



**When life asks you to run a marathon,** you breathe and you preserve your energy.

**You pay attention to what's good for you and what's not so good.** You decide to keep, enhance, build on the good and leave, release, and forgive the not-so-good. You decide what is true and needed for you, what makes the most sense.

**You believe in your ability to run the course.** You become your own cheerleader. And you ask others to support and cheer you.

**You take the time to slow your pace when you run out of breath.** You remember that breaks are as precious and needed as sprints.

**You become what the road, the time, the run asks you to become.** You leave your pride and ego out the door and do your best. You dig deep to find the medicine in you and the gifts of your ancestors.

**You celebrate every little victory, every little step, every little sweat.** You add humor, lightness, laughter to the mix.

**You stay gentle and kind to others and to yourself.** You take it one step, one breath, one road post at a time. And you keep breathing, practicing, forgiving, starting over, and putting one foot in front of the other.

With love, light, and gratitude,

Damla

**P. S. If you feel like you need some gentle energetic support,** check out my [recorded and live online healing sessions](#). They are super affordable and wonderful excuses to catch your breath during this global marathon.