



**I want you to know that you are magic.**

**From the outside what may be occurring in a healing session may look like magic.** As soon as I go into your field (usually just by thinking of you), I may tell you where your wounds are and as we dive in deeper together, I'll tell you exactly what age they happened to you and who was involved and what they were feeling, saying or not saying at the time, and even though what happened when you were born, then at age 4, 15 and 28 seemingly may have nothing to do with each other or with what you are going through right now, we'll soon discover that they have been related all along and it all makes sense in an unusual, magnetic, poetic, weird and fantastic way. And as we name the things that need to be seen, heard and understood, they lose their hold on you and suddenly possibilities, space, and breathing room open up in your chest, throat, heart, or wherever you needed life force the most.

**Here's the truth: you are the magic allowing things, energies, and patterns that you have been carrying to get untangled.** Showing up at my doorstep with courage despite having gone through hell and perhaps still going through it. Holding out hope for healing and gathering all your dignity, your will for and faith in life even though it has been hard. Putting your trust in me and this thing that we do together to uplift, transform, and add sparkles back into your existence.

**I am in service to you for as long as I can.** I bow to you and your courage for going on a journey with me by trusting your intuition and nourishing your hope that life will be and can be better, that you can feel better and lighter.

**And if we haven't worked together yet and you are still unsure of how to begin untangling your energetic wounds by yourself, or with me or somebody else holding the space for you, all you need is the decision to trust your own soul to light the way and be open to being amazed and surprised every step of the way.**

With love and light,

Damla