



Perth Kinesiology Specialist Group

What to expect after a Kinesiology Balance

During a Kinesiology balance, energetic blockages, resistances or issues that have been occurring for you and affecting your well being, will be altered, transformed and released. The by product of this is change in your life, generally long lasting and frequently profound.

Effects of Kinesiology balancing

Every individual and each treatment is different. Some of the things you may experience are listed here, but remember, If you do not experience any of these, then that is ok.

- ◆ Dreams or big emotions can be a 'release' of the stress from your body. It may come in the form of anger or pain, new happiness, tears or other emotions. These are all great indicators that change is happening. Just allow whatever shows up to come forward and the time for it to pass.
- ◆ You may feel tired for a couple of days, whilst the body deals with the release of any long held issues, trauma or stress. Your body is telling you to rest – **SO REST!**
- ◆ Water – New aches, pains or headaches may show up and as the toxins shift. The best way to assist their release is to increase and maintain high water consumption. Quality water is paramount so be sure to drink the best you can.
- ◆ You may find yourself being more reflective as an understanding of underlying issues are realised. 'Inner wisdom' is awakening, embrace it.
- ◆ A sense of relief lasting several days or weeks, until the next underlying 'issue' emerges (long lasting issues can have many layers so give yourself time)

It is important to ensure that you:

- * Drink plenty of water over the next 48 hours; water is a daily and essential source that our body requires to function efficiently (8 glasses per day is recommended)
- * Energy movement happens in waves and cycles. Your body will need time to adjust so take it easy. Be kind to yourself.
- * During this time of rebalance your emotional sensitivity can be heightened. It is recommended that you be very consciously aware of your emotions and monitor your reactions to normal daily activities. It is a time to avoid over reactions.

The treatment uses your body's natural healing ability and energy to create new pathways. In doing so it gives you a chance to make new choices more easily and live life better with less stress. Be Kind to You, Take care and Nurture Yourself.

If you are unsure about anything, please make contact to Su on 0434 980 730