



ENERGY HEALING TIPS BEFORE AND AFTER

First and foremost, for any energy healing session to be successful, you must believe, trust and set the positive intention that the energy healing will work for you and help you to your best and highest good. If you have any doubts, then you are blocking the energies that are being sent and projected to you by your energy healer, me.

If the healing energies are being blocked from you, then the healing energies will not reach you. If the healing energies do not reach you, then they cannot be absorbed by you. If the healing energies are not absorbed by you, then they cannot help you. So, your belief that the energy healing will work for you and your intention that they will reach you at the physical, mental and spiritual level is very critical to the overall success of the energy healing session. This is why at the end of each session, I will ask that you repeat after me, "I accept the healing" three times for the healing to take on a mind, body and soul level.

What to do before the energy healing

1. Take deep breaths and hold the in breath for five counts and then exhale. Do this for about 10 times. Try to visualize breathing in light and breathing out love. Just hold this intention.
2. Say a prayer asking God, the Universe and all the angels and guides that stand for your highest good for their blessings and support for a successful



healing. Any prayer you feel comfortable saying is OK. It is the intention of thanks and appreciation and gratitude that is important.

3. Trust and believe that the healing will be a successful healing.

4. Avoid eating anything before the healing (maybe 1-2 hours before the healing).

5. Like Tinkerbell says, "Just think happy thoughts!" Start to get your mind thinking of happy thoughts. If you can't think of anything happy, think of what makes you smile, like children playing or laughing together or you lying on a beach relaxing watching the ocean. I always ask my clients to go to their happy place. You know where that is. It can be different for everyone. Even if your happy place is just sitting on a front porch swing or taking a walk in nature, or fishing at a pond, or walking the shore by the ocean. Whatever brings to mind a place of peace and happiness.

6. Please tell your family and friends that you will be out of pocket for 30 minutes to an hour and to only call if it is an emergency. This way your healing session will not be interrupted.

7. Understand that you may fall asleep and sleep for a few hours after the healing. This is OK.

8. Go to the bathroom before the healing.



What To Do During the Energy Healing Session

1. If you start feeling a tingling sensation in your body or body parts or if you see things in your mind's eye, do not block the energy. Just allow the energies to flow and "let go". This is so important. Your energy field is like your home. You must know that you are completely and entirely safe during this process. And remember, I can't come into your home unless you invite me in. Likewise, I can't enter your energy field and help you with your energies unless you allow me in.
2. Tinkerbell again...Just think of happy thoughts in your life that occurred and focus your intention on those happy thought(s) at all times during the healing session. Let go of any worries or stress and negative thoughts. Try to calm your mind and just be in the moment that we have carved out for you. This is a very sacred moment in time and we should treat it as such.
3. You may experience feelings of hot or cold during the session. If you are cold, I have a blanket that I can provide you with you during the healing session.
4. Turn the ringer off your phone if possible.
5. Do not wear any leather clothing items, as leather may block the energies.
6. Do not wear shoes.



7. Make yourself as comfortable as possible. Wear something comfortable and loose so you do not feel constricted.
8. Try to keep your eyes closed at all times during the healing session.
9. Try not to go to the bathroom during the healing session. Go before the session!
10. Try not to move around too much. Stay still. I may give you a crystal or palm stones to hold on to, depending on what I am led to do during the session.
11. I will have you lying down on your back on a massage table. I have pillows to make you as comfortable as possible. And a note for you, I change the sheets and pillow cases after each session.
12. Avoid any other distractions. This time we have carved out is a very sacred moment in time and is critical that we focus all of our attention in this 30 minute to 1 hour timeframe. This energy healing is for you and I am here to help facilitate to the best of my ability the most healing and powerful session tailored for you that is to your best and highest good.



What You May Experience During the Healing

1. Energy surges throughout your body or parts of your body. Tingle and sensations. Twinges of pain possibly.
2. Cold or heat sensations throughout your body.
3. A feeling that you are very light and maybe not in your body, like you are floating away being somewhere else.
4. You may see colors, shapes, white light, colored light, faces, people, or different places. You may take a trip to the cosmos (it has been reported!)
5. Any other sensation. The sky is the limit.
6. You may see ascended masters, angels, archangels, or me.
7. You may experience some, all or none of the above.
8. You may cry or experience the release of emotions. Allow the tears to flow.
9. You may feel an overwhelming sense of calmness and peace.



10. If you feel uncomfortable at any moment during the session, please tell me and we can talk through it and address it. I will do whatever we need to do to help you through this. If we need to stop the session, we will. If I feel like I can help get us through whatever it is, I will do that as well.

What To Do After The Energy Healing Session

1. Drink lots and lots of water. Try lemon water too as lemon helps release toxins.
2. Do not lift any heavy objects.
3. Try and lie down and relax for a few hours during the day, if possible.
4. Try to not watch any TV and just let your mind go.
5. Try to not engage in any drama conversations with others, especially any negativity. It would probably be best if you were alone.
6. Try to still your mind and remove any thoughts from your head.
7. Just lay there, relax and allow the energies to be absorbed by your body.
8. Do not eat anything for a few hours after the healing, just drink water.



