About Your Session

Before Your Session:
The work that we will do together is deep, multi-layered and often profound. The shifts clients experience are varied and have a great deal to do with individual readiness. It will help to focus the healing if you write down your issues on the intake form for your first session. Many clients keep a SA notebook and write their issues down before each session. The motivated people who do this move quickly through what might have taken longer with less intentional focus. It also helps to have a place to write notes during the session as there can be valuable information recovered and tape recording the session is not possible. What we will do is not psychotherapy but neither is it Swedish massage - you and I will both participate and nothing will be "done to you." Sacred Anatomy Energy Medicine is a partnership between practitioner and client that peels back the layers of debris; trauma and injury to the subtle human energy structure. Doing this will further the availability of the authentic nature and increase well-being.

I ask respectfully that you refrain from any other 'energy healing' treatments for the week prior to your session. This does not include things like bio-photon or acupuncture, those are fine. However, please stay away from Reiki, shamanistic practice, or things of that nature.

After Your Session:
It is recommended, that you schedule a relaxing day after the session to give yourself time to integrate the shift. Please do not schedule extended travel or business meetings directly after the session. For the very best result, give yourself at least the evening before jumping back into your busy life.

Reactions run the gamut between: feeling tired enough to sleep and energized enough to climb mountains. Some people experience these kinds of very physical responses and others have emotional reactions or immediate shifts in their sense of self. Everyone is unique and everyone has an individual response. No matter what the immediate "result", I suggest rest and relaxation over the next few days. This will be your body's most natural way of accepting transformational change to your system.

Pay attention to any signals you receive from your physical body and honor them.
Three additional suggestions are made to support your integration of the healing work:

1. Take a bath in equal parts sea salt and baking soda (1/2 cup and 1/2 cup or 1 teaspoon and 1 teaspoon) in a warm tub or rinse in the shower with a large plastic container filled with a mixture of water, the sea salt and soda.
2. Eat a high protein meal.
3. Drink more water than usual.

If we haven't already scheduled a brief follow-up call we will do so at the end of your session. The duration of this call is usually between 10 to 15 minutes and it is included in the session fee. If it needs to be longer than this you may need another session. I like to know how you are feeling and what results you have noticed. I am concerned about your experience and interested in your response to Sacred Anatomy Energy Medicine and I feel no detail is unimportant. We are on the cutting edge of an ancient and yet new field of study and your input is valuable to this pioneering work as it evolves and grows. Please do not hesitate to call immediately if you do not feel well on any level within the first 24 hours after our session. This is important, as there may be ways I am able to support you right away by making a quick adjustment.

Thanks for the opportunity to work with you.

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