

Colin's Aftercare Recommendations

Congratulations on reconnecting with your true nature and bringing more of yourself to the planet! You can expect your re-established energetic connections to manifest physically during your ensuing "integration period" and beyond, and may you realize the very best outcomes.

While I can't necessarily predict what you might experience, it might include some of the following, particularly in the first few days: increased invigoration or fatigue, a little extra hunger or thirst, experiences of emotion, physical shifts, feelings of greater equanimity or alignment, or perhaps not much at all, especially when new to the work.

My first recommendation is to keep hydrated and nourished as your cells restructure themselves, and I can't recommend sleep as needed highly enough.

If you should experience emotion passing through, my layperson's urging is to allow it to do so unimpededly by simply observing the experience neutrally, neither attaching mental stories nor suppressing the feelings as best you're able. Please consider that emotion may be an opportunity to heal past trauma and that this might be accomplished through simple attention and acceptance. Since daily meditation can be a great aid in this (not to mention its many other proven benefits), I recommend considering adopting a practice — of any variety that you feel drawn to — of fifteen to twenty minutes a day preferably first thing in the morning. Additionally, does time spent in nature ever do any harm?

Lastly, I recommend abstaining from both bodywork and additional energy work for the first few days at least, but ideally for your full integration period. Individual practices are fine, and I always recommend listening to your body first and foremost, but as a general rule of thumb, this would include massage, acupuncture, chiropractic, reiki, potent homeopathic remedies, and so on. Your body will be busy and it can be counterproductive to overload it.

If any question or concern should arise, please don't hesitate to check in with me while keeping in mind that I don't claim any medical or psychotherapeutic knowledge or credentials of any sort; if need be, I sincerely urge you to seek medical or other appropriate care. Please also never hesitate to be in touch to offer feedback, to share anything you experience along the way, or if I might be of any further assistance; I'm here for you and always interested to hear how the work lands.

I couldn't be more pleased that you've chosen to embody this transformation or more honored to act as a concierge on this leg of your journey. May you live with ease, free from suffering, and thrive joyfully.

With Love,
Colin H.
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