9. Ask the energies to help you remove anything that is not for your highest and best good or anything that no longer serve you.
10. Ask the energies to remove any attachments or cords that no longer serve you.
11. Ask the energies to remove any karma that you may have.
12. Ask the energies to help you with whatever you feel you need help with, emotionally, mentally, spiritually or physically.
13. Do not have any expectations with respect to the work the energies will do.
14. Do not be frustrated if your situation does not change. There may be a higher reason that it is not changing. Just accept it and be grateful.
15. Trust that the energies will help you and continue from that moment on as if you are healed and have faith that you are healed. Healing may take some time, so give the energies time to do what they need to do.
16. Say a little prayer to God, the Universe and all the angels, and guides that stand in your highest good, thanking them for the successful healing and for their work. Show gratitude by being thankful and appreciative for



their work. Any prayer is sufficient. It is the intent to show appreciation, thanks and gratitude that is important.

17. Journal your experiences and feelings after the session. Take note of any changes or shifts you feel.

18. Journal your dreams. Your dreams may become more prominent and vivid. Journaling can help you understand your dreams and you may have some epiphanies at this time.



What Happens After An Energy Healing Session? Are There Side Effects During Or After An Energy Healing Session?

There are some possible side effects and are not normally severe enough to be incapacitating or anything that can be felt during and after the healing session. In some cases where deep healing is taking place, there may be some minor side effects that are noticed, especially if you are sensitive to noticing things that are different in your body & surroundings. Some energy healing sessions might leave you feeling a little lethargic, ready for a nap. As energy correction takes place and the negative energy frequencies are being released, the body's energy system is disrupted and the body is realigning into a new energy frequency that is different. Side effects are usually minimal and can be viewed as your body's way of expressing the release of something negative as it begins to heal. The most common side effects during and after their energy healing sessions include (not limited to): vivid dreams, dreams of healing or resolution of emotional or physical issue, dreams of healing a specific relationship or past love trauma, the sensation of heat, nausea, dizziness, sleepy, numb, tingling, emotional release and brief anger, laughter and so forth.

Keep in mind, this is just your body's way of releasing old energy frequencies and patterns in order to find true sustainable healing. Any time you make significant changes in your self healing, there will be side effects no matter what method you choose, even if you only change your diet – it is not harmful – it is possible to experience these symptoms in phases for a few days to a week, or not at all.



Cosmic Healing With CJ

mind, body & soul

Some of the side effects that might be considered “negative” that could show up with energy healing that I am aware of are:

- Yawning
- Flatulence
- Burping
- Itching
- Feeling a need to stretch your body
- Irritable
- Fatigue
- Dizzy
- Nausea
- Coughing
- Sneezing
- Mood swings
- Crying/laughing
- Dreams
- Chills/warmth
- Tingling
- Sleepy
- Diarrhea
- Memories
- Energetic release



Cosmic Healing With CJ

mind, body & soul

Some of the side effects that could be considered positive associated with energy healing that I am aware of are:

- Less anxiety, more calm
- Healing trauma of sexual assault/rape
- Better sleep
- Deeper meditation
- Being more present
- More energy
- Rapid release of trauma
- Lifting depression
- Raise spiritual consciousness/awareness
- More self esteem/confidence
- More Joy & laughter
- More money/prosperity & success
- Generational issues
- Releasing intentions that block healing
- Better relationship/relationship healing
- More ease/less resistance
- Dosage change in RX, supplements, etc.
- Better sex/more intimacy/orgasm
- Weight loss/weight gain
- Clear head/less brain fog (usually toxin related)
- Better memory
- Better eye sight
- Feeling balance/harmony/calm



Cosmic Healing With CJ

mind, body & soul

- Being able to speak up for self/others
- Reversal of dis-ease symptoms
- Change in physical medical testing results & HRV
- Better intuition
- Inner peace
- Healthier body
- Less pain
- Forgiveness
- Long standing emotional turmoil & heartache healing
- Inner peace/preparing to die
- Grief release
- Less rage/anger
- Relationship loss/breakup healing
- Overcoming addictions
- Healing fear of public (agoraphobia)
- Symptoms of PTSD healing
- And, much more

In some cases, you might notice a shift or effect during your energy healing session. In some cases you might notice side effects or shifts in days & weeks following your energy healing session. Normally, the most intense effects are noticed within a day or two at most.



What Should I Do After An Energy Healing Session?

I normally recommend drinking plenty of water to keep the body hydrated & flush out any toxins being released. I also recommend some rest if you are able to after your session. A short nap if time permits is great. Even a short meditation can be beneficial.

If you are in a very toxic state (physically and emotionally) especially at the beginning, your body may feel a little lethargic for a few days after your initial session. You may notice a little emotional upheaval for a day or two as non-physical portion of your healing is being released such as emotions and old patterns. It can last moments or off and on throughout your day. Try to relax, and take a moment to reflect if you can and let it release without judgement. In most cases, you will quickly notice the "clouds being lifted" so to speak. I have found that this normally lessens as work progresses and healing takes place. I always recommend that you honor yourself & intuition and listen to what your body is telling you.

Energy healing/energy medicine (aka: energy correction) can be a tremendous addition to other forms of healing and can enhance the effects of other healing work, holistic or traditional. Some forms of energy medicine, can significantly reduce or completely remove the negative side effects of necessary medications and treatments such as chemo therapy if that is the route you choose for healing.