



So My Session is Over, Now What?

a Guide to Post Session Expectations

Chances are whatever issue(s) that were worked on during your session, they have been building and compounding over many years. It's important to realize that a resolution will not necessarily happen on one session. Take time to do at least three sessions no more than five days apart.

One thing to know is that the outcome of each session and each person is different, but it is needed and perfect for you. I do not force any outcome as I am only an instrument or conduit for the healing to manifest in you however Higher Source deems perfect and necessary. I make no judgment, diagnosis or promises as this is not my place.

Also realize that energy healing can cause actual physical changes within your body. Like receiving a deep tissue massage where you must drink water afterward to flush out the toxins you were storing, an energy session can do the same. You must treat your body with plenty of water and good, natural, healthy, and earthy foods (like chicken soup) and sleep to nurture it along its rejuvenation process.

Don't be surprised if you feel "off" afterward or even the next day as this is the physical and energetic "detox" still working on you as well as you being re-aligned. Be patient and love the process and yourself and know wonderful changes are occurring to make you Reconnected!

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