

## What to expect following a BodyTalk/Somatic Experiencing Session

While you may experience a wide range of body and mind reactions/sensations following a BodyTalk and/or Somatic Experiencing session, below are some of the most common. Please note that the most significant changes are often noticed up to 3 days following a session, which occur as your body and mind integrate the new energy that has been released, reset and/or integrated.

- Feeling more relaxed
- Increased or decreased symptoms (more or less pain in body and mind, including psychological/emotional symptoms) as energy moves
  - Much more energy/much less energy
  - Feeling more emotional than usual as stuck emotions move
- Feeling slightly nauseous as toxic waste moves out and/or the Vagus nerve resets
  - Sleeping longer as the body and mind integrates energetic changes
- Experiencing heightened awareness, e.g. increased ability to see/change old habit patterns
- Feeling like you were “hit by a truck” as your body overhauls old energetic patterning
- Feeling little during the first couple of sessions, particularly if your system is sluggish
  - Feeling like a million bucks!

It is a normal part of the healing process for pain to surface before decreased pain/a greater sense of well-being is experienced, though this is not the case for everyone. Also, big changes to overall health can be experienced quite quickly and/or may take a number of sessions depending on the issue. Many health issues have various emotional, mental, physical and spiritual layers that require more commitment than others to unravelling, particularly if they are long-standing issues.

Thank you for the opportunity to work with you on your healing journey and for taking care of your health and overall well-being.

May all beings be well,

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