There are a few different things you could experience when you are processing your session:

1. **Thirst &/or more frequent bathroom breaks:** Thirst is simply the body’s way of getting you to drink more water. Our body needs water to be able to flush waste products, toxins, and anything that is no longer needed out of the body. More frequent bathroom breaks occur as a method of elimination. Increased urination also be a result of lymphatic drainage. Please make sure you drink lots of water for the next 48 hours to help your body process the session.
2. **Change in energy level**: You may feel totally energized and rejuvenated, or you may feel like you need a nap! It can vary depending on the person, but either response is just your body’s way of processing. Since the body is cleansing itself, it will run “cleaner,” and it is now carrying less “emotional baggage”, so it can make you feel more energized. BodyTalk assists the body’s nervous system in getting into parasympathetic mode in order to rest, relax, and repair itself. While we sleep, our bodies go to work processing the events of the day, repairing, releasing, digesting, etc. This is why you may feel tired after a session… it is your body’s way of getting you to rest and turn your brain off so your body can go to work.
3. **Very restful sleep:** Most people find they sleep quite hard after a session. As mentioned above, when we sleep, our bodies are working hard to repair, digest, process, and release the happenings of our day. Listen to your body. If you are tired, try to get to bed early.
4. **Feeling emotional:** Often, there are big things that come up in a session. Feeling emotional afterwards, is simply your body’s way of helping you process and release these emotions. My best advice is to be gentle on yourself. If you feel emotions coming to the surface, embrace the process and go with the flow. If you feel uncomfortable doing this, find a safe place and try to do it anyways. This place could be your room, the shower, the car, etc. Anger is a very normal emotion. The purpose of anger is to cause movement, thus, this is why it is common to feel angry when we have other emotions to process as well. Physical movement is a great way to help dispel some of these emotions.
5. **In increased immune reaction:** You could experience an increase in symptoms. Most people would think that they are “getting sick,” however, you are actually experiencing an INCREASED immune reaction. This means that your body is actually working harder to get rid of any viruses, bacteria, toxins, etc that are in your body. Your symptoms may seem intense but your body will push you through the cold/symptoms much faster than if you had not had a BodyTalk session.
6. **Various sensations such as heat, cold, tingling,** etc. These sensations can occur when our body is releasing emotional holdings from the body. Feeling cold may also be experienced, as blood moves toward the center of the body when we become relaxed and our body goes into “rest and digest” mode.
7. **Improved digestion, Stomach gurgling, bowel movement(s), &/or gassiness:** For the same reason as listed above, you may experience any of these symptoms. Your body is in parasympathetic aka “rest and digest” mode after a session, so your body is focusing on healing and digesting on all levels. This is just another way that your body processes and releases.
8. **Body shakes**: Everyone processes differently, but sometimes shaking is a way that the nervous system releases. Don’t be alarmed, just try to breathe through it and let it happen. Keep yourself warm. Dress in layers or have a warm bath.
9. **Improved sense of calmness, relaxation, and overall wellbeing:** Most people note feeling these things before they are finished their appointment. As your body processes and releases, you will notice these things continue to improve.
10. **Improvement in symptoms:** Generally, you will see the biggest improvements in symptoms on all levels (physical, mental, emotional, spiritual) within the first couple to three days following a session. You body will continue to process for up to three weeks.
11. **Increased body awareness:** If you are one of those people who had no idea how to, or had a hard time trying to get in tune with their breath, body or emotions, it’s probably safe to say you had low body awareness. Following a session, sometimes after a couple or three sessions, you will begin to notice more within your body. This can make it seem as though your symptoms are getting worse. This is actually not always the case. Your awareness of what you are feeling has increased (which is a great thing), and that can increase the sensations you feel within your body. Paying attention to what you are feeling is actually a very beneficial thing. It may seem uncomfortable for now, but it is the only way to start on the path to healing!

Food for thought: Our symptoms always persist until we can understand their message. Once we “get the message,” we no longer need the symptom and it will resolve.

