

INTERVIEW QUESTIONS

I am looking forward to collaborating with you and co-creating an amazing conversation. Here are some sample questions to inspire you. I am open to all other loving questions that will come through you during our conversation.

With love, light, and gratitude,
Damla Aktekin

Healing Energetic Wounds

- What are energetic wounds and how do we know that we have them?
- What is your energetic wound discovering and healing story?
- How do energetic wounds feel in the body?
- When the body speaks, how do we listen?
- When we are dealing with a physical issue, what can we do energetically to address the root causes?
- Are energetic wounds static and unchanging, or dynamic and evolving?
- How do we heal energetic wounds? What three actions can we take to begin to heal our energetic wounds?
- Do we have dominant wounds?
- What's next for you? What creative project and spiritual goal do you have in mind next?

The Magic Of Daily Self-Healing Practices

- What are some daily practices that can help us move towards healing our energetic wounds?
- What is so magical about cultivating daily healing practices?
- When we feel lost in the midst of our struggle what do we need to remember?
- What is so special about daily crystal healing and your Crystal Healing Journal?
- What is so special about daily mantra practice and your 40 Days of Shanti Mantra Journal?
- What is so special about daily gratitude practice and your 40 Days of Gratitude Journal?
- How can we deepen our gratitude practice so that it is much more than just listing a few things on a page?
- What does the myth of the Goddess Persephone teach us about gratitude?
- What does it mean to find the nectar in everything?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Crystal Healing

- How did crystal healing come into your life?
- What is crystal healing?
- What paradigm or perspective shift has healing with crystals given you?
- What can crystal healing and meditation do for people?
- What do you need to get started with healing and meditating with crystals?

- What are some of the myths -from your perspective- about healing and meditating with crystals?
- Who would benefit most from crystal healing?
- Why is your course and approach unique and different than others?
- What does crystal healing meditation do that is different than other meditations?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Mantra Meditation and Practice

- How did mantra meditation practice enter your life?
- What is so special about mantras?
- How does mantra practice create lasting change and shifts in our lives?
- How do we choose what mantra to practice?
- Why is it important to take time for daily practice?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Emotional Freedom Technique (EFT) Tapping

- What is EFT Tapping and how can it help us with healing our energetic wounds?
- How did EFT tapping enter your life?
- Who does tapping benefit the most?
- Is there an age limit for tapping?
- Can you give examples of how EFT tapping can be used as emergency energetic care?
- Can you give examples of how EFT tapping can be used for energetic repatterning?
- What does your online course Introduction To EFT Tapping cover?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Tending To Our Needs

- What are the layers of our needs?
- Why do we need to listen to and tend to our needs daily?
- In what ways the needs of our bodies, inner children, ancestors and the cosmos show up here in the now?
- How do we know that we have needs?
- Why is it so important to name a need, even if you can't get to meeting it right away?
- When should you get help with meeting your needs?
- How do you name, prioritize and tend to your needs with or without help?
- Why is it so important to tend to energetic needs?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Creative Process And Writing

- What is your creative process like?
- How does intuition play into your creativity?

- What do you do when you run into creative blocks?
- What is the main purpose of your creativity and your writing?
- What is next for you in your creative and writing journey?

Chakra Healing

- What are chakras?
- Do the same issues show up in the same chakras for everybody?
- What can chakra symbology teach us?
- Why do you feel that chakra healing needs to be unique to each individual rather than a generalized approach?
- How do we know if our chakras are functioning properly?
- What's next for you? What creative project and spiritual goal do you have in mind next?

Online Business

- What is your online business story?
- What practices have you found most useful for running your online business?
- What avenues of soul growth has your business opened up for you?
- How do you manage uncertainty in your business?
- How does your intuition guide your business and decision making?
- What did it take for you to find and develop your calling?
- What are the key components of creating a life and a business you are absolutely in love with?
- What do you recommend other healers who are on a journey to discover their own calling and create an online business?
- What is next for you and your business?