



I went to the dentist for teeth cleaning this week. We were making small talk and she told me she is interested in crystals. When I told her that our teeth are crystals since they are made up of 65% or more minerals, she said that she'd never considered that.

So let me tell it to you out loud one more time: you are a crystalline being made up of -mostly- liquid crystals. Your physical body is a dynamic crystalline quantum structure. You absorb, cohere, transmit electrical information and subtle energy just like crystals.

What will you let your being absorb today? What will you choose to take in including food, information, and drinks? What will you choose to shine out today?

With love and light,

Damla

P. S.

Here are some **powerful free resources** for your healing journey.

Join me on Instagram, Facebook, YouTube and TikTok for energetic wound healing inspiration.