



Post-Session After Care

Grounding 1st Aid &

How To Work With Intense Healing Symptoms

Thank you for attending one of our gatherings. It was wonderful to do this work with you.

Here are a few things to remember to do in the hours and days following the session. If you are feeling intense energies or symptoms (the bottom section details some of these symptoms) - please scroll down to get to the **GROUNDING 1st AID** where there are some practical things you can do right now.

DO THIS NOW

1. Drink plenty of water as you are detoxifying/eliminating toxins and you will want to help this process along. This process can continue for days and even weeks. Especially if you are starting a 21 day practice.
2. Be kind to yourself. Please feel free to get in touch if you need any support.

3. Eat well and have an early night to make sure you are allowing your body to go into rest and recuperation mode.
4. Book another [session via this link](#).
5. Follow our [Facebook Group - Holistic Health and Wellness Community](#) to get support from the community and access other useful resources. This is really important. We also have a [Telegram group](#).

INTEGRATION GUIDANCE

1. I've created [this daily parts meditation](#) that you can do to check in with your parts, practice being embodied and give your system what it needs.
2. You may find this [playlist on anxiety, triggers and overwhelm](#) useful. There are a few videos which explore these themes and share practical tools you can put into action straight away. I highly recommend.
3. Resist the temptation of the mind or our parts to want to work out what has just happened. The mind can only interpret a new experience using PAST experience/understanding which may not help you here. Ultimately it is the knowing of Self which will come through to give you insight into the session and to help you integrate. Just acknowledge that the mind wants to work things out and ask it to relax.
4. Feeling lost or stuck is a normal part of the process too. As you gain more awareness into your inner world, you will understand why your mind functions the way it does and why certain parts of you behave or interact in the way they do. You will feel less confused and stuck in time with this new awareness. Move toward trusting the process and practicing patience - know that the feelings will lessen the more inner work you do.
5. You may have shared sensitive content in the session and I just want to reassure you that if you feel raw, vulnerable, confused or conflicted, that is completely normal. Just spend some time reassuring yourself that its normal to feel this way and that you are in a safe space/relationship with me. Remind yourself that it will pass in time with kindness to Self.
6. See some videos we've made [on our playlist Consciousness and the Nature of the Mind](#), which include wisdom on IFS.
7. To explore our other meditation, energy work, integrated practices, holistic wisdom and more - please visit our [Youtube channel](#) playlists.

GROUNDING 1ST AID

This is not an exhaustive list. Please pick a few practices that you resonate with,

- Do any of these grounding practices/sets/classes - [which can be found on a playlist here](#). Please contact me to discuss frequency of these practices if you need to.
- Watch my [video 'The Importance of Lower Chakra Work For Upper Chakra Activation'](#) here which talks about the importance of cultivating lower root/grounded energy.

- Get into nature - perhaps walk barefoot if you can and get your hands on the ground - allow the energy to diffuse.
- Visualise roots coming out of your feet, hips, legs and rooting deep into the earth, hundreds of metres down. Allow this visualisation to unfold naturally.
- Visualise your root (muladhara) chakra as a red, spinning vortex glowing and growing at the base of your spine - see it as stable and connected to the earth.
- Tell yourself you are grounded, stable and anchored as a mantra - affirm this several times or even sit with it in meditation.
- Eat grounding food - root veggies, hearty food, lentils, pulses, healthy fat and proteins. Avoid sugary and carb food that are not stable sources of fuel.
- Carry or hold the following crystals - tourmaline, tourmalinated quartz, float copper, obsidian, labradorite, red jasper, snowflake obsidian, carnelian, red agate, pyrite, mica and any other grounding crystals you know of.
- Work with grounding medicines like certain herbs and flower essences.
- Listen to grounding music, like drumming.
- Refrain from a lot of upper chakra activation like 3rd eye meditations for a little while.
- Ask me for a mantra or bija sound practice to do lower chakra grounding and tuning.

Intense Healing Symptoms & How To Work With Them

If you are experiencing the following signs or symptoms it means you may be going through an energetic shift in your mind, body and nervous system - here's what to do (there are also links to other practices and tools:

- **Shakiness, feeling wired, alert, unsettled or disturbed, nervous energy running through your system** - This can often be the kundalini energy activated and still creating shifts in your body. It can also be your nervous system in a state of recalibration as the energy of trauma is shifting and new neural pathways are being created. Make sure to do lots of grounding practices - See Grounding 1st Aid above.
- **Feeling vulnerable, sensitive, triggered, sad or other tender or even intense emotions like anger, seeing difficult memories from the past, difficulty sleeping** - A lot of energy is in the process of shifting, which may have brought up these old memories or feelings in the body related to the trauma that's being transmuted. Sometimes we see what this is and sometimes we don't. Either way, it's ok and completely normal to feel sensitive. These energies are on their 'way out', actually they are being transformed, so just notice, acknowledge and give gratitude, allowing the process to happen without worrying that anything 'bad' is happening. See Grounding 1st Aid above.
- **Feeling low, depressed, helpless, confused or hopeless** - There could be a lot of reasons for this - some are above. Often when so much is triggered through the process of shifting, it's coming up to be seen and that can be overwhelming for the mind and body. If your nervous system has a 'shutdown' or 'depressive' tenancy or mechanism to cope with these feelings, then this may be triggered. It's simply a protection and

coping mechanism from the mind and body while your nervous system sorts itself out. Guidance and community to get through this is really important - so please reach out asap.

- **Feeling elated, ecstatic or on a high** - Often our internal system feels a sense of liberation and relief from having made new realisations, shifts and transmuted energy. We can feel amazing and think it's going to last forever. Make sure to bring your awareness to the idea that it's also normal to be a little up and down for a bit while things level out. If these feelings are normal for you - then great - enjoy them and be mindful to keep yourself grounded with food, practice and nature. If these feelings are new to you, the same applies - keep yourself grounded and aware of your internal system. Allow it to be ok if the ecstatic feeling starts to level out and 'go back to normal' - you will experience it again soon at some point.
- **Don't feel hungry but have lots of energy** - Again, this is normal especially as you've activated your kundalini energy and this is sustaining you. However, your body is in a process of learning how to access kundalini energy as it's preferred source of fuel - but this takes time. Make sure you do eat normally, even if you are not hungry make sure to have some protein and healthy fat - rather than something sugary and carby like fruit or bread. You don't have to have a lot, just a little. I do not recommend fasting for at least 3 days after doing this level of kundalini activation unless you are experienced in this.
- **Panicked, unsafe, dissociated or stuck** - Your nervous system is in a state of overwhelm and is trying to cope. Please reach out immediately!

Often also things are recalibrating or readjusting in your system. It can be very normal to experience these things for a short period of time. If these symptoms persist, there is nothing to be alarmed at, again it can be normal, but please contact me immediately for advice.

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