



After Your Healing

Congratulations on your healing. Your healer is a facilitator only for your healing and it is you who allows the work to be done; you who determines what you needed healing, whether you realised that consciously or not.

Depending on what occurred in your healing the effects can be subtle or significant. They might occur immediately or be slow and gentle.

Intuitive healing involves energy work that removes blocks in organs, meridians, chakras, auras and other aspects of your body. Releasing a block, releases toxins and this in turn has a flow on affect to your physical body. The following instructions are designed to assist with understanding possible side effects and how to best minimise their impact and care for yourself.

Common Side Effects Include:

- ◆ Dehydration
- ◆ Passing more urine
- ◆ Altered bowel actions
- ◆ Nausea; vomiting
- ◆ Headache, lethargy
- ◆ Body aches and pains
- ◆ Other cold like symptoms
- ◆ Feeling light and weightless
- ◆ Feeling better including, confident, strong and focused
- ◆ Feeling emotional including teary, angry, confused, lost
- ◆ Feeling flat and out of sorts
- ◆ Other mood changes
- ◆ Intolerant to negativity and/or chemicals and preservatives

Things you should do:

- ◆ Drink plenty of water; ideally 2-3 litres for 3 to 4 days after the healing to wash away released toxins. Especially important if you start to experience headaches. (Avoid if you have a condition that requires fluid restrictions)
- ◆ Avoid alcohol and recreational drugs. This further dehydrates you and causes additional side effects
- ◆ Get lots of rest. Regardless of whether you feel better or exhausted from the healing your body and emotions need time to integrate the changes.
- ◆ Be gentle on yourself and avoid environments that upset or stress you.

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- ◆ It is common to come away from a healing and reflect on your past and on your future. Be understanding and forgiving of experiences that have impacted on your life. It is important to forgive yourself and others.
- ◆ It is common to experience some form of change as a result of a healing. These impacts can occur immediately, a day or so after the healing, or may take as long as weeks or months to fully integrate. Your healer will be able to give you a guide to what you might experience and how long it might take to integrate.
- ◆ Be positive. It takes courage to heal and the outcome of a healing will only positively impact your life. Maintaining this new outlook requires maintenance through positive thinking and positive actions. Your healer will have given you some homework to help you with this maintenance in the form of affirmations, new ways to approach situations, flowers essences, crystals, or nice ways to remember to care for yourself.
- ◆ Healing is like an onion skin that involves taking off layers as you are ready to address issues impacting your life. Your healer can offer a suggestion as to what additional healing may be required and when that healing might be appropriate but in the end you are the person who knows best as to when you are ready to remove another layer.

Remember if you have any concerns; please feel free to contact your healer for further clarity or instructions.

Best wishes and thank you for your trust and confidence in allowing us to assist with your growth and healing.

Ph 0412 057 163

megan@soulintent.com.au

www.soulintent.com.au