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Damien Wynne – In Conversation with the Healer about Determinism, Facebook, and why sometimes playing Lego is the best Spiritual Practice

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The first time I met Damien Wynne was last December for my very first Lightgrids- healing session. I knew a little about what Damien did before I attended my first ‘seminar’ with him, but little did I know, how – or how much – he would change my life. Amongst lots of emotions – tears, tension, and relief – I think Damien Wynne opened my heart in a way I could have never previously imagined. It was a heart I didn’t know I had before I attended his healing weekend – a heart that was so full of love even for people who mistreated me, and that was so unbelievably thankful for everything in my life. I personally believe, through Damien’s guidance (he will always tell you it’s not him, but it’s you that is healing yourself :)), my heart became the heart that could attract somebody as loving and wonderful as my boyfriend into my life, the heart that could forgive my father and the heart that could meet every person in the whole world with a smile. I needn’t say that the first thought I had when I left the room that cold December Sunday was ‘When can I attend the next session?’. So, as you can imagine, when I got the chance to become a Lightgrids-practitioner myself this Summer and even have a chat with one of my biggest idols, I

immediately thought: YOU ALL HAVE TO HEAR THIS! So I hope you enjoy this wonderful and perhaps, in places, surprising interview. Let me just tell you this, a healer also has a glass of red wine once in a while

ME: Damien, thank you so much for taking the time to talk to me today. I have been looking forward to this all weekend. Perhaps you want to start by explaining to my [youngsexyspiritual.com](#) readers what you do.

DAMIEN: (*chuckles and smiles*) Of course. Well, my name is Damien Wynne. I’ve been on this path for the last 14 years now. I was in the business world, but had a spiritual awakening through another healer who worked with me and which opened my heart and allowed me to see a lot of gifts that I had within me, but that I hadn’t used before. I think ever since then, I have been trying to develop these gifts.

ME: How would you describe the work you do with us (attendees of his healing weekends)?

DAMIEN: It’s basically all about finding who you really are without the imprint or influence of your parents or society. Energetically speaking, for example, it can often happen that the parent has taken your partner seat. (Look [HERE](#) for further explanation of what ‘seats’ mean in this context) Now, if somebody comes into your life, they will feel like there is no space for them simply because they can feel that energy of your life partner seat is already occupied. What we do here is to ‘clean’ the family seats so that you can be just you.

ME: Yes, I've had to do some work of that myself (smiles). But coming back to you: From the last 3 days I gathered that you work a lot with past lives. What about a person who finds it difficult to believe in past lives: do you think they will still be able to improve their life in the same way?

DAMIEN: Well, it's funny that you say that, because I didn't believe in past lives myself fourteen years ago until somebody worked on me making use of information from my past lives. I suddenly realised my current relationship reflected exactly the relationship I had in a previous life and only going into my past life, I could transform my current relationship. Or another example, whenever I went towards the edge of a cliff, I could see myself falling. That is simply, because my soul still had that information stored from the life where I died being pushed off a cliff. For me, a lot of topics that are present in my life right now simply just couldn't be solved unless I went back to a previous life.

ME: Yes, I think I have a lot of these emotions, too. I think this topic also opens up another topic that is very dear to me and that's determinism. I think all of us ask ourselves: "What's our purpose?" Then sometimes you hear that, just because 95% of our mind is the subconscious (and thus mainly inaccessible to us) and only 5% consciousness, we don't necessarily have a free will at all. What is your view on this?

DAMIEN: Well, I learnt through a friend of mine, who's a clairvoyant, that I indeed had an effect on my future in the sense that if I changed my belief system, I could also change my life. So, I could see that there were certain belief systems that I took over from my mother that affected my life but when I changed my belief systems, my life, my now and my relationship with my partner changed, too. There may be a lot of systems that dominate us from past lives and this life when we are unconscious to them, but we have the free will to change this information! We are not victims of our DNA, we can change the DNA and therefore change our lives. And these days, there are a lot of ways that we can do this.

ME: Well now, that is wonderful news to everybody! (We both laugh) I guess the hard thing here is that people have to come to that realisation that they are responsible for their life situation. Which may be hard for people who have just lost everything – their house, their wife, their job...

DAMIEN: Well, yes. The system attracts what's in the system. But the moment you become aware of it, there are many ways in which you can give this information back to where it came from – whether that is your parents or anybody in this life or your previous lives.

ME: Nobody's lost, that's wonderful to hear. But I know from experience that it is very difficult to become aware of this in the first place. All the numbing that's out there – from TV to alcohol to drugs to any other entertainment. You really have to sit down and face your stuff, right?

DAMIEN: Yes, definitely. But also important, and what I found was true for myself, is the question who are you living your life for? I had the home, the car, the everything, but I wasn't happy. I wasn't doing it for myself. My spirit wasn't enriched. I recognise this in a lot of very wealthy people – they have everything but are still unsatisfied. Why? Because they are doing it for their father's love, their father's approval or someone else's approval. Now, if you can connect what you're doing (even the same job) with you (*and thereby make it your responsibility*), that is already a step to enriching your soul.

