



## *After Care Suggestions for Shamanic Breathwork™*

- Please be aware you are still in an altered state; you may not feel like it, but you need to be extra careful as you drive to pay attention and stay present.
- Don't listen to dreamy, higher chakra music on the way home. Lots of people have gotten lost driving home from a Breathwork in their own town.
- It's a good idea to eat grounding food (protein, root vegetables, etc.).
- Drink plenty of water.
- Refrain from alcohol or other mind-altering substances for a few days.
- Rest, relax and get a good night's sleep - today and in the coming week.
- Try not to over schedule yourself in the next few days; don't underestimate the experience you've had and the openings it may still be triggering within you.
- Be gentle with yourself; emotions may be coming up today and in the next several weeks that you might not expect. There's nothing wrong, you've just opened the door and invited more of your inner consciousness to come out.
- Hang your Mandala (artwork) somewhere that you'll see it so you'll remember what you experienced in your Breathwork. Sometimes days and weeks later you'll get more information.
- Be choosy with who you share your experience with right now; you deserve an open, loving and non-judgmental ear.
- Be kind to others; don't expect them understand what you've experienced.
- Ask for support if you want it or need it. Check in with a trusted friend or counselor. Please don't hesitate to call or email me.
- Take time to journal, do art work, dream, and attend to your inner life. The door is open ... take the opportunity to explore.
- Meditate daily, even for just 10 minutes ... learn to listen to your inner life.
- Take time for solitude and reflection ... but don't isolate. Connect with kindred spirits in person, phone or email.
- Nurture in nature ... walking is good.
- Use movement to free the energy coming through. Dance, yoga and other forms of movement are great for moving energy and relaxing.
- Attend any regular groups or circles you normally attend.
- Get a massage, Reiki session or other body or energy work.
- Hang out with animal companions, watch a funny movie or romantic comedy.
- Don't take yourself too seriously; remember to find ways to laugh and have fun.