



I worked to balance your energy and promote deep relaxation, as well as facilitate healing on many levels. It is common to experience a range of physical, emotional, and spiritual sensations following a session. Some people report feeling deeply relaxed, while others may feel more energized or experience an emotional release. You may also notice changes in your sleep patterns or overall sense of well-being. As you continue to integrate the energy from the session, I recommend taking some time to rest, hydrate, and engage in self-love practices that support your well-being. This might include taking a warm bath, spending time in nature, or practicing meditation or stretching the body through movement.

The following are some tips to consider after our session, and as you continue on your health and healing journey:

Pay attention to your body: Your body may continue to release energy and emotions, so it's important to pay attention to any physical sensations or emotions that come up. Reflect on any thoughts, feelings, or emotions that came up during the session. Write down any insights or messages that you may have received during the session. This can help you continue to process and release any blockages.

Self-love: I encourage you to practice self-love, such as being compassionate with yourself, eating nourishing foods, spending time in nature, and taking a relaxing bath. Be aware of areas of your life that may need attention and take this as an opportunity to prioritize your self-care routine - nourishing your mind, body and spirit.

Hydration: Drinking water helps to flush out toxins from your body, which can be released during an energy healing session. Make sure to drink plenty of water in the hours and days following your session. This will also help you stay balanced and centered.

Rest: Allow yourself some time to rest and relax after your energy healing session. Your body may continue to release and process energy for several hours afterwards; and it's normal to feel a little spacey or light-headed so make sure to avoid any strenuous activities and take it easy for the rest of the day. Energy healing works on a deep level and it is common to feel tired or emotionally drained. Listen to your body and give yourself the time and space you need to recuperate.

Gratitude: Consider journaling or meditating on what you are grateful for. Practicing gratitude and appreciation can help to further promote healing and balance.

Remember that health and healing is a journey, and it takes time and effort. Be kind and patient with yourself as you continue on this path. Thank you for choosing me as your energy healing practitioner, and I look forward to continuing to support you on your healing journey and continued well-being. If you have any questions or would like to schedule another session in the future, please don't hesitate to reach out to me.

I hope that you are feeling more relaxed and at peace. I would also love to hear about your experience and any feedback you have about the session. If you have a few minutes, please fill out a brief 5 minute [survey](#) to help me improve my practice and serve you better.

Wishing you continued health and well-being,

Monjia
HeART + House

Ankh, Udja, and Seneb