Who and what you are is LOVE.

Who and what you are cannot be broken, hidden, or tempered with.

What you lived through, live through, and will live through won’t change it.

What happened, happens, and will happen to you can’t change it.

This simple fact connects you to all beings, who are also made up of love.

Crystals, animal realm, plants, sunlight, moonlight, and starlight are all love.

When you stop to consider what this all means, it is simple: **you get to experience LOVE through being you and through everything and every being around you.**

Whatever doesn’t feel like LOVE, is an invitation for you to look even deeper to realize the truth. **The truth is, in the times that you struggle, all you need to do is re-source yourself to rest in the LOVE that you already are and everything already is.**

With LOVE,

Damla

P. S.

My word of the year for 2023 is LOVE. I would love to find out yours! Comment on this post to let me know.

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