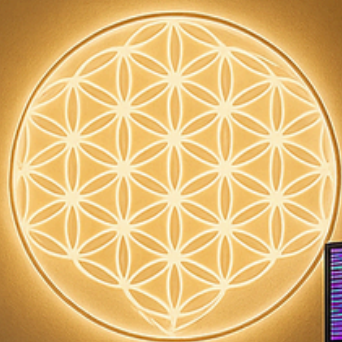




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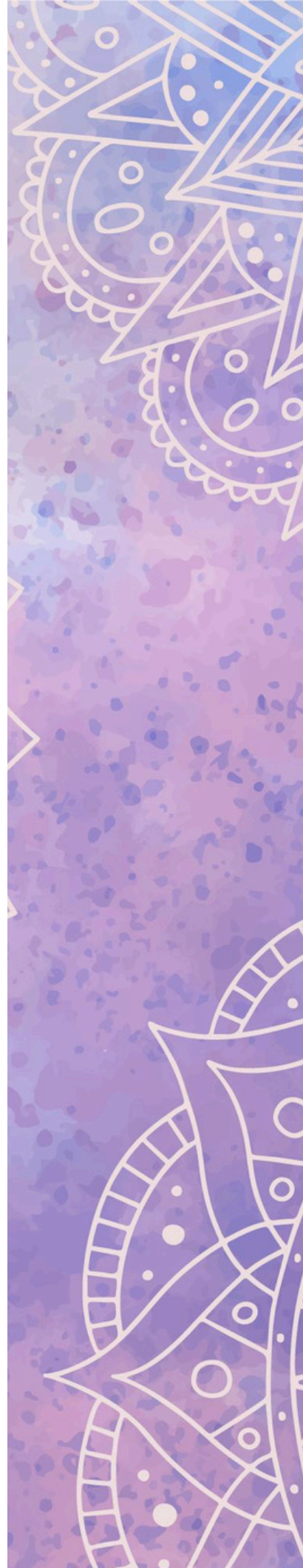
WHAT TO EXPECT AFTER YOUR EES SESSION

*A guide to emotional, physical, and spiritual
detox + integration*

by: *Symmone Gordon*

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Immediate Effects After Your EES Session

After an Energy Enhancement System (EES) session, many clients report a range of immediate sensations—both physical and **emotional**—reflecting the body's shift into a more coherent, balanced state. These effects are signs that your system has responded to the **beneficial frequency field**, and is beginning the process of unwinding, releasing, and restoring.

You May Notice:

- ✦ **Deep calm and Mental Clarity**
Your brain waves begin to synchronize, helping you drop out of the constant “mental noise.” This can create a profound stillness in the mind, allowing insight, rest, and intuitive guidance to surface.
- ✦ **Emotional lightness or subtle openness**
You might feel emotionally lighter, as if a weight has lifted. Some describe it as feeling “clearer” or more connected to themselves, while others feel gently open—more receptive, compassionate, or peaceful.
- ✦ **Increased sensitivity or awareness**
Your senses may become more refined—colours seem brighter, sounds more vivid, and bodily sensations more noticeable. This heightened sensitivity reflects your nervous system moving into regulation, no longer numbed or overwhelmed by stress responses.
- ✦ **A grounded stillness that's hard to explain (but very real)**
Many describe this as a sense of “coming home” to themselves—a feeling of being fully present in their body without effort. This grounded presence is one of the most important steps in long-term healing.

This is your body recalibrating to a coherent field, where the brain and nervous system shift from stress/flight or fight to harmony – from protection to expansion. In this space, healing can begin.

EESystem Users Have Experienced:



Detox Symptoms – Physical and Emotional

It's completely normal to experience temporary detox symptoms as your body clears density, stored negative emotions, and recalibrates. These may include:

- ✦ Fatigue extra need for rest
- ✦ Headaches or scratchy throat or flu-like symptoms
- ✦ Emotional waves (grief, frustration, anxiety)
- ✦ Digestive changes or elimination shifts
- ✦ Vivid dreams, resurfacing memories linked to negative emotions.

