



## Tantric Journey Support after a session

### How You May Feel After a Session

After a session you may experience some of the following symptoms:

- Feeling Sad (Crying for days)
- Feeling frustrated
- Feeling Angry
- Feeling Rages
- Feeling Shame
- Feeling Mistrust
- Feeling Guilty
- Feeling Dirty and Disgusted
- Feeling Abused
- Headaches
- Nausea
- Spots appearing on face
- Spots appearing on the body
- Non specific illness
- Stomach aches
- Severe body aches
- Bad dreams
- Feeling depressed
- Body Shakes, Tremors or spasm

### Unpeeling the body's layers of emotions like an onion:

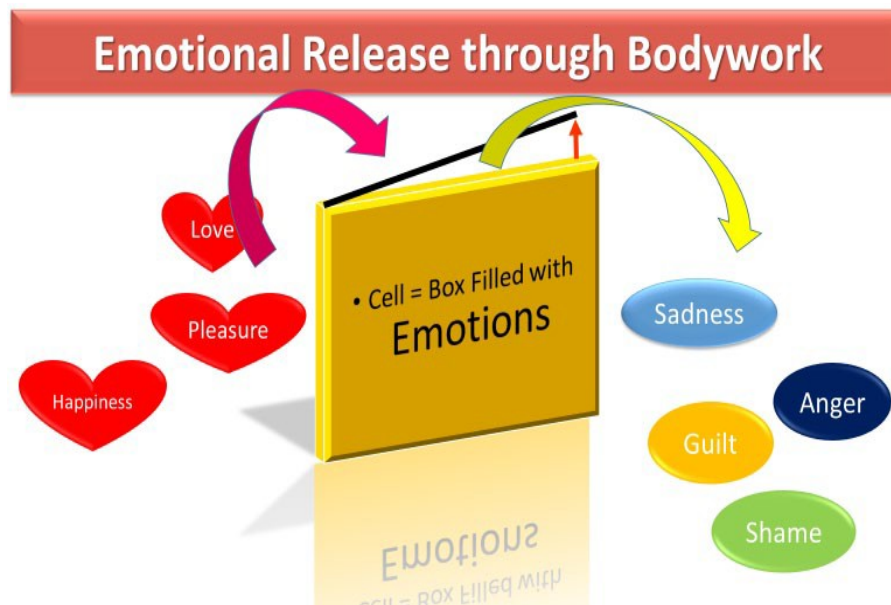
Tantric Journey work helps to peel away layers of trapped negative emotion in the body that have been frozen in time. This can sometimes prompt a healing crisis to occur, for when we begin to strip away layers of armour through bodywork, it can put us back in contact with the original trauma. The first stage of a healing crisis is to come out of numbness and bring back sensation and emotion to the body. If you have been numb for years, it can be an intense experience when the sensations start to come back.

Imagine all the cells in your body are represented by a box filled with emotions. During a Tantric Journey session, the lid on this box gets opened allowing the trapped negative emotions to escape. This release may take place during and after the session, and it can continue for up to three days after treatment. During this period, the lid of the box is still open, and it slowly comes back to its original position.

Three days after treatment you will feel less negative and more positive and alive. The healing recovery process will depend on your personal journey, and the intensity of the treatment. Some clients have taken over 2-3 weeks to recover. The release can be expressed by the body in many ways:

It is important to acknowledge the release and fully feel all the emotions, as and when they come as waves in the sea. Breathe into them and let go. Be in a positive and supporting environment, drink lots of water, keep a hot water bottle, if the yoni or tummy aches, eat

and drink non-toxic food between the sessions. Keep away from smoking, alcohol, drugs (unless prescribed by a medical professional), pain killers etc. as they suppress and numb the evoked emotions and put it back into the body.



Unfortunately, many mainstream medical professionals and professional therapists are not trained in how to understand the healing crisis. It is a very important part of the healing process, but is often overlooked or misunderstood and be labelled as a “breakdown”, abuse or disease. When people turn to medical professionals for help with their healing crisis, they are often medicated in order to suppress the symptoms.

Some individuals going through a healing crisis may be tempted to turn to alcohol, tobacco or drugs to suppress their emotions. Whilst substances may help to lessen the intensity of the experience, it will only suppress the emotions and stop the healing process.

Many people, who have experienced traumatic events in their life, live their life without feeling and find solace in their numbness. Then when physical and emotional symptoms manifest they seek help, but the road to recovery can be unpleasant and very painful in the beginning.

