



WHAT YOU CAN EXPECT FROM THE HEALING:

- Feeling better including confident, strong and empowered
- More focused
- Ready to move forward with the issue affecting you
- Prepared for change by using your homework and new understanding
- Relief that a burden or issue has been released
- Freedom from cyclic or negative thinking that has been difficult to stop
- Aware of a new way of thinking and approaching your life lessons

GET IN TOUCH

By appointment
North Coburg or Online

0412 057 163
info@soulintent.com.au
www.soulintent.com.au

ABN 54 988 360

*Soul Intent
Healing
Centre*

AFTER YOUR HEALING

Congratulations on your healing. Whether you realise it or not, I only facilitate this work and it is you who determined what work is done.

Depending on what occurred in your healing, the effects can be subtle or significant. Whilst there is usually an immediate effect of feeling better, often you realise the greater change later when you look back in a week, month or year on how you were before the healing. Each healing creates a platform to another level of healing where each one builds on the one before.

Intuitive healing involves energy work that removes blocks in organs, meridians, chakras, auras and other physical and energetic 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 which may occur and how to best minimise their impact and care for you.

COMMON TEMPORARY SIDE EFFECTS INCLUDE:

- Dehydration
- Passing above normal levels of urine
- Altered bowel actions
- Headache, lethargy
- Body aches and pains
- Other cold like symptoms
- Feeling light and weightless

- Feeling emotional including teary, angry, confused, lost
- Feeling flat and out of sorts
- Nausea; vomiting
- 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. Eg Shopping Centres
- It is common to come away from a healing and reflect on your past or your future. Be understanding and forgiving of experiences that have impacted on your life. It is important to forgive yourself and others.
- Be positive. It takes courage to heal and the outcome of a healing will only positively impact your life. Keeping up this new outlook requires maintenance through positive thinking and actions.

I will most likely have given you some homework to help you with this maintenance in the form of affirmations, books to read, little behavioural experiments to follow, or nice ways to remember to care for yourself. I may also recommend some crystals, flower essences or essential oils that can also help with changing and maintaining this new energy.

Healing is like an onion skin that involves removing layers as you become ready to address issues impacting your life. Usually I suggest what additional healing may be required and over what timeframe although, you know best when you are ready to make a change. However, be aware that you are also human and you or new difficulties or physical and emotional problems arise; then consider that as Spirit giving you a nudge to do the next piece of healing work. Sometimes your matter is being influenced by several factors and often people can only address these factors one at a time. This means you might need to tackle a problem in a few different ways to get the final outcome you are looking for.

Remember if you have any concerns; please feel free to contact me for further clarity on the healing or advice regarding the side effects.

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

Much Love
Meg