

# Helpful tips for a *happy inner* *after* experience



Set a clear inner intention



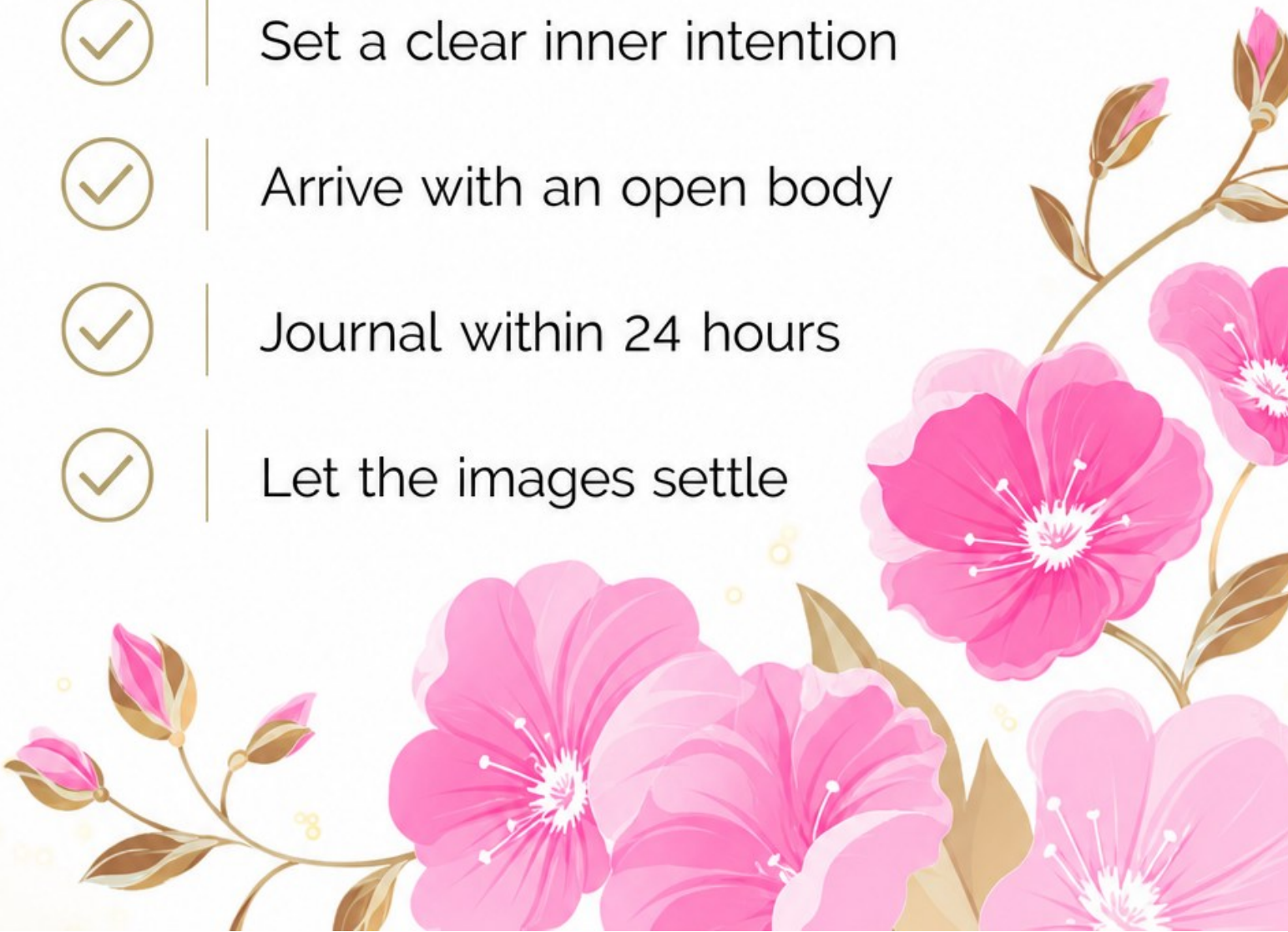
Arrive with an open body




Journal within 24 hours



Let the images settle





Healing begins *prior to* and continues long after a session or retreat for as long as necessary. Here are helpful suggestions to assist your body, mind and spirit for the best possible healing journey.

- Set intentions and list your goals prior to your session or retreat and arrive as clearly as possible with an open mind and heart to welcome and receive complete healing.
- Drink plenty of water to flush toxins from your body, especially after any type of body massage or energy work settles.
- 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.
- Always journal your experiences soon after to retain as much detail as possible.

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

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