The symptoms of a healing crisis can include pain, pressure, and lack of coordination. Whilst other symptoms include frequent urination, heavy sweating, depression, explosive anger, extreme sadness and even vomiting or diarrhea. The body during these times tends to enter into a state of chaos with extreme tiredness and fever symptoms being common.

A healing crisis is a profound experience where the body is able to expel stored emotions and begin to regain equilibrium. Donald Epstein writes in *Healing Myths Healing Magic*, “Once again, disease is not a mistake of a stupid body; it is the body’s attempt to re-organise its energy systems to allow for a greater exchange of information and energy and thus a greater expression of consciousness.”

The healing crisis should not be repressed but embraced, as our body is attempting to come back to balance and harmony. The healing crisis is not creating new problems for the body but releasing the issues that are lying dormant deep below the surface. As the body attempts to unblock that which is blocked and return us back to our natural flow we can

often feel at our lowest ebb, but it will pass and when it has we will feel restored and nurtured.

Donald Epstein writes, “Healing occurs the instant a physical or mechanical obstruction is removed, or the instant we express our inner wisdom. Healing occurs the instant that parts of our body begin to share their stories with one another. Healing occurs the moment we liberate blocked energy that is stored in different areas of our body, or when our breath becomes more easy and natural.”

On the question of how long it may take, Emma Bragdon writes in *The Call of Spiritual Emergency*, “There is no answer to this. It depends on what kind of patterns of spiritual emergence people are experiencing. If the experience is physically very intense, it will end when the body gets tired of the intensity. Likewise, if it is very emotional, the crisis will end up when the body tires of catharsis. All life pulsates, expands and contracts. A contraction cycle will inevitably follow an expansion. An expansion will inevitably follow a contraction.”

## **Some steps to support yourself during a healing crisis:**

Accept the way you feel during and after a Tantric Journey session as a way of letting go of those stagnant negative emotions and trauma, rather than keeping them in your body which does more harm than good in every aspect in your life. What you feel during and after the session is all about triggering your past and very little to do with during the session. The walls you hit are very important as it gives an opportunity to walk through them during subsequent sessions, without running away from them which you have done all your life.

Work as a team with the giver, be present. It's important to come to the session with no expectations, knowing that you don't have to remove all your lifelong blocks and emotions in one session. Communicate your needs and feelings to the giver in a non-blaming way and work as a team and let him / her be the catalyst for your healing process. Be patient and enjoy the Tantric Journey.

1. Keep in touch with the healer / therapist to help you ground yourself and seek a safe and supportive environment. Find support with loved ones or family and avoid negative individuals.
2. Ask for help from positive supportive people who understand the healing process. It is almost impossible to take care of yourself in the same manner when experiencing a healing crisis.
3. Keep a journal, sometimes writing down your thoughts and feelings is a good way of processing.
4. Surrender to the experience. Do not fight the process or try to rationalise it, just go with it and allow yourself time and space to process your healing.
5. Avoid toxins and stimulants. Try not to use food or other addictions to suppress these new feelings and sensations. Try to eat a natural, vegetarian diet and drink plenty of water.
6. Get out into nature. Walking and enjoying the peace and healing harmony of nature can be helpful when processing and feeling the need for sanctuary.
7. Take time to nurture yourself. Meditation and relaxation practices are deeply helpful.

8. Avoid falling into depression. Depression takes hold when the energy of emotion does not flow out of us. Walking, tai chi, gentle swimming and yoga can be very helpful, but avoid strenuous exercise.

9. Above all be kind to yourself and focus on positive meditations.

10. Once you complete the healing cycle and when the body settles down, consider continuing the Journey to go deeper

If all above are not helping you please contact Atka, one of our listed Tantric Journey Therapists who will be happy to listen to you and support you over What's app or Skype first, and then may see you personally on 1-2-1. It is important if you are a female to seek sister support from the link below. We are all here to help and support you with unconditional love

<https://www.tantricrojourny.com/tantric-therapists/atka/>

If none of the above are helping you please contact, some support professionals that we recommend you go after a Tantric Journey session to help complete the healing process. It is recommended a female client go to a female therapist after a session with a Tantric Journey male therapist.

1. Psychosexual therapist
2. Sexual counselling therapist
3. Sex therapist
4. Energy healer
5. Psychotherapist

