

Possible Body Responses

After the Atlas Balancing, the whole body will experience a fundamental change. In some cases, integration and shifts may occur very soon after the treatment. But in other cases, patience will be necessary. The recipient's body will now start a process of physical and emotional unwinding.

With the Atlas in its old position, a person has spent his/her whole lifetime developing certain muscle and movement patterns and emotional patterns. Now, with the Atlas in its new position, new bodily patterns are about to evolve. Patience and gentleness are essential throughout the profound process of integration.

Following the Atlas Balancing the body will awaken successively year by year. It is not necessary to take additional measures in the course of the process on the recipient's part. However, the process of unwinding will be more convenient if certain things are done to support the unwinding.

Responses concerning regeneration and self-healing may be more or less noticeable. They might occur the day of the Atlas Balancing Session, or weeks, months, even years after the session.

From time to time the recipient may feel the following:

- Vibrant and energized, at other times he/she may feel tired and sleepy
- Emotions of happiness, sadness, depression, anger, etc may occur throughout the process of integration. Certain emotions may emerge and submerge at different times.
- The body might experience new sensations as part of the process of integration. Sometimes those sensations can be painful. In this case, one need not be alarmed. At one time, pain caused by old injuries might re-emerge for a short period but will be repelled at a new and deeper level. At other times, bodily sensations can be inconspicuous and subtle.

Support after the session:

- Bathing (in Epsom salts)
- Drink lots of water and warm herbal teas.
- Go to bed early and nurture yourself. Take it easy.
- Regular massage, stretching, hatha yoga asanas and sauna sessions are helpful. It is advised to wait 24 hours after the session to introduce these things.
- Follow your intuition and be easy on yourself. Be in a state of acceptance as much as possible.
- Consult your own body to see what is needed to help the process of integration and wholeness.
- If you need further traditional treatment and therapy, then you may find it is more effective now that the Atlas has repositioned.

Be patient and gentle with your self in the days to come. The following responses to the Atlas Balancing Session are more or less common:

- A reprogramming of the brain might appear and disturb the thinking process. It is like putting in a new operating system...This might feel like a memory loss but will vanish very soon.
- Unhealed bodily diseases might show up in different forms until they are completely healed within the process of regeneration and self-healing, which starts right after the repositioning of the Atlas.
- There may appear tension and pain in the joints, ligaments and muscles of the neck, back and loins months and even years after the treatment. Massage often can relieve that pain.
- Furthermore, re-awakening nerves may cause pain including jaws, arm pits, shoulders and arms. There may occur uncommon reactions like tickling or numbness of fingers, hands and feet. If stomach and bowels are rather delicate, diarrhea may be present for a few days following the session.
- The re-alignment of the body's system may cause perceptive disorder and pain within various muscles.
- As teeth and jaws reposition, it may cause discomfort, especially if there has been intense dental treatment in the past.
- The most common experience after a session is to be tired for several days and in need of additional rest and sleep, which is due to the beginning of the regeneration of the body.

Disclaimer:

Atlas Balancing does not replace medical treatment, nor does it claim to heal a person in any form. Its sole function is to support the self-healing capacities of the client, physically and mentally, as well as working on the energetic levels of consciousness.