

After your session:

Your energy has been cleansed, rebalanced and recharged, in addition to any specific healing that was right for you in the session.

You may feel slightly different over the next few days as these energy changes settle, for example, feeling 'buzzy', tired, 'spacey' or more sensitive. To help support yourself during this time:

- Drink plenty of fluids, water or herbal tea is best,
- Limit your alcohol intake,
- Try to plan a quiet few days if possible, and avoid stressful and overstimulating environments if you can,
- Allow yourself to rest or sleep if you feel tired – often an energy healing session reconnects us with our bodily needs, and reminds us we've been pushing ourselves & need to rest.

Over the next few weeks:

Be aware of how situations in your life shift, and note how this may connect to what we worked on in the session. We are always creating learning experiences for ourselves in life, and there is enormous power in recognising these opportunities for growth.

Be guided by how you feel as to when to book another session. A good time is when:

- You're feeling dull, lethargic or congested – you may be around a lot of stressful or heavy energy and need to clear this away from yourself. Also see the information on energetic self-care at elliepovey.com.au.
- There's something challenging going on in your life that you feel you need clarity in how to approach, or that's 'pushing your buttons' – energetic cleansing and support will help in this.

For any questions or concerns you may have, please contact me on 0402 904 011 or ellie@elliepovey.com.au.