

## Post-Session Recommendations for Integration

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First of all, please take some time to be gentle with yourself. You have been engaged in a sacred process, and that can be exciting, inspiring and activating in ways you may not fully realize at first. Ideally, it helps if you can take time to nurture yourself, do some journaling about what is coming into your awareness, drink plenty of water, eat healthy foods, get out in nature, get extra rest, and/or do something fun and relaxing. These suggestions are intended to help you further integrate your session.

Also, listening to your recorded session will further facilitate a deeper connection to your personal inner process. I recommend you listen to the recording as often as you feel guided to do so. Research shows that repeatedly hearing new information at least four times helps us to integrate and remember it. Some may find they can assimilate this by listening only once or twice. Others may find new information and insights come through each time they listen. Again, follow your inner guidance on what is best for you.

I encourage you to listen to the recording of your session soon after you receive it and then again in a couple of months. Chances are you may hear something you haven't heard before, or don't remember hearing, that is synchronistically the exact piece of information you need to confirm or produce an "aha" moment! Coming back to your session recording a few months later, you may find it makes even more sense than it did when you first heard the information. I often hear from clients who are thrilled to have experienced greater understanding of the information and insights upon listening again a year or two later. Many have used this information to make life-changing decisions that brought them greater joy and fulfillment. You now have information to do the same.

### **How to stay in touch with us and continue the energy connection:**

Please see the website for [free audio recordings](#) of the messages from Lady Portia & The Ascended Masters as given in the Teleseminar Energy Events. Many of these have accompanying PDF files that you can download and print in order to receive, review, and remember the many suggestions that are given to us.

Join us via conference call for the [live Teleseminar Energy Events](#) since these Energy Events provide many people with an easy way to stay in touch with and absorb the higher energies of fifth dimensional frequencies. Until our bodies become accustomed to holding these higher energies, we benefit from having regular reminders of what they feel like, and opportunities to absorb them into our energy field. It is as though you are receiving a "transfusion" of these beneficial energies, as we gradually learn to stay in the fifth dimensional energies of peace, love, joy, abundance, and perfect health at all times, and to maintain the unbreakable connection with our Spiritual Guidance, the Beings of Light!

**Follow-up sessions with Portia are always available for you whenever you would like. You are always the best judge of when you would like to speak with Portia again. She never puts a limit on your sessions with her in any way.**