ME: Talking about enriching your soul, what do you think the 'average Joe' can do to increase their energetic frequency? (the higher your energetic frequency, the happier you are and the more good things you attract)

DAMIEN: When you say 'Average Joe', I immediately think of somebody who has taken on a lot of belief systems from society. They're not really being themselves, which in most cases leads to depression. What I would recommend is just doing a hobby that allows you to be in the now. I, for example, did horse riding. But really, setting time aside for a hobby, something your inner child would love (click [HERE](#) for further explanation on the inner child) will do great things. Really ask your inner child: "What do you want?"

ME: I guess the answer of many here would be to say: "I'm too busy", "I don't deserve to be happy"...

DAMIEN: But it's huge. Connecting to your inner child will bring the joy back into your life.

ME: I guess it's just as if you had this happy, content, joyful little child and told it you have no time for it, it's no use to you and you don't want to have it in your life. That sounds like awful parenting (laughs). I mean, I have been working with my inner child for a while now...

DAMIEN: There are a lot of ways in which you can imagine your inner child. Some call it the 'little me', or imagine it as a little baby they take care of. What matters is that you allow the child to be the child, you allow it to have all the emotions it has. You want to take care of it. Then the relationship will grow.

ME: Now, I have to admit, my next question is a bit on the pragmatic, banal side. Things like electronics – phones or laptops – or alcohol: what kind of effect do they have on our energetic frequency?

DAMIEN: I mean if you're talking about surveys that say you shouldn't have your phone next to you when you sleep, ok, don't focus too much on it, because that just puts the energy in the wrong direction. Be pragmatic about it, but don't put too much energy into it. Technology on the whole is great, the digital age is great. The younger population has huge advantages over our generation with the digital age opening up a new matrix, but what I would say is that what your generation has to be careful about is not to miss the inter-human interaction – not to substitute all conversations with humans with texts and emails. Or let's say for example Facebook: who is really your friend? You post a great, happy picture on Facebook, but are actually unhappy. Now, inter-human communication allows your friend to ask you: "What's wrong? How can I help you?" That is often missing in today's social media culture. Connecting emotionally is made difficult through this facade that you are creating on your public profile.

ME: I'm guessing that alcohol is the same as the phones, then in terms of its distractive power?

DAMIEN: Well, I mean in Ireland (*Damien is an Irishman*) it is too much in the system, as everybody knows (laughs). It is usually used as a suppressant, especially suppressing fears. I guess the thing here is to be mindful about why you're consuming alcohol.

ME: Now, that's wonderful to hear that I can still enjoy my glass of wine (laughs).

DAMIEN: (laughs, too) Well, I do, too.

ME: (Smiles). Coming back to a more basic question. Do you think there is something like a most destructive or most constructive energy? Like...(Damien at this point finishes my sentence for me)

DAMIEN: The Media!!! (*We both laugh*) Constructive I would say love, thankfulness, experience, support amongst humans. Sometimes we don't even realise the amount of negativity the media brings into our life. They report all negativity. But even in the war zones there is some beautiful information that is simply not broadcast.

ME: I'm guessing then internet is something that gives you the chance to filter your information.

DAMIEN: Absolutely.

ME: (hesitantly) Now, I promise there are just two more little questions I have for you, promise!

DAMIEN: Go ahead (*smiles*).

ME: You being an energetic healer and the fact that you can see what happens to a human energetically, I have to ask you this question:

How important do you think meditation is?

DAMIEN: Well, I have to admit, I don't do it that often. *(laughs)* I feel like such a hypocrite. It's important, but really there are many activities that count as meditation, even something as basic as doing sports, having fun.

ME: Have fun! That's a great prescription. Is that also something that you would tell my young readers as your greatest life advice?

DAMIEN: Yes, definitely. Play. Your childhood in this society is often short enough. From what I perceive is that a lot of teenagers now missed their childhood and their innocence and often went straight from the little girl to the teenager dressing up with makeup. Finding the innocence and the curiosity of the child again and just having fun and being yourself, really, I think that is very important. Get some lego out, get an ice cream, just do what the little you would enjoy doing.

ME: Perhaps that also answers my last question...if you had the power to make this happen, that there was one thing that every single person in the whole world could understand and practice from this very moment on and forever, what would it be?

DAMIEN: *(doesn't hesitate for a second)* Everything's inside you. Everything that you need is inside you and it is only a matter of listening and trusting what's in your heart. And really to trust that uniqueness, including what we perceive as flaws, is wonderful.

ME: That's beautiful, Damien. Thank you so much for talking to me today. And thank you so much for this great weekend. I feel so complete and whole. Thank you.

DAMIEN: Thank you to you also. It was great speaking to you. And good luck with youngsexyspiritual.com.

Well, well dear youngsexyspiritual readers. I hope you enjoyed this Damien Wynne interview. If you want to find out more about the healer go to damien-wynne.de. He does amazing tours all over the place – from Barcelona to New York. No doubt, I'll try and get a place for one again, soon.

Lots of Love and as ever please follow youngsexyspiritual.com, let me know how you like the material and message me if you have any questions under youngsexyspiritual@gmail.com

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