



After Your Healing ...Tips for great results

Congratulations on choosing a Meliae Intuitive Healing, quite an unusual and interesting experience. We'd like to explain a few things to help you feel comfortable. Firstly, all of our Meliae Intuitive Healers are very gifted and are experienced in getting the best possible results for you throughout your session.

Your Meliae Intuitive Healer clears all blockages ready for release and rebalances your energies during the treatment. Healing issues at the core of where they occurred allows you to heal beyond the scope of your presenting issue. As you clear one blockage, this will energetically flow through your body and impact your whole life, and your perceptions on the world will also begin to change.

Most people feel great after a healing; however, others may take a little longer to feel the positive results. Integration of your healing will take 4-6 weeks, throughout which you will continue to clear & shift energy, and emotions & attitudes will continue to change.

When your energetic system is out of sync with its normal flow, your body can't perform optimally. Releasing energy blocks releases toxins held by that energy. Assist your body to feel better by:

- * Hydrate your body! We recommend 2-3 litres/day of water for 4-5 days, unless you are on a medically ordered fluid restriction.
- * Avoid alcohol for 24 hours, as your energy is super sensitive to toxins.
- * Allow lots of rest to allow your body to integrate the changes.
- * Go easy on yourself emotionally, you could be a bit up and down.
- * Be positive!!! Positive thoughts make you a magnet for positive experiences.

Side effects of the healing, will reflect the changing energy of your body. These could include nausea, headaches, bowel changes or disturbances, lethargy, and emotional highs and/or lows. When healing occurs of physical ailments, you may find that your symptoms get worse before they get better, and this can be true of your emotional state as well. Expect improvements in a week.

Healings are amazing, and you'll love the results. Just remember to be gentle with yourself and allow your body to adjust to the changes. Meliae Intuitive Healing gives you the opportunity to change the way you react and feel about your life, don't be surprised if something pops up to test that, it's great to test out new ways of living. Questions can be clarified in your next session.

Please reach out to us if your symptoms extend past what we've mentioned here. Often a small tweak to your energy or a simple recommendation can have you feeling better.

Best results come from investing in regular healings. Choosing the intervals between healings are best done with your healer, but if you've forgotten or didn't discuss it, the most popular intervals between healings are 3,4,6 and 8 weeks. Of course, anytime you find yourself in struggle, upset or unease is a perfect time to access a Meliae Intuitive Healing. Why struggle with it all when you can access Meliae Intuitive Healing to fast-track through what you're experiencing.

Look forward to seeing you soon!

Phone: 0421 591665

Email: connect@bienestarwellbeing.com

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