



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 Somatic Energy Therapy 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 life force energy and vitality that is resetting after discharge and release.

- Feeling more relaxed, muscle bracing/tension releasing
- Increased or decreased symptoms (more or less pain in body and mind, including psychological/emotional symptoms) as stuck energy release
- Much more energy/temporarily less energy as you reset (try not to use it up all at once)
- Feeling more emotional than usual as stagnant 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 you integrate energetic changes and/or deep fatigue and exhaustion
- Experiencing heightened awareness, e.g. clearer vision/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 resurface before decreased pain and a greater sense of well-being is experienced, though not always. Also, significant changes to overall health can be experienced fairly quickly due to energetic releases and/or may take a number of sessions depending on the issue. Many health issues have various emotional, mental, physical and spiritual components that require commitment to unravelling, particularly if they are long-standing issues.

Thank you for the opportunity to work with you and for prioritizing your health and well-being. This work has produced miracles and profound vitality in my own life, which is why I studied and offer it.

Many blessings, 🌞

Jaya

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