

Support for the Healing Journey

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My promise to you is that I will work at my highest level of integrity and skill for the benefit of your overall health and wellbeing. I hold the view that you are a very powerful human being with a sacred journey in life, and my deepest commitment is to remind you of your wellness, the sacredness of your life, and your innate ability to heal and flourish.

My Intuitive healing work is centered around your needs and what you are hoping to heal, as well as looking at your energetic, physical and emotional system to find any blocks that may be keeping you from living to your optimal potential. My intention is that you receive the most aligned and accurate healing possible. Intuitive Healing is offered in a gradual, cooperative process intended to help integrate the body, mind, and soul, and to enhance your ability to live fully into your potential.

Your commitment is that you will listen to your own Truth and body above anything I say. If something doesn't make sense to you or doesn't feel helpful for you, please ask me about it. Any guidance you receive needs to be checked within your own sense of what is true for you and what serves your life. Nothing that is said in a session should be taken as a reason or excuse to avoid appropriate medical or psychological treatment, or as a replacement for an annual exam, diagnostic test, surgical intervention, or the advice of your doctor.

Before each Session

1. Drink at least one large glass of water right before the session. It is best if you stay hydrated throughout the day before our appointment and that you have a water bottle handy during the session.
2. Bring your willingness to heal.

After each Session

1. Recognize that you are healing at a very deep level.
2. Drink a lot of water.
3. Sleep more if your body is asking for it.
4. Allow yourself to open into your emotions completely. If you feel them fully, they can pass more quickly. If you hold back, engage in your mind's story about them, or resist them they may linger and impact other areas of your life. Be willing to feel an emotion for at least 90 seconds while breathing deeply.
5. Understand that as you change, the people and circumstances around you will change. You will begin attracting and being attracted to new people, places, and experiences that are more aligned with the new you. On the other hand, you may need to let go of people, places, things, including jobs that no longer support or serve you. If you need support in reconciling these changes, please call and we will determine the best support system for you.
6. Always call if you have any concerns or questions.

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What is Releasing?

Releasing is a process that can happen any time you have a physical, emotional or energetic shift in your body. Most likely, you have experienced releasing throughout your life through crying, anger, yelling, dancing, singing, breathing etc. Releasing is a big part of the healing work I do. Accordingly, here is additional information for you to refer to when you are going through a release.

I am working with you and your energetic system and your Divine guidance team to help you move large energies or patterns that may have held you back, kept you stuck, or which no longer serve you. Our body has often been an integral part of how we store and express these patterns in our life. Once we clear these energies or patterns and a healing takes place, your body will process that shift. Your cells transform and your chemical makeup responds. The emotional shift in your body after a healing may help you feel lighter or more relaxed. The more we do the bigger the changes in your body.

Releasing takes place in the days following a healing. As the cells in our body shift and energetic patterns rewire, often other layers or patterns are unearthed in your soma. Emotions are stored in our cellular makeup and tissues. So as the cells shift, emotions release. It is very natural to have a wonderful healing and then have a release of an array of possibly difficult emotions days later. This is where the release process becomes very important. If you do not release these emotions, they stay in your body and then your healing only reaches a portion of its potential.

Practice patience, kindness and curiosity towards whatever arises in your experience. You are likely in new territory. You are healing, and that is often a multi-layered and complex process. It can also be surprisingly simple. Open yourself to the grounding love and support available to you, and try something new!

On the other hand you may experience:

Peace, Happiness, Joy, Love, Expansiveness, Connectedness, Openness, Powerful, Inspired and more...When these arise, allow yourself to feel them too. Practice opening to their healing and transformational properties. Marinate in and enjoy them, but don't attach to them.

Breathing

The most crucial part of a release is to breathe. Slow down, and make room for what is arising. Turn toward it with kindness. We move so quickly these days and often take care of everyone and everything else in our lives but ourselves. Meditation or gentle yoga are wonderful allies.

Staying Grounded

I can't emphasize this enough! We are powerful electromagnetic systems, and big emotions and energetic releases hold a lot of voltage. As with any large electric system, if it doesn't have a grounding connection it will fry! Humans are the same. So ground deeply in the Earth, and trust it to hold you as you work with whatever is coming up for you. Attach your grounding cord to your pelvic floor and send the emotion down your grounding cord with the intention that it is being released from your body and will be purified in the center of the Earth.

Get out in Nature

Getting out into nature is **VERY** Important. It is amazing how much clarity you get from a walk under the trees or on the beach. It grounds you, connects you, and centers you.

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How Do I Release?

Everyone is different and will release in different ways. Honor yourself and do what you can to address these emotions that want to come out. Here is a list of things you can do to help move through the emotions of a release:

First, set your intention that the activity you are doing is to allow space for whatever emotion you are going through to release. Feel that emotion to the fullest. Feeling it completely will help it move more quickly and smoothly.

- “Sunlight is the best disinfectant”: Let your emotions come forward, into the light of your kind heart and awareness. They are just energies that want to move.
- Exercise- Run, bike, walk, stretch, etc.
- Meditate
- Punch a punching bag or pillow for Anger/Frustration
- Throw rocks in the ocean/lake to release Anger/Frustration (Saltwater will purify the emotion in the rock).
- Talk to an understanding friend.
- Go out and have a great time doing something fun!
- Yoga
- Deep Breathing- Blow out the emotion!
- Use colors to heal- Purple or pink or white light. Whatever feels right for you. Wrap yourself in it.
- Explore creative outlets- music, dance, singing, painting, sculpture, creating, etc.
- Acupuncture- getting Qi flowing in your body will also help move the emotions out and restore your vitality.
- Baths- w/ Sea Salt, Epsom Salt, herbs, or oils
- Kidney hot rock salt treatment to release old Fear- see my website blog section.
- Healthy Food- Our diet can stuff down emotions if we are not eating consciously. Vitamin rich food can support our systems in the process of releasing.
- Prayer/Intention/Manifesting
- Cooking/Baking

These are just a few. There are many more so feel free to find what works for you.

Trust yourself. Pray. It's ok to not know, and it's wonderful to ask for support.