

## What to expect following a Somatic Energy Therapy Session

While you may experience a wide range of body and mind reactions and changes following a BodyTalk and/or Somatic Experiencing session, below are some of the most common. Please note that the most significant changes are often noticed up to 3 days following a session, which occur as you integrate the energy that has been reset, integrated or discharged.

- Feeling more relaxed, muscle tension releasing
- Increased or decreased symptoms (more or less pain in body and mind, including psychological/emotional symptoms) as energy moves
- Much more energy/temporarily less energy (try not to use up all new energy all at once)
- Feeling more emotional than usual as stuck emotions start to release
- Feeling slightly nauseous as toxic waste moves out and/or the Vagus nerve resets
- Feeling like you were “hit by a truck” as your body overhauls old energetic patterning
- Sleeping longer as the body and mind integrates energetic changes and/or deep exhaustion
- Experiencing heightened awareness, e.g. increased sight/capacity to change old habit patterns
- Feeling little and/or agitation following initial session, particularly if you are sluggish/feel stuck
- Feeling like a million bucks!

Please note that it is a normal part of the healing process for pain to surface before decreased pain/a greater sense of well-being is experienced, though this is not always the case. Also, big changes to overall health can be experienced quickly due to energetic changes and/or may take a number of sessions depending on the issue. Many health issues have various emotional, mental, physical and spiritual layers that require commitment to unravelling, particularly if they are long-standing issues.

Thank you for the opportunity to work with you on your healing journey and for prioritizing your health and well-being, especially as it contributes to the wellness of the whole!

May all beings be well,

Jaya

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