How it Works



The Energy Enhancement System helps restore the body's energetic blueprint using Photonic collision, Light therapy, Sacred Geometry, Energy in Motion, Affirmations. As the body re-enters coherence, it begins clearing before rebuilding. Just like you can't build a new house on a wobbly foundation, your body must detox — release toxins, trauma, and stuck emotions — cellular regeneration and healing will take place.

Understanding the Detox Response



Coherence Dissolves Resistance

The EES creates a coherent, harmonious frequency that helps your body and energy system shift out of survival mode. When the nervous system relaxes and the body is no longer defending itself, stored emotions (often suppressed or buried) naturally begin to surface for resolution.

Cellular Detox Includes Emotional Detox

Emotions are stored not just in the mind but in the body—within the fascia, tissues, and even cellular memory. As the EES field supports physical detox and cellular repair, it also “shakes loose” suppressed emotions held in those same areas.



Higher Frequencies Expose Lower Vibrations

The EES field amplifies light, order, and vitality. Anything that doesn't match that—old pain, trauma, grief, shame, or fear—may rise to the surface to be felt and cleared. It's not uncommon for clients to cry, laugh, yawn, or feel waves of emotion during or after a session.

Your Soul Sees an Opening

The deep peace and recalibration the EES field offers can reconnect you to your inner truth. This often leads to emotional clarity or breakthroughs about life patterns, relationships, or unresolved past experiences. The body's intelligence knows when it's time to release what no longer serves.

In short, the EES doesn't just detox the physical—it helps release what's stuck emotionally, mentally, and spiritually. What arises is not a setback—it's an opportunity to heal on a deeper level.

We cannot make any claims as to “curing” disease, but we can say that there is not much the body can't heal when given the right tools and nutrients. Love also goes a long way! To hear of the incredible results from many EES clients around the world. Click on this link. <https://www.unifydhealing.com/testimonials>



Intentions

When you set an intention, you are focusing your energy to receive what you desire in your 3D reality. If you asked for abundance, scarcity will rise to be cleared. If you asked for love, your unworthiness will rise to be healed. If you asked for success, your fear of failure will come up for transmutation. Trust that this is a healing crisis to clear the road and your frequency is being set up to match your request.



How to Support Your Integration

After an EES session, we recommend a salt bath using sea salt, Aluminium free Bi-carb and borax, rather than Epsom salts because we want to draw toxins out of the body, not absorb anything in. Epsom salts (magnesium sulphate) can be absorbed through the skin, which may introduce additional compounds into the body. In contrast, natural salts help pull toxins out through osmosis, (This causes water and toxins from your body to move outward through the skin to help balance the concentration) supporting a gentler and more effective detox.



In addition

- ✦ **Hydrate** with high-quality water (add trace minerals or Celtic sea salt if possible)
- ✦ **Rest** — give yourself space to slow down and listen to your body
- ✦ **Move gently** to support lymphatic flow.
- ✦ **Journaling or allowing your emotional release** can help immensely as the old arises to be let go of.
- ✦ **Infra-Red Saunas, nature time** — yes please
- ✦ **Avoid alcohol, stimulants, over exertion** for a few days.



Salt Bath Recipe/ Protocol

Below is the recommended salt bath recipe to use in conjunction with EE-System sessions to assist in detoxification.

- 2 cups | sea salt
- 2 cups baking soda
- 1 cup | 20 Mule Team Borax

OPTIONAL TO ADD:

- Add pine oil or other essential oil
- 2 tsp. - 1/4 cup | matcha green tea
- 1/2 cup | bentonite clay
- 2 tsp. - 1/4 cup | ginger powder

DIRECTIONS:

Put in a tub of hot water and soak for 30 minutes or more with a wet towel over the chest. Also good to scrub skin while in bath.

Good to use magnesium lotion or magnesium oil with coconut oil following the bath.

Realignment in Progress

Everyone is different. Some people have instant relief and change without any detox symptoms. Some people transmute emotional trauma quickly and for others healing appears to look worse before wellbeing kicks in. You are not regressing – you are recalibrating and re-birthing self. This is your body remembering how to heal itself. This is you..... returning to coherence.

