



**Stress is a constant companion in our lives.** Yet it takes a toll. We all have some tools or strategies to deal with it. But it keeps coming back to haunt us. Part of the reason is the way our lives are set up. Through our work, relationships, and environment, we are constantly bombarded by stress.

**As a healer, I am more interested in the other reason: what's underneath the stress?** Which wound is replaying itself every time you get stressed? What strategies that you downloaded from your family or formulated in your early years are no longer helping? And most importantly, are you able to decipher when your stress points you to what in your physical and emotional life needs tending to?

**More often than not it is not just the wound energy that needs to be neutralized but also how you deal with it.** What strategy have you picked up from your parents, teachers or grandparents that is no longer serving you? What can you change about the way you handle life to not use up all your energy resources? How can you shift your perspective not only for your wounds but also for what you assume cannot be changed (aka your strategies and patterns)?

**Here's what happens when you tend to the wound underneath: suddenly what seems stressful doesn't affect you the same way.** You find yourself more resourceful and a lot more present to be able to deal with whatever life throws at you. With an increased capacity for presence, you are able to see the patterns that come up to the surface. You can then choose a new pattern, a new strategy, a new way to better handle your reality.

With love and light,

Damla