



After a Biofield Tuning Session:

Each individual will have a unique experience to a Biofield Tuning treatment. Most people who receive Biofield Tuning sessions report feeling clearer, calmer, more relaxed, and more self-aware. Sometimes clients will experience a detox, which can vary greatly. Some clients have reported:

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more. This generally happens with people who have been 'running on empty'.
- Extreme emotionalism or being very aware of formerly masked or buried emotions, such as crying a lot, or being very angry.
- Headaches and/or dizziness
- In very rare instances skin rashes, mucus, fevers, vomiting, loose stools and/or excessive thirst can occur.

Generally, these symptoms are detoxification and pass within a day or two, but if a condition persists, it is important to see your therapist again – sooner than later. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the adjustment.

If you have any questions or concerns at all, please feel free to discuss them with me.

Hydrotherapy:

Hydrotherapy, in and out, is optimum after a vibrational therapy session. Drinking plenty of water and herbal teas after a session is recommended and soaking in a mineral or Epsom salt bath for 20 minutes minimum supports the body in detoxifying or releasing any physical components from the blockages released from the energy field. It is also beneficial to be well hydrated before a session due to the sound-conductive properties of water.

Homework:

Becoming more well-balanced usually requires a change in perception and/or action of some kind or another. Simply becoming more aware of our habitual subconscious behaviors, become aware of ourselves from the place of 'the witness,' broadens the trajectory of our life possibilities. Hence, we become freer to choose healthy and self-supporting behaviors.