

💕💕 Aftercare for TFT & EFT tapping sessions 💕💕

✨ Hello, Beautiful Soul

After a tapping session, I encourage you to take even just 10 minutes to yourself. You will have done a lot of beautiful and amazing work in your session, which means your energy may be shifting in ways you can feel deeply. And so it can be especially nourishing to take a few gentle moments just for yourself ~ whatever feels natural, joyful, and easeful ~ to let everything settle and integrate.

Below are some of my favourites I've shared with you. Follow your own inner guidance, choosing whatever resonates ~ and in this way I also encourage you to create your own naturally joy-filled ways of enjoying this time.

The first 4, and maybe even the first 6 on this list
are perhaps the most important:



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- ✨ Continue to hydrate for the rest of the day
- ✨ And let any expressions of released energy [continue to] be as they are
- ✨ Acknowledge what amazing work you've done today and celebrate this in some way, and perhaps embrace being celebrated too if this elicits even the tiniest smile in you
- ✨ Breathe, smile, breathe, stretch, breathe, move, repeat
- ✨ Think beautiful thoughts that also feel good in your body
- ✨ Move your body ~ perhaps dance, wiggle, shake, stretch, etc....
- ✨ Wear a change of clothes and comfortable footwear
- ✨ If you can, allow yourself to be somewhere that feels good, or with people with whom you feel safe, loved, easily able to be yourself
- ✨ Treat yourself to healthily yum food and drink that nourishes both your body and mind; bringing them peace
- ✨ Connect with nature, either by being surrounded by it or physically touching it or gazing at it, indoors or out



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✨ Gaze upon the beauty of the sky

✨ Listen to birds singing

✨ Maybe take a stroll some place that both delights and stills

✨ Inhale the fragrance of plants and flowers

✨ Perhaps something simple that calms and warms your heart is

what you're drawn to, like: gardens, trees, animals, music, art,

cooking, writing, singing

✨ Relax in the nurturing warm water of a long bath or a long shower

with skin kind aftercare

✨ Wrap yourself in softness, whether with clothing that feels good on

your skin, enveloped in the cosiness of a blanket, or sinking into the

pouffy warmth of a duvet

✨ Give yourself permission to do nothing: lie down, nestle into a

pillow and rest, take a nap, go to bed early; whatever your body is

communicating to you....

✨ Perhaps snuggle down to watch a feel-good film or a comedy



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✨ Read / be read to

✨ Or sink into a yoga nidra for effortless deep rest

Permit yourself to take your time ~ because you are always worth the time and the care.

Allow yourself to linger in whatever loveliness you choose ~ the list of loveliness is potentially endless....

Warmly, Antoinette 💛

