

## **SHEEHAN SOLUTIONS**

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Two Locations to Serve You  
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### **POST SERVICE INSTRUCTIONS**

Thank you for allowing us to serve you. The following are instructions and information about the service you just received and what to do or expect.

#### **HYPNOSIS**

All hypnosis is technically Self-Hypnosis, since no one can make you do anything you choose not to do on a deeper level.

If you experienced a **clinical hypnosis** induction to adjust or eliminate a habit, your hypnotherapist has communicated with your deeper level during the session. It is up to you to continue this communication after your session has ended by following your hypnotherapist's instructions. Do not assume that the hypnotherapist has the power to transform your thought process and eliminate habits without your involvement. If you have immediate results [which are sought after and preferred] it is because you are in total cooperation and agreement on all levels with the suggestions given during your induction. Even immediate results require maintenance to be assured they are permanent and not fleeting. It takes twenty days to create a habit. For the majority of hypnosis clients, it takes several inductions and some self hypnosis in between the sessions to alter or eliminate that habit. Follow your hypnotherapist's instructions diligently and don't get discouraged.

If you experienced a **hypnotic regression** it is recommended that you keep a journal. Your hypnotherapist has opened the gateways to your memories [be they present or past life] and more will possibly surface after your session is over either while awake or asleep. Keeping a journal in between sessions helps you and your hypnotherapist piece together the information until it makes sense and aids you with the issue you are seeking clarity on.

#### **ENERGY EXCHANGE FOR WELLNESS**

The type of energy healing exchange you receive [Reiki, Karuna Ki, Haymanootha, Magnet, Reflexology,etc.] depends upon your belief system and your physical/emotional needs. No matter the modality used for the session, it is important to remember that all energy "wellness" exchange modalities release toxins that have settled dormant within your being and must be flushed away before they resettle. The most ideal and recommended way to do this is to drink a minimum of twenty-four ounces of water within a twelve hour period. The energy "wellness" exchange process is started by your practitioner but does not complete for 48 hours. Because of this, we ask that you do not have a session with a practitioner that does body or energy manipulation [I.E. Massage Therapist, Chiropractor, etc.] for 48 hours following your session. It is recommended that you refrain from alcohol and recreational drugs for the duration of your sessions as they have been known to impair the effectiveness of the sessions.

#### **PASTORAL/ SPIRITUAL COUNSELING**

The spiritual and pastoral counseling sessions are for the purpose of assisting with your spiritual and emotional well being. Guidance on matters are provided by connecting with your higher self as well as Spirit beings whose wisdom exceeds our own or with a loved one who has moved on and closure on either side is needed. It is recommended that a journal be kept in order to monitor the events and thoughts of the day that follow for a more comprehensive understanding of the information provided during your session.

For more detailed information on these and other services offered go to: [www.lenainc.com](http://www.lenainc.com)