



# Finding Peace in the In-Between

Gentle support and soulful tools to help you stay grounded, present, and peaceful—anytime you need it.

Soulspirational Wellness Studio  
*A place to inspire your soul.*



# A Message from Tish

Hi, beautiful soul.

Whether you've just finished a session or are exploring your healing path, I want you to know this: your peace doesn't end when our time together does.

Healing is what happens in the quiet moments, the deep breaths, and the way you listen to your soul in the stillness.

This guide was created to gently support your mind, body, and spirit between sessions.

*From my heart to yours,  
Tish Niedzwiecki*





# Opening the Door to Healing

Before you arrive at the studio, taking a few small steps can help you open up to the process.



## **Hydrate**

Drink plenty of water before your appointment to support energy flow and physical integration.



## **Dress for Comfort**

Wear soft, loose-fitting clothing that allows you to breathe easily and relax fully on the table.




## **Set Your Intention**

Take a moment to reflect on what you hope to receive, release, or understand during our time together.



# Understanding Your Session Timeline

To ensure you have ample space to arrive, process, and ground, please plan to be at the studio for 1.5 to 2 hours.



## Pre-Session Consultation

Time: ~15-20 min

We will sit together to discuss your current needs, intentions, and what you'd like to focus on.

## The Healing Session

Time: 60 min

Your dedicated time on the table for deep rest, clarity, and energetic alignment.

## Post-Session Consultation

Time: ~15-20 min

We will take time afterward to ground, share any insights, and discuss how to integrate the session into your daily life.



# What to Expect After You Leave

Your healing continues to unfold in the hours and days after you walk out the door. Every person's experience is unique.

## **Emotional Release**

You might feel lighter or more peaceful—or emotions may rise to the surface as your energy rebalances.

## **Physical Sensations**

You may feel tingling, warmth, or tiredness as your body integrates the work.





# Listening to the Quiet Shifts

## **Increased Awareness**

You might gain sudden clarity, new insights, or simply feel more at ease in your own skin.

## **Subtle Shifts**

If you don't 'feel' much immediately, that's okay; healing often works quietly beneath the surface.

