Here’s what I would like you to know about choosing a healer. What matters most isn’t how their website looks or their impressive credentials or their price. What matters most is whether this person is right for you to work with right now. The only way to know that is by following and trusting the signs of your intuition.

The most important thing is the body sensation you get when you encounter them or their work. Your intuition knows if this is the right person for you. Trust your body to communicate your intuition to you with your bodily sensations. View their work online and watch your body and emotions. If possible, meet them and do the same. That will tell you all you need to know whether to work with a healer or not.

If you would like some left brain focused strategies to choose your healer, here they are:

- Read their bio and look for years of experience.
- Look for an indication that what they do isn’t just a hobby for them. It is their full-

time job, their life's work, their calling, and they are full-heartedly dedicated to it.
- Read their reviews.
- Notice the ways they have made it easy for you to understand and register for what they offer.
- Sign up to their newsletter and watch what they share for a few weeks to get a better sense of what they are about.
- Make a list of all your questions and write to them or meet with them to get answers.

If you are still not sure, ask for a clear sign. Ask for a dream, a note from the universe, or consult your pendulum or do muscle testing (if not sure how to do both see my intuition online course on how to use them to get in touch with your intuition). The thing with clear signs is that once you get them, you need to act on them.

Please don't delay your healing. It matters that you breathe easily and your life flows much more freely. It doesn't have to be me, find any healer that you know can help you and start to work with them. You can listen to my podcast Conversations With Healers to see if you resonate with anybody.

Always keep in mind that all healing is self-healing. When choosing a healer you are choosing someone to embody and mirror your own inner healer. Choose wisely!

If you'd like to find out how I can help you start and deepen healing your energetic wounds, let's chat.

With love and light,

Damla