
POST-HEALING INFORMATION

(IN-PERSON HEALING SESSIONS)

Thank you 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).



3. **Grounding:** Sometimes after a healing session (immediately, or in days to come) you may experience what is called being “ungrounded”. This simply means that your energy is not earthed and you may experience sensations such as feeling ‘floaty’ or ‘airy-fairy’, being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite ‘with it’.

There are some simple remedies for this including:

- ♥ walking barefoot on the earth/grass,
- ♥ digging in the garden with a spade
- ♥ hugging a tree (yes it really works!)
- ♥ or the following grounding exercise:



Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly ‘rooted’ in the earth. Feel your energy change as you draw up the earth’s energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time you feel you need it.



Healing Occurs In Layers,
Similar To Peeling An Onion One
Layer At A Time

Overall it is important to note that these sensations are temporary and are very normal after a healing session. Your body is simply purging out what it needs to in order to make space for new wonderful energy to take its place. So please be patient and let your body do what it needs to do. If you feel tired, then rest. If you feel hungry, then eat. If you feel like crying, then cry.

As healing occurs in layers, it is important to understand that although one session certainly begins the healing process, you may wish to continue healing deeper layers by attending more sessions should you feel that this is necessary.

If you would like more information about [the healing crisis](#), please click on the link.

We thank you again for sharing this healing experience with us and we look forward to seeing you again with love & light!

Thank you for receiving a healing session!

