



# CENTER FOR TRUE HEALTH

## WAYS TO PROLONG THE EFFECTS BETWEEN SESSIONS & CHANGES YOU MAY NOTICE

After a Reiki, reflexology, or hypnosis session your mind and body continue to rebalance over the next few days, and even weeks, if you consciously support the process. Pick one or two things from the list below to create your own daily healing routine to keep the energy moving.

- Drink more water than you normally do, as this helps continue the detoxification process and helps ground you
- Go to bed an hour early or have an hour of quiet time before bed to unwind
- Eat an especially healthy meal with plenty of steamed or raw veggies
- Do Dr. Weil's mindful breathing exercise for 3 minutes or the Balancing Breath technique (under For Clients section at [www.centertruehealth.com](http://www.centertruehealth.com))
- Try Donna Eden's Daily 5-Minute Energy Routine for a week and notice its effects
- Connect with nature and see how it changes your energy: get fresh flowers or plants for your home, walk by the river, spend time in a park, etc.
  - Lay in the grass and imagine any negative emotions sinking into the earth and being recycled.
  - Stand and lean against a tree and imagine your feet connecting to its roots.
- Make a list of 10 things for which you're grateful
- Make a list of 20 things that make you angry and/or pressures in your life (this may seem counterintuitive but it really helps)
- If you're feeling anxious pass a small object (a ball, your keys, etc.) from one hand to another side-to-side, crossing the mid-line of your body. (This involves both sides of your brain, disrupting anxiety which is based only on one side.)
- Do one thing to be kind to yourself
- Smile—it stimulates the production of mood enhancing endorphins
- Sit in a sauna for 10 minutes to support detoxification
- Stretch, do yoga (e.g. a few Sun Salutations), or go for a walk for 10 minutes
- Drink a detox tea
- Don't complain about anything for one day
- Go on a one-day news fast

Changes you might notice:

Physical:

- More restful sleep
- More energy
- Reduction in swelling/pain
- A positive change in acute or chronic symptoms

Mental/Emotional:

- Improvement in mood/attitude
- Feeling calmer in stressful situations
- Being more focused

Spiritual:

- A sense of peacefulness
- Feeling more grounded and centered
- Increased intuition
- A stronger connection with others and the world around you

Discomfort later that day or the next few days is also good, as it can mean the session is starting to help your body rebalance itself and that emotions and physical issues that have been held in the body are coming to the surface and releasing.

Notice how you feel the next couple of days, noting any little changes (such as feeling a little clearer or more relaxed). Pay attention to how you sleep, and how you feel when you awaken. Rest if you feel tired, as fatigue is also a natural part of the body's self healing. Continue to pay attention in the days ahead to anything that's new and different.