

TIPS: POST-DMP SESSION

1) Take the rest of the day off to let your psyche relax from the work it has done. Take a walk, a nap, meditate, journal...

2) Note that the healing work has already been done, in the Bardo realm, in the sub-conscious realms of your Soul. The release of the complex we worked on, or key parts of it, has occurred. We are mostly waiting for your Conscious mind and ego to "catch up."

You may be aware of small, subtle changes gradually unfolding over time in your present day experience, **or** there may be sudden, dramatic and quite obvious shifts quickly.

3) To further release and support the various changes ready to occur:

a) **Let the experience percolate** in your conscious and subconscious minds; just settle into it, trusting that your psyche took you where you needed to go right now.

b) **Journal or otherwise notate** the plotline of the story, key thoughts, feelings, and bodily sensations the character had, the healing work done in the Bardo, guidance you received from your healing resources and Spirit animals, as well as from the Higher planes. You can remember more than you might guess, and the act of doing so and writing it down will bring in more.

c) You also can listen to the recording of your session. You will notice lots more as you review it, especially re: d) below.

d) Continue to consider how the thought and action patterns, as well as feeling states, have shown up in your present life, and,

e) **How those are changing in expression in your life now...**

f) Reinforce the healing done by creating music, chants, affirmations, prayers, etc.

These will help to strengthen the new ideas and emotional space in your psyche.

4) Remember that you can always **dialogue with your past life character**, currently now at peace in your Soul, residing happily in the Upper Bardo realm. You can also continue to communicate **with your higher guides** to amplify the wisdom and guidance imparted to you.

5) If you feel unresolved about some aspect of this character's life, you can check in with him/her as you meditate, and/or **schedule a follow up session as feels appropriate**. Feel free to contact me with any questions you may have.