



Intuitive Session Aftercare Recommendations

After an energy clearing or healing session, it is quite common to experience some "energetic detox" as the old energy residues from the cleared patterns filter out of your physical and energetic levels of being. Some typical responses include:

- Odd aches and pains
- Flu-like symptoms
- Fatigue
- Heightened emotions
- Intense dreams
- Restless sleep

Here's what I recommend to ease this process.

1. Do your homework. The energetic practices I teach for safe psychic work, energy boundaries, and Spirit-to-Spirit interactions are foundational to keep your energy system clean and healthy at home, at work and in social situations. Please activate them at least twice a day; more often is better after an energy clearing. I may also be led by Spirit to suggest specific work for your individual situation. Please follow all instructions given, to gain the most benefit and create the greatest progress between sessions with me.

MAKE NOTES ON YOUR HOMEWORK HERE:

2. Drink plenty of pure water, clear broths, and/or herbal teas to flush any physical toxins from the body. Just tune in to your body's choices of the best broths or herbs for you.

3. Take purifying baths or epsom-salt-scrub showers, 2-3 times a week if possible-- epsom salt, sea salt, Himalayan salt OR black tea (black tea is great for re-grounding and releasing of physical toxins!), if at all possible. This will greatly ease any detoxing symptoms you might feel (aches, slight flu symptoms) if the healing created a major physical release for you.

Epsom Salt Shower Scrub:

Mix 1 cup epsom salts with 1 Tbsp. mild liquid body soap. If desired, add 2-3 drops of a calming or cleansing Essential Oil such as lavender, grapefruit, tea tree, juniper, cedar, or sandalwood. Store in a covered container.

In the shower, scrub the body from the neck down; avoid sensitive areas, genitals, or broken

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skin as you scrub. Add intention that the scrub is releasing and washing away impurities both physically and in your energy fields.

4. Allow any emotional "residues" of old energies (strong emotions or old memories) to simply pass on through without judgment or getting entangled in them. If you experience an upsurge of emotion or a return of an unpleasant memory, just acknowledge the process as signals that your release is completing. Consciously choose to be a "compassionate witness" of the memories and/or feelings as they arise. Acknowledge the emotions and ask to receive any lessons they reveal. Then let the feelings flow on out of your energetic fields, and allow yourself to sense and be thankful for the freedom that follows.

5. Try some physical movement or outdoor activity to help in processing the physical release of emotional residues. Yoga, Tai Chi, dancing, low-impact aerobics or even just a brisk walk in nature can greatly facilitate emotional and physical releases. Try one of those options or choose another that feels good to YOUR body!

6. Be alert to new insights, realizations or "aha" moments in your daily life. Honor them as signs of your healing and growth! You may wish to record any that seem significant.

7. Let me know how I can support you. I appreciate your feedback, observations, and questions about your process and progress.

8. Know when it's time to "call for help." There are times when the release process can be intense enough to interfere in your daily functioning. If you are sensing this happening for you:

FIRST, find a moment to get quiet, go within, and ask your Higher Self and guides to reduce the intensity of your symptoms to a more comfortable level. You don't have to suffer through your healing!

SECOND, if you are still experiencing something disturbing or uncomfortable, please contact me right away! This is part of the support I offer you as my client for the month following our session. Definitely contact me if you are noticing the following:

- => Overwhelming painful emotions
- => Heightened anxiety or a sense of nervous overstimulation
- => Sleeplessness or extreme restlessness
- => Constant psychic input that you can't shut off
- => Persistent physical aches and pains that seem unconnected to your activities

All these are signs of "energetic overcleanse" and can be reduced to comfortable levels by a remote energetic adjustment. I'm happy to do those adjustments as needed, but I do need to be alerted to your situation first.

Most importantly, throughout your healing process, allow yourself to relax and enjoy the energy shifts as they manifest in your life :-). Mindfulness, simple meditative practices, regular exercise, and time in Nature are proven ways to help you relax into the Graceflow of healing and growth.

***Blessings of Grace-FULL Healing,
Susan***

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