

I Just Had Energy Healing...Now What?

By Sophia Zoe of www.SophiaZoe.com

Congratulations on embarking on a personal healing journey! Whether you are new to vibrational medicine or not, it's a good idea to print this article and keep it as a handy reference.

By the end of a course of treatment, your life will have changed for the better in countless ways. Many people feel better after only one session; others need several sessions before they feel a difference. Everyone processes at his/her own pace. You may want to keep a journal and compare your experiences with the list of benefits below. You may experience:

- Complete elimination or alleviation of pain.
- More energy and enthusiasm for living.
- Deeper, more rejuvenating sleep.
- Better overall bodily functions.
- A desire to take better care of yourself and finding it easy to do so.
- Reversal of degenerative diseases.
- Less need for chemical assistance (food, drugs, alcohol, tobacco).

- Feeling calm and confident in all situations.
- No more "mind chatter" and worry wasting your energy.
- Emotional buttons are not triggered.
- Pet peeves stop being bothersome (or your patience increases).
- Clearer thinking, ability to make wise decisions with courage.
- Great self-motivation; no more procrastination.
- Your wishes will turn into desires and goals that you eagerly pursue.
- You will realize your life is in your control and this will excite you.
- Many aspects of your life just fall into place, effortlessly.

- A deep sense of peace and relaxation.
- More soulful self-assessment; you'll see yourself clearly.
- Your creativity will find an appropriate and satisfying outlet.
- A leap in your maturity level and a desire to be with others at your level.
- Others responding to you with more respect and sincerity.
- Feeling more connected to everything – people, animals, the planet, God.
- A sense of happiness, fulfillment...even outrageous joy.

That's a lot of good news, isn't it? You may feel some of those benefits, or all of them. Refer to this list often and note any changes in yourself. Some people see changes immediately after their session, while others need up to five days to notice improvements. The more sessions you have, the more benefits you will experience.

Everyone's system processes at a different rate and your subconscious mind will prioritize where the healing needs to go. If you feel tired after your session, it's because you are processing deeply and rapidly. Your cells are changing their

vibration and you need to support the process: rest, drink water and eat healthy food. Do deep breathing exercises. Just trust that your body will take the energy it needs and use it in the most beneficial way for you.

I don't feel any different yet. Does that mean it didn't work?

No, it doesn't. There is always a result, however subtle, with energy work. Here's a reason to consider about your lack of apparent progress: You need more sessions. Think of yourself and your energy field as a very, very dry potted plant. If you've ever neglected a plant to the degree that the soil was light as air, you know that when you tried to water the plant, almost all the water ran right through the soil. The soil remained almost completely dry. You had to water it again and again, each subsequent time the soil retaining a little bit more moisture, until the soil was plump and hydrated.

So it is with a depleted energy field. The first time, there are so many "holes" in your field that the energy seems to run right through, so you think nothing happened. By the second, third or fourth time, you are retaining the energy in a way you can feel. After that, the practitioner has something to work with, and deeper healing work can proceed. But it's not to say that "it didn't work" the first couple of times. It was just so subtle that it took some time for your field to retain enough "moisture." Those were the preparatory sessions that got you to a place of being able to feel your progress – so YES, they did work.

Many years ago, I had energy work done six times before I could actually feel a difference. So why did I keep going after the first time? On a deep level, I knew something was shifting inside me. I couldn't explain it, but I knew it was good for me. I'm so glad I kept going – it changed my health and my life!

The important point is, once your energy field has been worked on, it is altered even though you may not be immediately aware of this fact. With continued sessions, it's impossible to not experience a positive change.

Sometimes we don't think the healing was effective, but friends and family who know us and our habits will see a *dramatic* difference. If you've had several sessions and you believe nothing happened for you, ask people who know you well if they have noticed a difference in you. Almost always, you will get surprising feedback - usually on something you didn't know others considered to be an issue with you. For example, a big change can be that you are no longer controlling. If you didn't know you were irritating others with your behaviour, you wouldn't have noticed that change in yourself. Or maybe your impulse purchases have been reduced. Perhaps you've stopped interrupting others, so you're less annoying and easier to get along with. Maybe your road rage has decreased.

It is always exciting to see changes in yourself. Friends and family who are still stuck in their trauma can become jealous and feel threatened by the new you. Make the choice to respond to them from your new place of maturity and inner peace. Show compassion and talk to them about the work you've done to become the best possible version of you.

Trust yourself. You will always have a sense of what is best for you. Sometimes old friends no longer serve us and we are led to people who are more congruent with our authentic selves. Enjoy the adventure.

Once all your past traumas have been cleared, you will feel like a different person. The clearing is permanent, but as life carries on, new challenges will arise, which may need to be cleared. Your commitment to your ongoing progress is what will keep you ahead of the crowd and away from your old life. You may feel you need sessions every few days when you're in crisis, or every few months when things are under control. You'll sense when your schedule of treatment needs to change. Let your intuition guide you. Without all that emotional baggage in the way, you'll hear your inner voice very clearly.

To support yourself through your treatment, it is wise to follow a healthy diet, exercise and surround yourself with your favourite positive and supportive people. Also spend time alone in quiet reflection and think often of the future you want to experience. By honouring yourself in this manner, the healthy life you want will appear before you know it.

If I can be of further assistance to you, please feel free to contact me.

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Energy Therapist, Teacher, Author, has worked in the healing arts since 1996, with the passion for alternative medicine having begun when she was just 15. She has trained with the developers and Masters of each modality she uses. Her unique strengths include accurate surrogate muscle testing, the ability to see and communicate with injured body parts and sensing stressed areas with her hands. Sophia has clients around the world by doing telephone and proxy sessions. Her home base is in Toronto, Ontario, Canada.

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Clients receive a customized treatment plan which may include a combination of:

- BEAM Therapy (Bio-energetic Emotional Access Method)
- EFT (Emotional Freedom Techniques)
- Bioenergy Healing
- Therapeutic Touch
- Aromatherapy
- Imagery
- Reiki
- Hypnosis
- Colour Therapy
- Ion Foot Detox
- Ear Candling