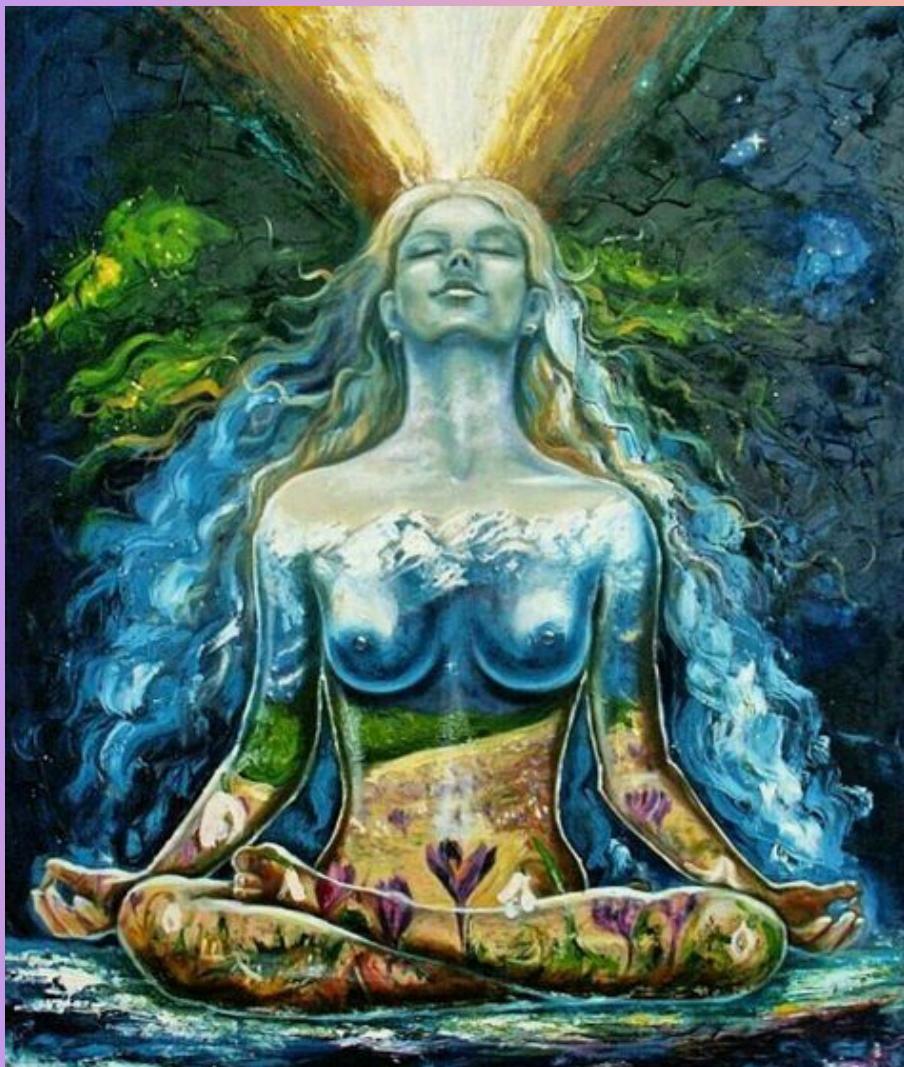


# Self Care After the Healing

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# Self Care Guide

Welcome, Beloved One,

During a Reiki session, attunement, circle, or sacred gathering, a powerful flow of energy may move through you. In the days that follow, it is important to devote yourself to gentle self-care

## Create a Nurturing Environment

Surround yourself with calm and peaceful surroundings ~ soft lighting, gentle sounds, and comfort.

Drink plenty of clear, fresh water to help your body integrate the energy.  
Choose wholesome, nourishing foods that support your wellbeing.

## What You May Experience

Your body may release old energies, emotions, or toxins. This can appear as:

Headaches, fatigue, or chills

Nausea or general aches

Emotional release or heightened sensitivity

Equally, you may feel:

Light, joyful, or inspired

A sense of clarity or uplifted energy

Dreams carrying meaningful insights or guidance

Whatever arises, trust that it is part of your healing journey.

Even moments of discomfort are purposeful ~  
they allow your body and spirit to rebalance, realign, and renew.

Tender Self-Care Over the Coming Days

# Self Care Guide

Give yourself permission to rest and be gentle with yourself. Engage in restorative activities: gentle walks, quiet reflection, meditation, or simply resting in comfort.

## Trust in the Healing Process

Every sensation, whether gentle or intense, is part of your body's sacred process of release and renewal. Letting go creates space for new light, clarity, and vitality to enter. Trust in your own inner wisdom and the journey of your healing.

## Rest in the Knowing

You are held, guided, and deeply loved. Healing continues long after the session ends. Take each day slowly, honour your body's needs, and allow your spirit to shine as the energy integrates. All is unfolding exactly as it should.