**Ways to support yourself in your healing process:**

1. **Be easy on yourself**. Your body is working hard to process, digest, and release. Be patient and understanding. Don’t add to the pot by beating yourself up. Give yourself a pat on the back for taking the steps to take care of yourself and to begin the healing process. That is something you should really be proud of!
2. **Try to listen to your body.** If you are thirsty, have a drink. If you have to go to the bathroom, don’t hold it. If you are tired, go to bed. If you need something, ask. If you feel like you need to talk, do it. If you are overflowing with emotions, let them out or ask for a hug. This seems like common sense, but you’d be surprised how many people ignore their body’s messages on a daily basis.
3. **Don’t hold your emotions in.** Go with the flow. They are coming up as a result of your session, and holding them in will only continue to cause you pain. Go to a place, such as the bath, in the car, or in your bedroom, where you feel safe to freely express your emotions. If you are more comfortable expressing your emotions to someone else, ask for a hug.
4. **Assist yourself in the process of processing!** Everyone processes differently. Some people need to talk it out, others need to physically express their emotions (cry, scream in the car, laugh, punch a pillow, etc). Some people need alone time, some need to feel supported, some need to journal, others need down time to turn their brain off. Some people need extra sleep. Find what feels the best for you and go with it.
5. **Have an Epsom salt bath.** Epsom salts work by changing the consistency of the bath water to a similar consistency of what is inside your cells. This confuses your body to think the bath water is an extension of the body. Your body always tries to maintain balance (homeostasis), so it will move toxins from a high concentration (inside the cells) to the low concentration (bath water) to maintain balance. BUT THEN… you get out of the tub and drain the bath water! Score, you just got rid of a bunch of toxins! This is an extremely helpful way to help your body get rid of toxins, whether they be physical, emotional or mental. Put about a cup of Epsom salts in a fairly warm, but tolerable bath. Stay in for a minimum of 5 minutes, and no longer than 15 minutes. Drink plenty of water.
6. **Breathe.** Take a deep breath in, alllll the way in, a little more. And then all the way out, alllll the way, yep, a little more. Good, now repeat. Do this at least 10 times before bed. Fill up your belly and your chest with your inhale, and feel them both sink down with your exhale.
	1. You can visualize inhaling bright, white, clean, pure light/energy on your inhale, and exhale dark, black smoke (anything you don’t need – toxins, emotions, etc).
	2. With your inhale, visualize pulling earth energy up through your feet. See how high you can pull that energy up with your first breath. With your exhale, see it go back down. Then inhale again and pull it up further with your next breath, and continue doing so until you can inhale the earth’s energy all the way up to the top of your head. This could take 10 minutes or more the first few times, but duration will get shorter as you continue to practice and process.
	3. Get your hips moving. Lie on your back with your knees bent and your feet flat on the floor/bed/etc. With your inhale, gently arch your lower back and rock your hips forward, filling up your chest and your belly with air. With your exhale, gently bring your hips back down to flatten your back, suck your bellybutton down towards your spine, and gently squeeze your bum to help push all of the air out of your lungs. Do this gently and without pain. If it hurts, try to do a less exaggerated hip movement. If that is uncomfortable, do not continue this exercise.
7. **Do something you enjoy to help you relax.**  Take a bath, read a book, go for a walk, go to bed early, play a video game, listen to music. Do something that you enjoy that you don’t normally take the time to do.
8. **Use essential oils to help you relax.** A nice warm bath with essential oils can help. Essential oils in a diffuser can really change the mood: lavender, peace and calming, joy, etc.
9. **Write in a journal.** Write down anything that is on your mind. Your thoughts, your emotions, how your body is feeling, what you thought about your session, how you felt during your session, what emotions it brought up, your goals, your dreams, what inspires you, etc. It can be anything. It is a great way to process if you feel so inclined.
10. **Do cortices.** Cortices gets your brain communicating. It can help with any symptoms you may be experiencing. It can help with getting to sleep, staying asleep, if you are tired and can’t get going in the morning, if you have the grumps, etc, etc. It can’t hurt! **Check out the video here.** [**www.InnerCompassAcademy.com/cortices.html**](http://www.theSerenityStudio.ca/cortices.html)
11. **Do your homework.** If you receivedhomework, it was for a reason. Please be committed to yourself, and do your homework. It was specifically given to help you and your bodymind process what came up in your session.
12. **Book your follow-up appointment:** Healing takes time. This is not a quick-fix. How long have you been feeling this way? It didn’t happen in a day, probably not even in a month, maybe more like years. It won’t be fixed in a day. Think of yourself like an onion. The whole point is to begin peeling the layers off. When you start peeling the layers off, you get to the deeper, more important issues. The external symptoms begin to diminish and you begin to discover some of the more deep-seated issues that may have been plaguing you and holding you back for years, sometimes your entire life! But guess what, once we begin working on these things, your entire life can transform! You don’t need to continually have your buttons pushed about certain things or constantly have so called “chronic” back, knee or hip pain. Book at [www.**InnerCompassAcademy.com/online-booking.html**](http://www.InnerCompassAcademy.com/online-booking.html)
13. **Make yourself and your health a priority.** You can’t take care of anyone else if you don’t take care of yourself first. If you are sick, you can’t help anyone else. So you can’t keep putting yourself on the back burner.