

Six Tips to Facilitate Healing After a Pranic Healing Session



Avoid Bathing...

Preferably do not wash or shower 12-24 hours after sessions. This further allows the assimilation of energy in the emotional and physical body.



Eat Light Meals..

Eat light meals and abstain from red meats for 12-24 hours. Red meat requires much energy to digest and is also a low form of energy.



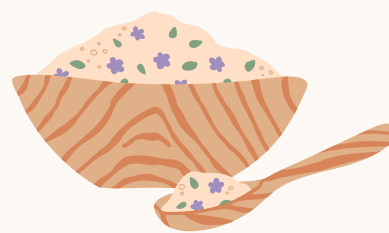
Stay Positive...

Try to keep your thoughts and actions focused positively. This allows the healing energy to be more fully absorbed. Mentally repeating the affirmation: "I completely, deeply, permanently accept all the healing energy, Thank You" several times throughout the next two days can also assist the process.



Chill Out...

Try to rest after the session. Follow your normal routine but not excessive exercise or activities.



Take Salt Baths...

Add periodic salt baths into your bathing regime. If your ailment is severe, then take a salt bath at least 2-3 times a week.



Practice Meditation...

Begin doing the *Meditation on Twin Hearts* - <https://vimeo.com/austinpranichealing/httpvimeocomaphtwin-heart15>. This meditation will help to continue the cleansing and healing process, as well as facilitate a state of peace and clarity.