



SACRED
SELF CARE
WITH
BEAUTIFUL BOHO
OPENING THE WINDOW TO YOUR SOUL

SELF-CARE AFTER AN
ENERGY HEALING SESSION

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An overview of the healing Session

In my Energy Healing Sessions I use Rahanni, Reiki, crystals, vibrational sound instruments to manipulate, unblock and direct universal energy in the body.

This helps to support the body's natural ability to heal and can be used for several things, including physical health conditions and emotional concerns.

After a Energy Healing session your energetic body remains in a state of flux as it seeks stabilization and reintegration. It is important to support and assist this process

Movement of Energy

During a Energy Healing session, blocked or stagnant energy may be broken up and released, the energy of trauma or injury transmuted, the flow of energy directed in a more balanced way.

Depending upon how in tune you are with your own body, you may be aware and feel these shifts or you may not. However, being aware and knowing that they are happening can help you with the release of unwanted energies and embodiment of healing high vibrational energies.



How to obtain the greatest benefit from a Energy Healing Session

The Key to Optimal Energy and Wellness is listening to your body.

To maintain your overall well-being, it is essential to pay attention to what your body is telling you. If you feel energized and motivated, If fatigue sets in, rest. If you feel like curling up with a good book, listen to your body and take the cues.

After a 1:1 session, it is recommended to wait at least 12 hours before taking a bath or shower to stabilize your energy.

Within 24 hours, take a salt bath if possible. Add 2 cups or more of Himalayan salt, Epsom salt or Sea Salt to warm bath water, and soak for 20 minutes or longer.

This practice can provide a range of benefits, including cleansing the body energetically and removing toxins from the skin, the body's largest organ for breathing.

It is also a nurturing and refreshing experience. If you do not have access to a bathtub, apply sea salt to your body while in the shower.

if you have experienced a group healing, then the energies would have been diluted so a salt bath after the session is absolutely fine.



Key points to consider

For 3 days following a Energy Healing session:

Take it easy

Set aside some time after your Reiki session even if it's just 20 minutes. So don't head straight to the gym, reach for your phone to check messages and emails, or go to a social arrangement. Trust that what you need to get done will get done. Taking time to relax allows your body and mind to process the healing that's taken place.

Spend time in nature

Allowing yourself to be submerged in nature is a beautiful way to continue your healing session. The channels of chi, life giving force energy, are everywhere and very strong within nature, it is scientifically proven that spending time surrounding yourself in these natural energies can assist your healing & wellbeing.

Drink plenty of water

Drinking plenty of water after Reiki flushes out toxins and tired energies. This will support the healing energies to continue. Notice how much water you drink for the few days after a session. Can you increase it by 1/2 litre a day?

Eat healthily

Eat plenty of fresh vegetables and nourishing foods for the rest of the day, and if you can – for the rest of the week. Processed and stodgy foods can make us feel heavy and deplete our energy. Stay away from refined sugars and energy snacks/drinks as these are also quick-fix solutions. Make a note of what you eat for the rest of the day. How does the food make you feel? Do you feel lighter with more energy, or sluggish with less energy?



Avoid alcohol and tobacco

Know that whatever you feel is ok. Nothing is permanent, not even joy, bliss or happiness. As we accept that our feelings constantly change we become better equipped to deal with our whole range of emotions. Consider the following questions after a Reiki session, and beyond: What are you feeling right now? Where in your body are you feeling it?

Notice your feelings

Know that whatever you feel is ok. Nothing is permanent, not even joy, bliss or happiness. As we accept that our feelings constantly change we become better equipped to deal with our whole range of emotions. Consider the following questions after a Reiki session, and beyond: What are you feeling right now? Where in your body are you feeling it?

Make some notes

Start to write down what you notice in a journal. Do you have any recurring thoughts or feelings? It's hard to ignore the messages when we see them in black and white. Perhaps some new and exciting ideas are forming. Take note! Is there a common theme in what you are writing?

*Your Energy Healing Session will still be beneficial
if you do not follow these suggestions*

Your Reiki session will be beneficial whether you follow these suggestions or not; however, incorporating them into your regimen will allow the energetic realignments set in motion during the session to stabilize and integrate more effectively on all levels: physical, mental, emotional, and spiritual. Extend this period beyond three days if you are experiencing a healing reaction. Or incorporate them in support of a healthy lifestyle.



Healing Reactions

After an Energy Healing treatment you may experience physical symptoms such as headache, nausea, fatigue. Occasionally, pain or discomfort will intensify briefly before releasing.

These experiences are sometimes referred to as a Healing Reaction or a Healing Crisis and are usually an indication that the body is detoxifying as it moves through the healing process.

Should this happen, extend the regimen recommended above, taking care to stay well hydrated, get plenty of rest, and generally be kind to yourself.

Such symptoms usually dissipate within a few days. They are more likely to occur if you have not had energy sessions previously, if you have a chronic condition, or if you are chronically stressed. They are typically an indication that more Energy Healing is needed. If symptoms persist, consult a medical professional, as they may be unrelated to the session.

Consistent Treatment Over Time

As with any lifestyle change or self-care regimen, the greatest benefit from Reiki comes with consistent treatment over time. Consider adding regular Reiki sessions to your wellness regimen. If you would like to learn how to treat yourself with Reiki, consider taking my [1st Degree Reiki Training Ceremony Retreat](#).



I very much look forward to welcoming you again into sacred space,

Peace, Love & Many Blessings

Laura xxx

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