



Things to know before taking an Energy Healing

Healing cannot be forced upon a client. I act as a channel and it is up to the clients energy system and body to accept the energies and allow healing to take place. This is done on a subconscious level.

It does aid the healing process if a person consciously decides that they are open to healing.

- Positively open yourself to The Divine Energy.
- Have *FAITH* and *PATIENCE* in the divine healing process.

What happens during a treatment?

Every person responds to treatment differently, some people experience strangeness during the treatment, which is characterized as feeling of strong emotions. ***Person may also experience temporary rise in symptoms. Energy healing treatments stir up issues that have to be resolved.*** The symptoms are different for different people. But that is a sign that the healing is working and that issues coming forth have to be dealt with and healed.

This period of signs and symptoms is called as “healing crisis” or “detoxification symptoms”.

What are the detoxification symptoms?

Symptoms may be classified as *mild, moderate, and severe*. They can be physical, mental or emotional in nature.

Symptoms may also be similar to those of disease or issue for which the healing is initiated.

Following is a list of common symptoms that might be experienced in the course of detoxification:

- Strong emotions like anger, fear, worry, irritability, sadness.
- Mood swings
- Development of certain type of phobias.
- Fever, cold or flu
- Nausea, Diarrhea.
- Fatigue, restlessness, dizziness.
- Pains, for instance joint or muscular pain.
- Skin reactions like itching, rashes, etc.
- Hypotension.
- Lack of sleep or excessive sleep.

Only after the detoxification process is complete, a person starts feeling the positive results of Energy Healing.

These symptoms may arise anytime during the treatment period (21 days).



Why does one go through these symptoms?

The symptoms of detoxification appear due to faster than normal rate of toxin elimination and may vary from person to person depending on the load of the toxins in a person's bodily system.

This is a temporary condition that usually lasts for no longer than the duration of the treatment. Appearance of these reactions does not call for termination of the treatment but signifies the initiation of the healing process.

The symptoms during the energy treatment are different from the symptoms that may appear as a side effect of any medication. **Note:** If anything that would otherwise make you call a doctor appears, you should definitely call a doctor.

How to manage these symptoms?

The best way for management is to ***INCREASE THE INTAKE OF FLUIDS especially WATER (Luke warm)*** during the treatment, because water intake helps to flush the toxins and other waste products out of the body and can speed up the cleansing.

Other ways that may be helpful to manage the symptoms are:

- Modification in the diet - No processed/junk food, alcohol, tobacco and cigarettes.
- Meditation or certain Mantra chanting may help to alleviate mental and emotional stresses.
- Read spiritual books or articles.
- Express your emotions in a healthy way.
- Avoiding negative thoughts and situations.
- Treat yourself gently and take the rest if you feel fatigue. In fact, get plenty of rest :).
- Spend some time in quiet and peace.

Results of Energy Healing

Feeling of deep relaxation is usually felt. As Energy Healings encourages one to let go of all tension, anxiety, fear or other negative feelings a state of peace and well-being is experienced. ***Positive results may be felt during the treatment or after the full course of treatment,*** once detoxification is complete.

As a result of healing one may experience (results may vary from person to person):-

- Change in lifestyle or behavior (a more positive, balanced outlook).
- Increased wisdom and intelligence to tackle the issue/s.
- Issue/disease may be healed completely.
- Physically and emotionally stronger to manage the issue/s independently.

We must always remember that the healing will happen in the way that God knows is best for us.

Contact: Shradha Singh ~ Ph + 91 7415 565 422 ~ www.saburi.co.in ~ saburi.info@gmail.com