

## What you may experience after your treatment.

Rahanni Celestial Healing is a 5<sup>th</sup> Dimensional healing, working on a higher vibration and a deeper level. Please do not under-estimate the power of Rahanni. It is working on the mental/emotional aspects of yourself as well as the physical. People have also noticed how tired they feel after a session, that is a positive, for when you relax Rahanni can work deeper, so please don't try to fight this, just recognise you need to slow the pace of your life for a few days to help with the healing.

The body is the reflection of the mind and with some people they will continue to hold on to many negative situations from their past, afraid to let go.

Whilst healing is taking place sometimes things from the past are brought forward; this is the bodies' way of releasing everything that no longer serves your higher purpose. With regards to physical symptoms, you may experience slightly more discomfort as inflammation is being released, but not in every case. It depends on the problem and the severity of it.

As the healing takes place there can be disturbances within your system, such as, headache, nausea, cold symptoms, possible mood swings or a little tearful. It sounds terrible but it means the therapy is working. If you experience any of these they should only last 24 hours. Some clients are not aware of any disturbance; that is also fine. Something to be aware of after having a Rahanni healing, don't have any alcohol for 24/48 hours as this negates the healing, so you need to listen and work with your therapist to get the results you are looking for.

If you have any concerns at all, contact your therapist and she/he will guide you. Always remember if you still feel unwell after 3 sessions then maybe contact your local Doctor for another opinion.

