

## **Guidelines to Follow After a Crystal Healing Session**

1. Preferably do not wash or shower for at least 12-24 hours after the healing session. This further allows the assimilation of energy in the etheric and physical bodies. When you do bathe next, take a salt bath to draw off any negative energy that may have accumulated since the time of the healing session (See #5 below for details).
2. Eat light meals and abstain from red meats for at least 12-24 hours. Red meat requires much energy to digest and may leave you feeling depleted of energy (as it is a low form of energy).
3. Try to rest after the session. Follow your normal routine but refrain from excessive exercise or activities.
4. Try to keep your thoughts and actions focused positively. This allows the healing energy to be more fully absorbed. Mentally repeat a positive affirmation such as, "I completely, deeply, permanently accept all the healing energy, Thank You" several times throughout the next few days. Cultivating a healthy state of mind will assist the healing process.
5. Begin taking salt baths on a regular basis if your ailment is severe (at least 2-3 times a week). This cleanses the energy field around your body, helping it to stay cleaner and healthier, which can accelerate the rate of healing.  
SALT BATH: Use 1/2 cup of regular table salt or rock salt (sea salt or Himalayan Salt is best, but can be expensive). Dissolve the salt in a bath of warm water. Fill the tub enough to cover as much of your body as possible. Soak your body for 20-30 minutes and follow with a regular shower to wash off the salt water.  
  
PLEASE NOTE: If you do not take baths, this method can be adapted to the shower. You can use the salt as a body scrub while intending that the salt cleanse all the negative energy from your etheric and physical bodies. Then, after you have cleansed your entire body, follow with a regular shower.
6. You may experience physical and emotional reactions following a healing session. The body may cleanse itself naturally by diarrhea, vomiting, strong smell in urine, etc. but this is rare.
7. Remember, I am only a facilitator of healing. You are responsible and in control of your own healing. Listen to your body; use your intuition and your intellect to tune into yourself and your ailment.
8. If you have any further questions, comments, or concerns, or if you would like to write a review of your experience, then please contact your crystal healer at: