

AFTERCARE

Wonderful healing can happen after a Rapid Breakthrough Session session! Here are some pointers for the next 21 days:

✓ Listen to your recording for the next 21 days uninterrupted. Preferably wake to it and go to sleep just after it. Also play it during times of challenge or when facing the old “issue” with others in your life.

✓ Please ask me any questions

✓ It is normal for people to respond differently to a session. Some notice instant change, some notice change over time, some notice change in hindsight and some people experience all 3! Your mind has had years of reinforcing old beliefs and it can take some time with the regular reinforcement of your recording for the new beliefs and thoughts to become very familiar, which is why it is so very important to keep listening.

Some people feel nausea, experience flu-type symptoms, some diarrhoea, some very emotional after and some shattered after a session and sleep very heavily too. It is also normal to feel some anger about the past, to no longer be able to tolerate ‘bad’ or negative behaviour toward you in the same way (your threshold for this will shift dramatically).

The process kicks up a lot of emotional dust that has been settled (often for many years!) and things need to settle into a new order. This is where the magic happens,

This is all just the body clearing out the old emotions. It is very powerful and completely normal. Many people have ‘unpacked’ some substantial emotional baggage during the session and other memories come up. The subconscious goes through its ‘filing’ system of stored memories and beliefs. Keep on being kind to you, because you are absolutely Good Enough. You are now the best friend you ever had, and are being that every day!

You may also experience inexplicable feelings of joy, happiness, contentment, like something has ‘gone, shifted or changed’ but you just can’t put your finger on it! Clarity in your purpose or direction, or when people are negative you don’t react...you may feel happy to be alive!

If you have any questions or concerns, reach out to me.

Love

Denise