What to expect guide

We've observed and personally experienced many changes throughout our fascial maneuvers, life cleaning, self-awareness, and awakening journey. These changes over time have created a younger, lighter, more energized version of ourselves, although it wasn't always comfortable while we were in the middle of these changes. When implementing the Fascial Maneuvers into your daily life while cleaning your environment, and releasing emotions, the body finally has the opportunity to heal and clean itself. For this reason, most people experience a massive shift, detox, or release physically, mentally and emotionally. We want you to know that any change is normal when going through this process and to trust the journey. Nothing good ever comes without consistency, trust, and perseverance.

by Human Garage

What to expect: physically

With time, Fascial Maneuvers unwind all harmful stress, tension, and restrictions from the body so the body can heal itself

When the physical body goes through this experience, most people begin a healing cycle that can express itself in many ways

Feeling good, bad, happy, & sad....

Light, heavy, open & closed....

Its all a normal part of the healing process and the list of possible experiences is endless

Hot, cold, nauseous and sweaty....

The direction it goes depends on your starting point and what your body needs at the time

Most have abused their bodies, so some way, somehow, this abuse has to come out, and it's not always comfortable

This message is a reminder to trust your body, trust this process, and know that either way, your body is coming BACK into balance

Soon, it will stabilize and feel better than ever

What to expect: mentally

We've found that through the facial maneuvers, the mind calms down

It becomes easier to focus and see solutions to problems that we could never see before

This is one of the significant benefits of Fascial Maneuvers

This happens because when the body is noisy, the brain is busy, distracted and slow to process information

When emotions are high, thoughts go up and down, positive to negative, creating stories and running old programs along the way

Throughout this process, we want you to be aware and mindful of how you use your mind

Be mindful of the narratives you tell yourself

Be mindful of the narratives you tell others

What words are you going to choose to describe your experience?

What stories are you going to tell to craft your identity?

Are you sick?

Are you detoxing?

Or are you healing?

What to expect: emotionally

A lot of people are not in tune with their emotions. This disconnection can manifest in various ways. For some, emotions remain a mystery, barely acknowledged or understood. For others, emotions are overwhelming forces, setting them off balance every time they surface. This often leads to a cycle of emotional suppression or overreaction, neither of which is good. The Fascial Maneuvers help people connect to and stabilize their emotions in real time.

During this process, it's normal for emotions and long-held trauma to surface

This can feel intense, as it often brings forth feelings that have been buried deeply within

But it signifies that healing is just around the corner

And builds emotional self-awareness

Now with the ability to recognize emotions in real time

People have a deeper understanding of the situations that stimulate their emotions

And the impact these emotions have on their life

This doesn't mean you won't experience intense emotions ever again...

But now you will have the tools to handle them.

What to do if things get uncomfortable

Pause for a moment, sit, rest and relax

Share with the community

Attend a weekly meetup

Ask questions to the community

Hydrate with minerals, silica and structured water

Observe, journal and self-reflect on the experience

Continue the practice and let your body do what it needs to do

Organ reset lying in bed

Magnesium flake bath, epsom salt bath or ocean dip

Seated Fascial Maneuvers

High dose PowerCurc30

Trust the process.

Re-read the "what to expect" guide for a gentle reminder