



This is a question that has come up lately and it is an important one. Here's why I choose to charge money in exchange for my healing services.

I am not an endless resource. I am a renewable one but holding healing space takes time, an incredible amount of energy, and resources from my own being. Anytime I make contact with an individual or a group for a healing or coaching session, I need to get ready in advance and take some time to tend to my needs afterward.

There is a tremendous amount of soul work, practice, and experience behind what I do. Countless hours of self-practice as well as working with individuals and groups. Countless hours of dedicated study on doing what I do including reading, training, attending workshops, contemplating, etc. You are not just paying for an hour with me, you are paying for what I bring to the table as an experienced intuitive soul coach and healer.

My time is valuable, so is yours. Your monetary investment shows me that you are dedicated to your healing as I am dedicated to holding space for you. It means you'll show up when you make an appointment (and you'll expect the same from me). It means that when we get together for a session we are both present and willing to do our best. I used to offer my [30 Minute Chakra Consult](#) for free. It was incredibly frustrating for me in the times that I would show up fully ready with an initial chakra reading done for someone, and they wouldn't even show up! I strongly feel that a monetary investment is a way to honor each other's time and help people prioritize my time and theirs.

I don't need or want your karmic debt. There needs to be an energetic exchange where each party is giving and each party is receiving in a way that feels fair and just to both. Period. I have had transitions in the past that didn't involve money. I had a client who used to pay me with the free-range eggs from her chickens, which I loved since I knew how much effort she spent loving and caring for those chickens. I have had people distribute my marketing materials in exchange for healing sessions. That said, I find that a monetary transaction is much easier to handle and keep track of for both parties.

It is not sustainable for my small business to not charge. I do love offering free resources and often ([find them here](#)) but I can't keep my business running or thriving, or tend to my and my family's needs without charging the worth of what I do.

You are paying for the transformation you are intending to go through. My job is to be the embodiment and mirror of your inner healer. When you invest in a

bigger transformation (like getting a **5 or 10 session package**), it means that you are dedicating more time, energy, and resources (which include money) into your healing. You will experience much bigger, long-lasting, and life-changing shifts and transformation. Often the shift begins to happen the moment you invest in a deeper and longer healing work because by doing that you show the universe that you are ready, willing, and able to go through this soul work and change your life. The universe knows how to listen to your actions. And yes that includes taking a leap of faith and investing in your healing in a bigger monetary way.

In the past, I have given free sessions when I felt that the person and the situation they were in granted it. I continue to offer free resources, discounts, and scholarships to my online courses and programs when I am guided to. (Hint: continue to **follow my email newsletters to hear about my discounts and scholarship offers**). When I do offer free resources, services, and discounts I fully trust the universe to compensate me in her own way. However, in the cases that I am guided to give freely of my time as a healer two things need to be present: I need to have an excess amount of time and energy handy to be able to honor the healing, AND I need to know in my gut that this person isn't playing a victim and that they are really invested in their healing, they will show up and do the work and not expect me to be their savior. If these two conditions aren't present it isn't fair to me or to the other person to collaborate for their healing. I can tell you right now that my time and energy while going through a pandemic are extremely precious and limited, and I am not currently available to offer any free healing sessions.

You are not limited by what is in your bank account. Ask for resources, signs, signals, guidance to show up for you on helping you decide whether to invest in

your healing. The caveat is when they do offer you guidance and direct you to resources you didn't realize you had, you need to take action quickly. Like when you meet three people on the street who tell you about me or you are deeply touched by an email I wrote or you find my business card at the bottom of a drawer all of a sudden or you get a sum of money that came out of nowhere, it is a sign for you book your session with me already! I have also seen people get creative when they decided to commit to their healing, asking for loans from family and friends, reducing an expense to make space for healing, or taking on additional work to create the resources they need.

Lower prices don't mean less of a transformation. It means you are getting less attention and time commitment from me. You can still get a huge healing benefit from my [online courses](#) and [online group healing sessions](#). It simply means you need to be ready to commit and do the self-healing work by yourself. The group healings let you share my healing attention with others allowing a lower price point and can work wonders if you come in with an intention to put in your wholehearted presence and openness.

You also have access to a tremendous amount of free resources. Please don't be fooled by the label "free". Each of the freebies I share holds a key to your healing. I have had people achieve a tremendous amount of physical and emotional relief just by using the Allowing Life To Flow free tapping meditation daily. The internet is an amazing resource for you. You can start with the people I interview on [Conversations With Healers Podcast](#) and immerse yourself in their free resources.

My point is please start somewhere! Start where you can and don't get hung

up on the pricing or let it stop you from reaching for your healing. [Let's chat](#) to figure out if I can help you start or deepen your healing.

With love, light, and gratitude,

Damla