

# MIND+BODY+SPIRIT INTEGRATION

## BIOFIELD TUNING AFTERCARE

### **After Effects:**

Everyone is different and will have a unique experience to a Biofield Tuning session. Most people who receive Biofield Tuning sessions report feeling clearer, calmer, more relaxed, and more self-aware. Sometimes clients will experience a detox (physical, mental, emotional, energetic), the effects of which can vary greatly. Some clients have reported:

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more; happens with people who have been 'running on empty' - **Take it easy**; keep your day light
- Extreme emotionalism, becoming aware of formerly masked or buried emotions: can include crying a lot, being very angry - **Be kind to yourself**; it's OK allow your emotions, even if they are uncomfortable
- Headaches and/or dizziness, waking up with a headache - **Drink more water!**
- In very rare instances physical, cold and flu-like symptoms, such as: skin rashes, mucus, fevers, vomiting, loose stools, excessive thirst - **Call Me**

### **Follow Up:**

Generally, these symptoms are detoxification and pass within a day or two, but if a condition persists, it is important to contact me - sooner than later. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the adjustments. If you're feeling very "off" the day after your session or have any questions or concerns at all, please contact me by email at [paul@mbsintegration.com](mailto:paul@mbsintegration.com) or call me at 647-289-5212.

### **Hydrotherapy:**

Hydrotherapy, in and out, is optimum after a sound 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 (or foot soak or full body salt scrub) 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.

### **Grounding:**

It is highly recommended to spend some time walking barefoot outside in the grass or soil after your session, as weather and the seasons permit. Connecting the bare feet to the earth will help to ground your energy and absorb negatively charged ions. Similarly, being barefoot at home will assist in grounding. Additionally, deep, diaphragmatic breathing will also discharge energy from the body:

- Standing or sitting take 5 deep breaths - slow inhale, push out the belly as it fills with air... pausing for a moment... then exhale slowly, contracting the belly, dropping the shoulders, releasing tension in the body
- Visualize your breath traveling down your body, out your feet and into the Earth Star... then visualize inhaling grounded energy from the Earth Star, up from the feet and into the body