



Love Inspiration

Learn • Heal • Awaken

## POST-HEALING INFORMATION (IN-PERSON HEALING SESSIONS)

**Thankyou** for receiving a healing session. We hope your session was relaxing and beneficial for you and that you continue to receive lasting benefits from the energetic changes that have taken place within your energy field. As your body has now received a range of uplifting and healing energies, it is important to note the following post-healing information:

1. **Water:** It is very important that you drink plenty of water in the 24 hours immediately after your session. This is so that your body can flush out any toxins or wastes that have been purged out of your body during and after the session. For best results, try to keep the water intake up for another consecutive two days if possible.



2. **Changes:** As old or unwanted energies shift from within, you may experience any of the following over the next few days:

- Nothing at all (and that's perfectly fine and normal!)
- Tiredness, sometimes feeling like you've 'been hit by a bus'. (This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.)
- An abundance of energy. (Although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself).
- Spontaneous feelings and emotions; crying, sadness, happiness etc. (Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal).
- Tingling sensations over your body. (This is simply the energy moving and balancing out within your body after the healing work).
- A change in bowel / urine motions.
- For women, menstrual cycles may be slightly affected.
- A change in diet, either eating less or more – or wanting different foods.
- Changes in thought patterns & perspectives. (When healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge).



