



The main premise of my work as a Healer is to be ok with what is and help other people do the same. Yet I can easily tell you that it is close to impossible to be ok with what was, is and may be, all the time.

What then are we supposed to do when we are not ok with what is? When the pain, the struggle, the overwhelm is weighing us down. When to do's, worries, uncertainties keep piling up on our shoulders and hearts. When it feels impossible to not replay the hurts and bruises we got in life over and over in our heads.

First, pause and remember that you are breathing. Your breath means that there's hope for reclaiming your OK'ness.

Second, do what you can. Focus on the simple task of nourishing yourself that day, with an appreciated cup of tea, finding inspiration in art or writing, or perhaps a walk outdoors. Take action on what you can, in whatever way that you can.

Third, begin a dialog with your discomfort. Being OK with what is, was and what may be, begins with the simple step of asking your discomfort why it is here and what it needs you to let go, be, shift or become. You may get an answer or not. But the huge opportunity is for you to start a dialog with whatever is not working or not settling in your life.

Chances are it may not ever settle or go away. That would mean you'll be with each other for a long time. While still striving to move towards balance and ease, you might as well get to know the not-OK-ness and make friends with it. Perhaps all that huge discomfort and uneasy feelings need are being heard and seen. Perhaps

the dialog itself opens doors for you to discover hidden parts of yourself. Perhaps it lets you get in touch with the compassion you carry in your heart. Perhaps, this listening in and talking to all aspects of yourself and your life becomes one of the greatest joys of your life. In any case, I can tell you from experience, it is totally worth it.

With love and light,

Damla