

Tips and Self-care

Prior to the healing

- If you have any concerns (physical, mental, emotional, spiritual) that you might feel shy/insecure/sensitive/scared about, please feel invited to share them with your healer. Your healer is open to receiving all of who you are and will try to support you the best they can.
- Prior to the healing try to focus on what it is you want to bring to the session, and what you would like to work on/work with.
- Setting an intention for the healing helps to align and deepen the process. This could be something like: “I would like to feel my heart/love again”, or “I want to let go of this grief or anger”, or “I want to feel my body” or “I’d like to heal my relationship with my spouse”. And again, if you have difficulty formulating such an intention, without judging yourself for this, you could softly focus and say to yourself: “I would like to find my way again” or “I want to stay present with ‘not knowing’”
- Trust that there is always big love and big wisdom surrounding and supporting you.

During the healing

- Wear comfortable clothes when receiving a healing.
- Make sure your phone is switched off so you won’t be disturbed/distracted.
- Bring an extra pair of clean socks with you to the healing. Your healer might touch the soles of your feet.
- Try to keep an open mind and heart for yourself and your experiences. Treat yourself and your body with loving kindness and refrain from judgment(s) about your experiences. Not all healing makes immediate sense to our linear minds.

Integrating the healing

- If possible schedule enough free time after the healing to integrate
- Integrate your experience in an environment that you love (nature!)
- Drink no alcohol (or use any recreational drugs) until at least 24 hours after the healing.
- Drink enough water (always, but particularly after the healing. A good rule of thumb is 1 oz. for every 2 pounds of body weight, might vary per person.)
- Create a (dream) journal and start journaling/painting/dancing or anything else that allows you to give shape to your experiences.
- Try to keep an open mind and heart for yourself and your experiences. Treat yourself and your

body with loving kindness and refrain from judgment(s) about your experiences. Not all healing makes immediate sense to our linear minds.

- In case you are concerned about any (unexpected) physical symptoms after receiving a healing, please consult your physician or other health professional, and mention this to your healer the next time you see him/her.
- Practice daily mindfulness/loving kindness meditation

Always

- Do what you love to do, listen to the wisdom of your body
- Be kind to yourself
- If you have concerns about your relationship with your healer, if things don't feel right to you, please express your concerns to your healer and/or to someone you trust