



Vibrant Life Wellness LLC

After a Sound Therapy Session

Everyone is different and will have their own unique experience. Most people report feeling clearer, calmer, more relaxed, and more self-aware. "I feel as though the weight of the world has been lifted off my shoulders" is another description.

Sometimes clients will experience a detox, which can vary greatly.

- Profound exhaustion and tiredness, needing to sleep or lay low for a day or more: generally, happens with people who have been 'running on empty'.
- Extreme emotionalism, or being very aware of formerly masked or buried emotions- crying a lot, or being very angry.
- Headaches and/or dizziness
- In very rare instances: skin rashes, mucus, fevers, vomiting, loose stools, excessive thirst

Generally, these symptoms are detoxification and pass within a day or two, but if a condition persists, it is important that you contact me right away. Sometimes people can get 'stuck' in the unwinding process and need an additional boost to complete the adjustments.

Hydrotherapy

Drinking plenty of water and herbal teas after a session is recommended, and soaking in a mineral or epsom salt bath for 20 minutes minimum supports the body in detoxifying or releasing any physical components from the blockages released from the energy field.

Grounding

In climates that permit, it is highly recommended to spend some time walking barefoot outside in the grass or soil after your session. Connecting the bare feet to the earth will help to ground your energy, drawing excess energy down and out of the body, and drawing the earth's negatively charged ions up into the body. This helps create a state of electromagnetic equilibrium in the system that can potentially relieve a wide variety of discomforts.