with taking care of her responsibilities. The resistant child may not be feeling up to play because her nervous system is way out of whack. She needs some nurturing, reassurance, and safety before she can play.

There are so many ways that LOVE can be a part of your life.

Listening to your inner dialog (aka inner child) is one of them.

With love and delight,

Damla

P. S.

Here are a few things that my inner child is really enjoying right now!

This lovely [core + restorative yoga flow](#)

[This song that I am obsessed with](#)

This [sugar-free snack](#) (especially the chocolate one)

This [yummy Earthy soup](#)

This [absolutely gorgeous oracle card deck](#) *

This [beautiful colored flower tea](#) *

This [awesome ball you can massage your belly or extend your upper back with](#)
*(and nope I am not pregnant, though I love myself a body/fascia extension prop!)

P. S. too

If you are new to my writing and healing work (or not), I welcome you here with open arms. My hope and intention for you is to receive the vibrational essence of my posts, each of them is a love letter channeled through me to you. Read with your whole body, let the soul message touch your heart, and allow the images, words, and stories to deeply nourish you.

Here's more [about me and my healing and becoming a Healer journey](#) .

Here are some [powerful free resources](#) for your healing journey.

Join me on [Instagram](#) , [Facebook](#) , [YouTube](#) and [TikTok](#) for inner child energetic wound healing and crystal healing inspiration.

Breathe In, Breathe Out with Krystal Jakosky

78: Healing Your Inner Child with Damla Aktekin



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I had a magical conversation with Krystal Jakosky all about deep inner child healing.

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