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WELCOME!

This information is intended to support you in between sessions, and to supplement the life skills you learn and shifts you experience during sessions. Please feel free to share any of this with loved ones and friends – not only so they better understand what you are going through, but so they too can benefit from the knowledge.

Sessions are intended to offer some level of permanent shift, but it takes daily action and ongoing effort to build more helpful day-to-day habits. We are all on a lifelong journey of learning, and you've already taken the hardest step which is asking for help. Don't be discouraged if the going gets tough. This is the gateway from which healing can take place and your beautiful journey of transformation can unfold. Asking for help shows great courage and strength. Congratulations!

Below are a list of suggestions and guidelines to help you support yourself. Try a few of these and see what feels right for you.

Disclaimer: The following are suggestions only and are not medical advice. Please do your due diligence and research what would be best to suit you and your circumstances. Talk with your Doctor if necessary.

What to expect in sessions

Through discussion with Soo, we will determine the most appropriate modality(ies) for you to work with. Sessions take place in the Client room at Eureka, outside in nature, on occasion with the horses and Soo now offers Online Video sessions for those unable to travel to Eureka.

How to prepare for a session

Be hydrated. Allow sufficient time so you are not rushed or flustered. Have a think about what you'd like to get out of the session – it may help to write down questions or issues to have with you.

After the session

How you may feel will depend on what comes up, and what type of session you've had! You might feel lighter, invigorated and enthused, or possibly tired and in need of relaxation/sleep. Drinking water and resting when your body says it needs to will help.

You may find emotions are a bit up and down; this is normal when experiencing shifts. Some experience a 'healing hangover' where you may feel out of sorts for up to 72 hours as your body integrates the changes. A healing hangover may incorporate emotional and physical symptoms.

After intense, deep healing work, your life, perceptions, feelings and habits will start to change for the better. The more sessions you experience, the greater this change should be.

Remember, in a time of crisis call 000 for immediate support.

Dark night of the soul

Some people may experience a 'dark night of the soul'. This is a stage in personal development when a person undergoes a difficult and significant transition to a deeper perception of life and their place in it. The mantra "*This too shall pass*" may be helpful.

What if I can't make a booked session?

Where possible, please provide at least 48 hours notice if you need to change your booking. Our cancellation policy is :

- 100% fee if cancelled with less than 24 hr notice

What benefits can I expect?

Over time, we hope you will experience some or all of the following:

- Releasing past and built up emotions
- More energy, sense of freedom and happiness
- Increased confidence in yourself; courage
- Handling other people's reactions more competently
- Having a sense of peace and fulfillment
- Improved relationships and connection with others

Daily routine(s):

It is a good idea to plan one or more times during the day when you can give to yourself. They can be as short as five minutes and you may choose to focus on :

- meditation
- breathing exercise
- walking/exercise
- creative play (drawing/painting)
- listening to music
- reading
- taking a long shower
- gardening
- etc... whatever floats your boat

Starting the day with a short visualisation of how your day will play out (all positive outcomes, of course!) sets you up for a beautiful experience. See the outcome of a meeting as you want it to be, picture joyous time with family/friends. Create a picture of joy.

Allow yourself time away from your phone / kids / computer.

Practice gratitude every day by thinking of THREE things that you're grateful for. Repeat this during the day as often as you wish! Do it while making breakfast/lunches, sitting at traffic lights, even when sitting on the loo!

Compassionate space

You may need space following sessions for introspection. Tell those around you that you need space to recalibrate your brain with the new insights you've received. Be kind to yourself, and if others ask what they can do, tell them to just 'hold space' – to just be caring, present and ready to hug or listen as necessary.

Nutrition:

Our cells are replaced constantly and are being built with what you are eating and drinking. To ensure that you are feeling hydrated, clear and energised it is best to drink and eat high vibrational and nutritionally dense food. Eat as much fresh (alive) foods as possible so that you feel more alive. Add electrolytes to your water, and aim for 6-8 glasses each day.

Find the foods that agree with your digestion the best, monitor how good or drained you feel after each meal and different types of food to see what is right for you.

For help with your nutritional medicine, please contact the amazing Elly Grenfell at <http://healthnharmonynutrition.com>, healthnharmony.nutrition@gmail.com, 0424 603 909

Emotions

People talk about 'positive' and 'negative' emotions, but in reality emotions are simply energy in motion (E-motion) and show up to provide us information. Our bodies are *really* smart! The more we can learn to listen to the messages from our body, the more content we can become.

It's OK to show emotion, in fact it is really important to do so. Don't bottle them up! Yell, scream, cry – but not at the people in your space! Run, dance, shake things off ... whatever works for you.

Learn how to recognise and name your emotions, allow yourself to feel them (turn them up if you can) and then continue the conversation, argument or making the decision. Journaling helps this process. If you're not sure what they are, Google '[emotion wheel](#)' for help.



Thoughts

Be curious about your thoughts *but don't believe them*.

Watch your thoughts – they carry as much energy as words.

Recognise that you are not your thoughts! Try taking a few deep belly breaths, sit quietly for 1-3 minutes and simply focus on 'I wonder what my next thought will be'.

The voice in our head is the accumulation of all we've learnt and the belief systems we've made for ourselves.

Mindfulness

Learn to be mindful, to allow yourself to be in the present moment. It's OK to sometimes let our mind wander to the past or the future, but too much time spent in either state might be depression and/or anxiety. Being present, in the here and now, really experiencing and having gratitude in the moment supports sanity!

Grounding

Make time every day to go in the sun, be in nature and feel grounded and peaceful again by doing so.

Journaling

Sometimes when we are overwhelmed with emotion and our mind is racing with thoughts, it prevents us being present, peaceful and focussed. Writing it down can get it out of your head so you release it and can take an objective look at the issue/s which are arising at the time. Writing also engages both sides of the brain and neuroscience backs the benefits of journaling. Your journal is only for you – so release any judgement of yourself or overthink what you 'should' be writing. Sit in a quiet space and let the words flow. You may be surprised at the insight you channel.