



AFTER A BIOFIELD TUNING SESSION BLUE SKY MEDITATION

Everyone is different and will have a unique experience of a Biofield Tuning session. Most people who receive Biofield Tuning sessions report feeling lighter, 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: generally, happens with people who have been 'running on empty'.
- Extreme emotionalism, or being very aware of formerly masked or buried emotions- crying a lot, or being very angry.
- Headaches and/or dizziness • In very rare instances: skin rashes, mucus, fevers, vomiting, loose stools, excessive thirst

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

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

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 either feet or full body 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.

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Grounding:

In climates that permit, it is highly recommended to spend some time walking barefoot outside in the grass or soil after your session. Connecting the bare feet to the earth or even touching a tree with your hands (in colder climates) for a few seconds to a few minutes, will help to ground your energy, drawing excess energy down and out of the body; drawing the earth's negatively charged ions up into the body. This helps create a state of electromagnetic equilibrium in the system that can potentially relieve a wide variety of discomforts.

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, becoming aware of ourselves from the place of 'the witness,' allows for healthier choices and opens up new possibilities.

These questions can be helpful in noticing any subtle or not so subtle shifts after your session.

How am I relating differently to myself? To others?

How am I relating differently to external stressors?

Blue Sky Meditation

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