



## AFTER YOUR SHAMANIC KINESIOLOGY HEALING SESSION



Your Shamanic Kinesiology session activates your body's innate healing intelligence, and is a catalyst for growth in a holistic way. 48 - 72 hours post session, are important integration hours, and it's important to take extra care of yourself during this time.

During this time, it is common to experience old patterns rising to the surface of your conscious awareness as they are purged and released from your body in a similar way that a nutritional detox cleanses your body from toxins. You may also experience physical purgative symptoms, depending on the level of healing you're experiencing.

Your sensory perception and self-awareness will be heightened in the days and weeks following your healing, and you may experience a combination of physical, psychological and emotional shifts following your Shamanic Kinesiology healing session, such as:

// Feelings of expansiveness, lightness, vulnerability, sadness (a core emotion in letting go), anger (a core emotion in 'burning off' the old and establishing personal boundaries), tears, relief, surrender and joy.

// Fluctuations in energy levels, alterations to your sleeping patterns and increased dream activity that feels more vivid. You may require increased time for rest, sleep, and 'mindless-creativity'.

// Increased fear-based thoughts, as your ego releases layers of old limiting thought patterns.

// A desire to communicate more openly, and be more creatively and/or sexually expressive.

// Increased activity in bodily processes, as your body physically lets go.

These responses may be transient, lasting only a few hours or days, or they may be longer lasting, depending on how your body heals and the patterns and programming being released. During the integration time after your healing session, it's imperative that you support yourself and your body, through grounding and nourishing practices.

Implement the supportive self-care practices we discuss at the end of your session, and view your healing as an invitation to create a deeper connection with your body and life, which is guiding you in every moment.

If you have any concerns following your healing session, please get in touch via the details below.

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