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## After Care Guidance for the Sound Bath and Relaxation

### **SOUND HEALING IS IDEAL FOR YOU IF YOU ARE:**

1. Open minded and looking for a new way to move forward in your life, especially if you want to make change to a more harmonic way of living.
2. Balanced, healthy and happy life and you want to keep your vibrations high.

### **WHAT ARE THE BENEFITS TO SOUND BATHS, RELAXATION AND MEDITATION?**

- Increased self-awareness and self-esteem
- Improving self-regulation
- Better focus and concentration
- Enhanced health
- Decreased stress & anxiety
- Increased sense of calm
- Improved sleep
- Skilful responses to difficult emotions
- Increased empathy and understanding of others
- Improved impulse control
- Increased appreciation for life



### **TIPS FOR AFTER SOUND BATH SELF CARE:**

Below is some general advice on the aftercare of Sound Healing:

Remember that every body is different and will experience their own individual effects. Some clients will have a relaxing sound bath and drift into a delta wave sleep (and yes, snore a little). Others will move into a Theta brain wave and be able to mediate; see vivid colours, have visualisations or feel as if their body is floating. Others can have trouble switching off, getting a busy brain and feeling frustrated.

During most energy healing treatments, as deep seeded 'Ki'/'Chi' energy is released, it may cause reactions like crying, coughing, involuntary twitching, changes in body temperature and tingling. Headaches can also occur. My reiki master taught me to perceive these as "resistance unleashing." Explaining that this release is stagnant energy moving out.

If you did find that your brain wasn't able to "switch off", maybe you couldn't accept the noises including the sounds of those around you, traffic noise, insects or bird and found it frustratingly difficult to zone out, be kind. To yourself in the main and the others in the room. Learning to be present, accept sounds without judgement or thought, is a practice. Like riding a bike. Try not to hold on to frustration and let peace and calm in. Again, breath is important.

After a Sound Bath, I recommend drinking plenty of fresh (filtered or spring if you can) water or a sleepy (camomile) tea. Avoiding alcohol and caffeine for 24 hrs. Lemon water is great for the next day.

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Over the period of the sound bath, immediately after or even in the next few days, your body may experience some changes or “releases”. I mention in the sound bath that snoring, laughing, crying and feeling angry can occur and it can also happen afterwards. Headaches, tiredness and weeing more can also happen and last couple of days as you release and detox. E-motion...energy in motion. Let it wash over you. Don't hold onto the feelings or physical pain but work with them. Ask yourself: “I wonder what the root cause is of me feeling this way?”.

Sometimes the experience of sound healing is dramatic, while for other people, the first session in particular may be uneventful, although they feel somehow better (relaxed, lighter) afterward. The most common experience is an almost immediate release of stress and a feeling of deep relaxation.

If you ever have any worries or concerns after a sound bath whether 1:1 or group, I welcome messages and I'm also happy to have a secondary meeting - often a grounding walk.

*If you have any further questions or queries, please do not hesitate to get in touch with Kimberley either in person or by email.*



With gratitude, love and light

Kimberley xx