

# Energy Work with Tom Jacobs: How it Works and What to Expect

## *How it Works*

1. I'll lead you through a brief grounding process to make sure we're on the same page. Then I'll ask you for verbal permission to connect with your field. Once you give that permission, you might feel someone in the room with you, or heat or cold on one some part of your body. You may feel your 6<sup>th</sup> or 4<sup>th</sup> chakra open up, or you might feel heaviness in some part of your body temporarily.
2. Before we do anything, we tell you what we see and what we might do. If we suggest something and it doesn't sound right to you, or you want more information, speak up and let us know. *You are in charge during this session*, and it's important that you listen to your body and energy field and trust any red flags that might come up. They are instructive, and we will respect your boundaries.
3. During the energy work itself, the guides/Djehuty/I will ask you to make a number of decisions silently in your mind. (The less your mind and mouth are engaged, the easier it is to do the energy work and stay focused.)
4. If at any time you are uncomfortable, however, speak up and let us know. This could be as we work on your root chakra, a shoulder or part of your back or neck might get hot or throb a bit, or anything else. Or the energy work might be a bit too intense for a moment and you might want us/me to ease up for a bit.
5. During the session, you might feel peaceful, as if nothing is happening. You might also feel waves of energy and/or emotion, or old memories, or temperature changes wash over you.

## *What to Expect After the Session*

1. Physical effects: Depending on how deep and intense the work is, you may need a day or two to adjust physically to the energy work. This can have your digestive processes behaving differently for a few hours or days, or headaches for a bit. You might have increased or decreased appetite. You could also feel parts of your body you're not used to feeling "in" opening up like a long time ago, or like they never have before. Consider the chakras we work on in the session and what physical body areas associate with each (feel free to look some things up if you're not familiar with the chakra system).
2. Emotional effects: If we have brought inner children/childhood parts back or begun the process of reintegrating them, you might feel young for a few days. This could be about memories from your childhood, or a feeling of wonderment, or naivete. You might find yourself pretty emotional as part of you finds its footing after so long being

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shut away or fragmented. You might have dreams either of childhood situations (that actually happened to you in this life) or employing a kind of child-like imagination. Welcome all of these and remember the year it is, your full legal name, your age, and assert regularly that you are listening to these parts of you and that you are in charge of your life—and qualified to be. This is the same for other-life parts of self, minus feeling naïve or young, etc.