**After Your Quantum Healing Hypnosis Session**

\* Please eat and drink something as soon as possible after your session. Stop for a coffee/tea and a bite to eat before heading into traffic.

\* Even though you may feel “wonderful all over” now, later this evening you will be glad you scheduled a quiet evening at home.

\* Be gentle with yourself in the days following your session. For some your body may begin detoxing physically and emotionally immediately, sometimes even during the session. You may feel teary or short on energy and patience. This is normal after any energy healing session and it is an important part of the healing process. The quickest way to move through this is by allowing it to flow through you-don’t try to block the flow. Take time for reflection, get more sleep, eat lightly, take an Epsom salts bath, and drink LOTS of water. Lemon added to the water is even more helpful. Remember once this has moved through, you will feel wonderful!

\* Remember your Higher Consciousness is always right there communicating with you. To foster a clearer awareness of your Higher Consciousness meditate often and trust what you receive. Additionally your answers could come to you in the dream state, as words written on a page, a song on the radio, the sign in front of you or through your intuition. The HC communicates constantly and infinite ways and it has your well-being at heart always.

\* Write down your thoughts, how you feel, any changes, emotions etc in the days, weeks, even months after your session. Your Higher Consciousness knows the pace it can work with you to keep you in balance, trust this.

\* TRUST and BELIEVE- accept your physical and/or emotional healing and listen to your recording often. It is vital that you observe your thoughts. The SC is changing your expectations, changing the program. You are not the same person who walked through my door a few hours ago.

\* Many remember parts of their session, especially any emotions and body sensations but the details begin to fade quickly. It is very important that you listen to the recording I give you of your session often. A person can go beyond their original healing just by listening to it daily. You can put it on when you go to bed, or doing chores. Please do not listen to it while driving though as my voice may put you back into trance !!

\* It’s very common for the conscious mind to doubt (in the face of logic) what happened no matter how immediate or spectacular your session was. Rest assured your Higher Consciousness has brought you exactly what is appropriate for you today, please trust and accept it.

\*An affirmation you might like to say to yourself at any time is: I have a good body…I have a strong body…I have a healthy body…and my body is functioning in complete balance and harmony…functioning absolutely perfectly…This is the way it is, and this is the way it shall be. Dolores was given this through the HC and she made a point of saying it every night before bed.

Hugs, Cathy