**Quantum Healing After Session Self-Care**

1. Hypnosis creates a natural interactive hemispheric brain state that creates a harmonious flow between your left and right hemispheres and this switches on your own self-healing internal forces in the effort to bring your health and wellbeing back into equilibrium. This relaxed feeling will continue for a number of days. You'll notice that you'll sleep deeply and restfully the night after your session, and may even have very vivid dreams. This is a continuation of the interaction between the different levels of your consciousness. This is the process of creating natural effortless changes in your life to match your desires. It is very helpful to begin keeping a journal if you don't already do so.
2. Resist questioning whether you 'imagined' or 'made up ' the information during the session, instead use the following days to see how this connects to the reasons you sought out this direct communication with your own Divine Consciousness. Whether the information revealed was an analogy, metaphor, symbolic, or a subliminal 'reality', stay open minded and allow the insights to continue downloading and you will see how the 'dots connect with your life as you were experiencing it.
3. Give yourself the time and space to reflect or 'process' what has transpired. Observe the 'processing' taking place as your energetic clearing, healing and detox will be ongoing for a number of days. You have had a unique experience of inter-communication with other aspects of your consciousness, and this inner 'dialogue' will be ongoing. The quantum effects taking place during the session will restore or initiate new neural patterns within your brain, so expect to have more intuitive spontaneous thoughts and “knowing’s”. The session is just the beginning.
4. You could feel drained after the session. This is normal from the experience and the emotional releasing that has taken place. As you sleep, your body and mind are able to continue releasing and allowing things to take hold while bringing things into the physical from the higher realms. Please plan for this and give yourself grace in the days after the session.
5. Drinking lots of water is highly recommended to rid the body and flush the system of the many toxins released through this deep energy and self-healing work. The benefits of water as a cleansing aid can be utilized even more when you shower with the intent of deeply cleansing your subtle energy bodies or using a handful of Epsom salt in your bath water.
6. Spend a moment each day in gratitude for the physical healing or consciousness shift that has taken place. Include in this the appreciation for your body's ability to heal itself. Gratitude moves you into your heart which supports the healing process in the very best ways. You will receive the most benefit if your participation is coupled with your intention to heal. The overall best results will be if you follow the guidance that you yourself have provided throughout the session, through the direct communication with your own subconscious and higher self.

If you have any questions following your session please call or email me anytime.

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