



POST-SESSION RECOMMENDATIONS

Date: ___/___/___

FOLLOW UP SESSION: ___/___/___

salt bath _____ x week / daily / _____

Exercise _____ x week / daily / _____

Pranic Breathing _____ x week / daily / _____

Creative visualization _____ x week / daily / _____

Others:

- 1) Preferably **do not wash or shower for 12-24 hours** after sessions, especially your face. This further allows the assimilation of energy in the physical and emotional body.
- 2) **Eat light meals and abstain from red meats for 24 hours.** Red meat requires much energy to digest and also is a low form of energy.
- 3) Try to **rest after sessions.** Follow your normal routine but avoid excessive exercise or meditation.
- 4) Meditation of any kind should wait until next day. More energy from the meditations could cause an overload on the body. However, once your body has assimilated the healing energy, we do recommend that you begin doing the meditation for Peace and Illumination with Self Healing, also known as Twin Hearts, on a regular basis. When practice regularly some of the benefits are sharper and clearer thinking, inner peace, love and compassion, a healthier physical body, the ability to successfully handle stress, and much more.
- 5) Try to keep your **thoughts and actions focused positively.** This further allows the good energy to be absorbed. Also, by the principle of "like attracts like" by wholesome acts and thoughts, you will be attracting wholesome energy that will support you.
- 6) **Take salt baths on a regular basis.** 1-2 times a week is highly recommended. This cleanses the energy field around the body, allowing the energy centers to stay cleaner and healthier.
SALT BATH: Use one (1) pound of regular table salt, rock salt or sea salt. Dissolve salt in a bath of warm water. Fill tub to cover body. Soak for 15-20 minutes. You may add lavender and/or tea tree oil for further cleansing of the energy field.
SALT SHOWER: Use 1-2 handfuls of salt (you may add drops of lavender and/or tea-tree) and after shower, when still wet, add some water to the salt and scrub your body with it. Leave it for 2-3 minutes and wash it away with clean water. For a deeper effect: mix 1 part of salt with half of INSTANT coffee.
- 7) You may experience physical reactions following sessions. The body can cleanse itself naturally by diarrhea, vomiting, strong smell in urine, etc.
- 8) Remember we are only facilitators of energy healing. You are in control of your own recovery and well being. Listen to your body and use your mind to tune into yourself.
- 9) PRANIC HEALING IS NOT MEANT TO REPLACE ALLOPATHIC MEDICINE AND THERAPIES BUT RATHER TO COMPLEMENT IT AND ENHANCE IT. PRANIC HEALING PRACTITIONERS DO NOT TOUCH THE PHYSICAL BODY, DIAGNOSE OR TREAT PHYSICAL AND PSYCHOLOGICAL AILMENTS, PRESCRIBE SUBSTANCES, MAKE ANY HEALTH CLAIMS OR GUARANTEE ANY OUTCOME. WE SUGGEST YOU SEEK MEDICAL ADVICE.
- 10) SMILE and create positive thoughts about you and your well-being!

MAY YOU BE HEALTHY, HAPPY, PROSPEROUS & PEACEFUL!

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