



It is finally Spring where I live in the East Coast of the US, and OMG it is so welcome! I am going through a spiraling growth kind of time. Things are healing in me and yet the energy is still raw, still a bit out in the open. It means that I am asked to be extra gentle with myself, extra loving, and extra allowing every single day. Seeing the nature come back to life has been a deeply welcome refuge these past few weeks.

I know the same is true for most of you. I have been meeting many of you for **intuitive readings** the last three weeks. Here's what I am seeing in myself, in my clients, and when I tune into the collective:

We are all exhausted. There's no other way to put this. Everything from the astrological winds to personal waves to unresolved trauma of generations and lifetimes is all up in the air.

You are not alone. I am feeling it too. Everyone's feeling it. This accelerated growth, life asking us to heal more, become more, and be more is real.

I am not doing a perfect job, neither are you, and that's OK. You are not asked to be perfect at this time. You are asked to be with it. You are asked to shower and make breakfast and care for your loved ones and keep showing up day after day with love to all the parts in you and in our collective that are broken.

You are asked to discern who and what you give your attention to, who or what drains your energy or uplifts it. You are asked to hold a cutting sword in your hands, always ready to cut what needs to you, place a boundary around what needs healing and distance, and welcome what needs to come into your life.

You are asked to deepen the way you do things, say things, and know things. You are asked to do more than just what the day asks you but to do it with your entire embodied being, your heart, gut, and everything in between. You are asked to more deeply be here now.

You are asked to know the actual story. There's more happening behind the seeming disfunction of your life and the world. There's a deeper story here of karmic, multidimensional, ancestral healing, reckoning with what's not working, and what is wanting to come in as new life. There's more to all of it.

Love is the key. Love your nervous system, your body, and your laughter. Love deeper and better and in more expanded ways. Love despite not knowing what will happen next. Love with all your being. Love like a mighty lion and be fierce with your love like the Goddess Sekhmet.

Love like your life depends on it, because it does.

With love,

Damla

P. S. Here's what I am loving lately

This extraordinary music and performance that explains how I am feeling now

This incredible short movie narrated by a good friend that everyone needs to watch

This snack that reminds me of a childhood snack *

This wonderful Tarot Deck that combines elemental Astrology and Tarot*

This amazing salad that is so yummy and healthy

This album, which according to **research**, has a greater ability to induce relaxation than having a cup of tea, going for a walk and playing video games. It is even **used before surgery** and 'is as beneficial for a patient's nerves as medication'.

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, and YouTube for inner child energetic wound healing and crystal healing inspiration.

*affiliate link