You have stepped into the field. Let it work with you. The key is acceptance and surrendering to a deeper process whilst the healing work takes place behind the scenes.

What We are Offering

Ways to support your healing journey at The Healing Realm

Whether you're seeking a moment of deep rest, ongoing recalibration, or a full-body reset, The Healing Realm offers flexible options to meet you where you are. Each session is an invitation to return to coherence, balance, and inner peace.

PER PERSON

\$70

2 Hours

FIRST TIME SPECIAL OFFER

\$35

2 Hours

BRING A FRIEND

\$100

2 Hours

8 WEEK PACKAGE

For those committed to deep healing and reversal of health/ emotional issues:

8 Week Package:

\$400

\$50 per 2-hour session.

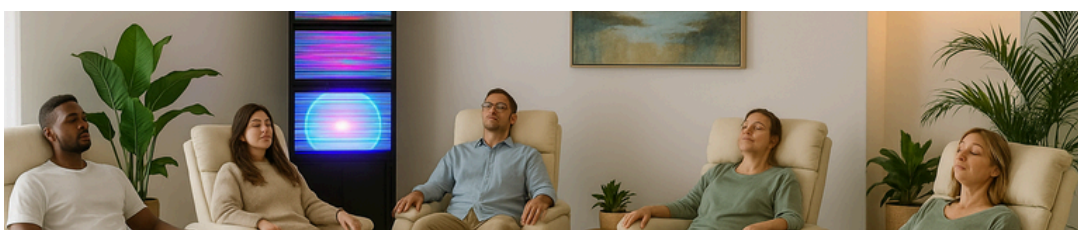
FOR GROUPS OF 4

This is our most popular membership level and includes additional benefits like a weekly Q & A.

\$200 Per Group

\$50 Per 2 Hour

Session.



TESTIMONIALS

"Relaxed Body and mind"



What a wonderful experience I had at Flowmotion Energy Center in Hilversum! I attended an EE session there. Lie down for 2 hours and not have to do anything else. The welcome was friendly and warm. Starting with a cup of tea and a good explanation of how the EE session would work. After the session I experienced a lot of relaxation in my body and in my head. Highly recommended if you really want to relax.

- Maryluz Leek

"Mental Clarity"



I definitely feel better after each session as soon as I enter the room I feel more balanced on all levels and feel like this is a treatment everyone can benefit from. I am really looking forward to more sessions and I feel this is something that I will definitely benefit from long term. I feel pain relief and mental clarity.

- Sandra Showe

"More energy and clear mind"



Fabulous experience, invited to discover Pure Vitality, I did a rejuvenating bath during the 2 hours: calm, softness, more energy, more aligned since then, a clear state of mind, detox of the body... I highly recommend. Looking forward to experiencing other immersions!

- Corinne

"Upgrade of my health"



My first experience was with a friend and we went for the overnight session. The next day my body was in a different world allowing all the healing to process;) I just recently did the remote healing for a week and will do another, since the drive is a bit far for me. This is up-grading my health and helping maintain my health. I'm so grateful for Ascended Wellness!!!

- Kayt H

"Recharged and Relaxed"



After a warm welcome, I did a 2-hour session in the warm and atmospheric room at Diverso Energy Center. You immediately feel the peace and sometimes tingling/sensations through your body. It is nice to have a chat afterwards in the cozy lounge with other participants. Afterwards you will feel wonderfully recharged and relaxed. Everyone should enjoy this on a regular basis!

- B. Frank

"Clarity of mind body"



Sleeping in the EESystem is an experience unlike any other. I've done two sessions now. The first, included wild dreams, the second, I was dead to the world and the shoulder that had been plaguing me for 6 months was 1000x better than it has been in months and I can raise my arm overhead without wincing (and this is after 6 weeks of PT not making a dent). The clarity of mind, body and spirit is worth every penny of the investment.

- Sarah Heximer



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GET IN TOUCH

Thank you for allowing The Healing Realm to be part of your journey. Remember, true healing is not a destination—it's a return to your natural state of wholeness. Be gentle with yourself, trust the process, and know that everything you need is already within you.

With love and light,

Symmore