



Heart to Heart Healing

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General Guidelines for after a Session

1. Rest after the session to utilize the projected energy for healing rather than doing. However, it is good to exercise on a regular basis with an emphasis on stretching.
2. Keep your thoughts and actions positive. Expressions of gratitude enhance the healing. Say “Thank you” often.
3. Practice forgiveness on a regular basis.
4. Do not shower or bathe for 12 – 24 hours after your session. This further allows the complete assimilation of energy. Using a washcloth on specific areas is okay.
5. Do Twin Hearts Meditation at least twice a week (except those in risk categories: pregnant, acute heart condition, glaucoma, uncontrolled high blood pressure).
6. Eat light meals, try to be vegetarian or at least abstain from red meats for 12 – 24 hours. Drink plenty of water.
7. Refrain from smoking. Use alcohol only in moderation.
8. If your ailment is more severe, begin taking salt baths on a regular basis (2 – 3 times a week). This cleanses the energy field around the body.
9. To fully receive the gift of healing, you can give a gift (tithe) to the charity or need of your choice. Always remember the Law of Karma and the Golden Rule.
10. If the ailment is persistent and/or severe, please consult with a competent medical doctor.