

IN JOY Pre and Post Session Tips

PRE SESSION TIPS:

- Drink plenty of water before our session. This will assist the process due to the sound conductive properties of water.
- Many people feel heightened emotions and sensations prior a session. It's very helpful if you write down your predominant feelings on paper and bring it with you to our meeting.
- Dress in comfortable clothes, including socks. You will be lying on a sound healing bed, fully clothed, under a sheet and blankets but body temperatures can drop when in deep trance.

POST SESSION TIPS:

- Continue to hydrate after the session by drinking water and/or herbal tea
- Refrain from doing anything mentally or physically strenuous after a session.
- Take a 20 minute epsom salt bath for a few days to support the body in releasing stagnant energy. If you don't have a tub, you could do an epsom salt scrub in the shower.
- Immerse yourself in nature to help your body feel grounded.
- Set healthy boundaries with others to give yourself time and space to heal.
- Practice the affirmations that are created in your session.

Note: In rare instances, the following may be experienced after a session:

- Feeling profound exhaustion which requires additional rest for a few days. This generally happens with people who have been "running on empty" and ignoring their own emotional and physical needs for a long time.
- Feeling more emotional as formerly masked or buried emotions continue to release.
- Headaches and/or dizziness. This could mean that your body needs to be more grounded after the energetic changes. Please contact Janet if you need help with this.
- In very rare instances, there could be the appearance of skin rashes, mucus, fevers, vomiting, or loose stools. Every body releases "old" energy uniquely. Contact Janet if you have any concerns.