



Free Follow-Up Tips

Healing continues long after a session; here we offer helpful suggestions. After a session or retreat your healing will continue for as long as necessary. Therefore, we provide a few helpful suggestions to further assist your body, mind and spirit.

Peace and Joy!

- Drink plenty of water to flush toxins from your body, especially after any type of body massage or energy work. Pay attention to your body's response to your healing. Remember, much releasing (letting go) of emotions, issues, body trauma, grief and sadness have just occurred. Honor all of them, all of you, and let it all go with love. It is coming up into the light to be released so lovingly say goodbye to it! Be very loving and gentle with yourself.
- Pay attention to your dreamtime after a session or retreat whether in circle, and/or group activity. Your dreams can help you see or understand your healing process.
- Lastly, if you have any questions or comments, or wish to discuss your process further please contact us.

Thank you for giving us the opportunity to be of service. We are here to serve and are very happy to assist you on your beautiful path.

With Love,

Deidre Madsen
Happily *Inner* After
Shangri-La Sedona