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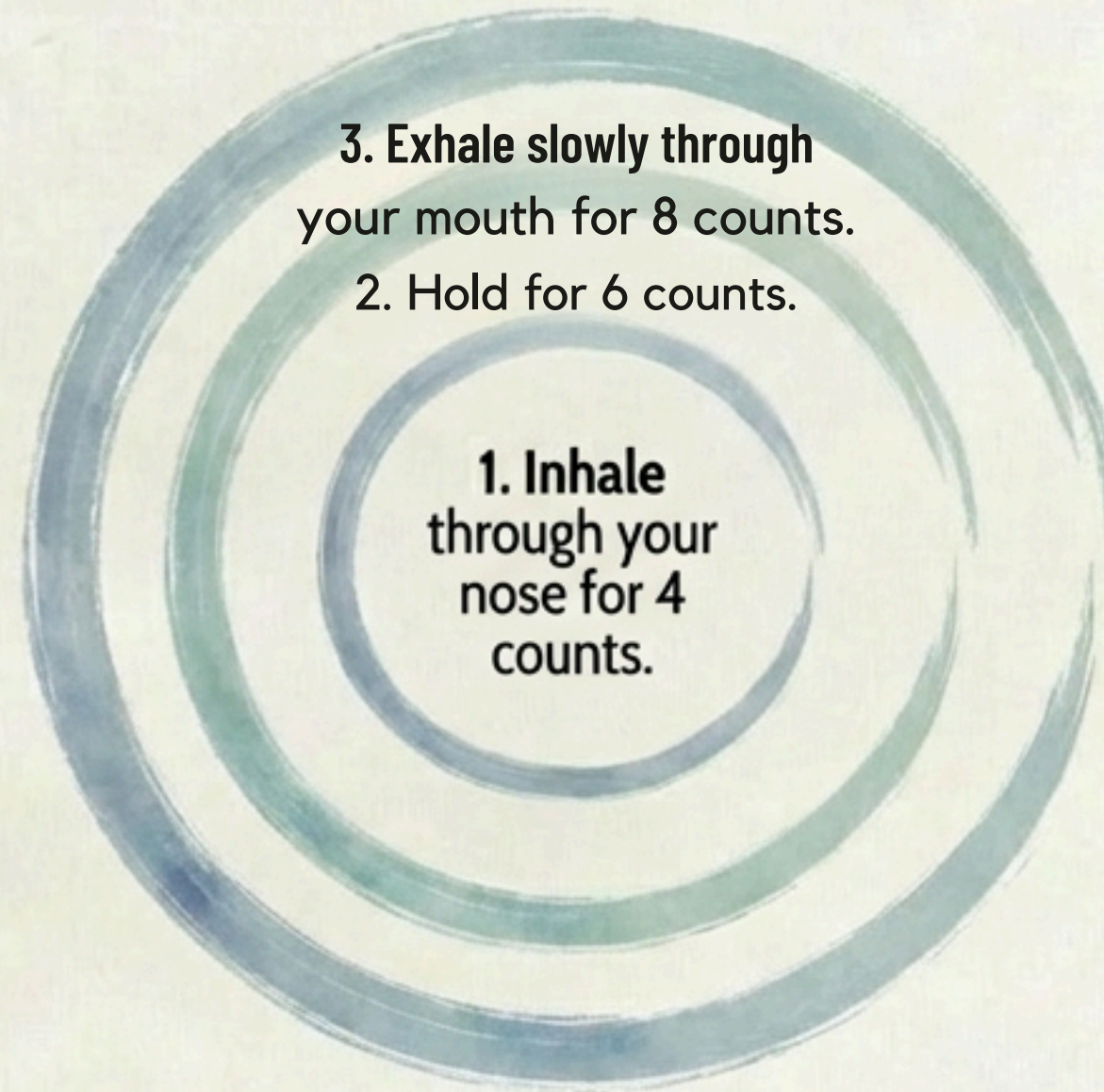
## **Self-Care Tip**

Be kind to yourself. Drink water, rest, and give yourself permission to receive whatever your body asks for—be it a nap, a journal session, or a walk.



# Breathe with Intention

You don't need anything fancy to reconnect with your center—just a few moments and your intention.



**Instruction:** Repeat 3-5 times until you feel settled.



# Hand-to-Heart Grounding

Setup: Place one hand over your heart and the other on your belly. Close your eyes. Take three slow, deep breaths.

On the Inhale:

“I am safe.”

On the Exhale:

“I am supported.”



# Healing Hands and Breath (HHB)

A simple way to offer yourself loving care anytime you feel tense or heavy.

1. Place your hands in front of your heart, palms facing each other about 6-8 inches apart.
2. Breathe gently and feel the energy stir between your palms—imagine it growing warm and loving.
3. Slowly bring your hands to an area of your body that needs attention. Let your breath flow into that space as your hands support the energy.

## Go Deeper

My Healing Hands and Breath course is a completely free introduction to energy healing designed to help you find balance.

**[www.highermindreiki.com/intro-to-energy-awareness](http://www.highermindreiki.com/intro-to-energy-awareness)**



# Build Your Peace Toolkit

Your journey is personal, and so is your peace.  
Use what feels good and leave the rest.



## Your Favorite Crystal

Hold amethyst for calm or rose quartz for comfort during your practices.



## A Grounding Playlist

Create a sonic sanctuary of songs that make you feel safe and soothed.



## A Comfort Corner

Designate a specific spot in your home—a chair or a blanket—as your 'peace place.'



# A Note to Yourself

Write a reminder for when things feel hard.

*Even when things feel hard,  
I'm still healing. I'm still growing.  
And I'm still supported.*



# You Are Always Supported

Whether it's been days or months since we last met, you are never alone on this journey. The work we do together creates ripples that continue to move through your life.

## Book Your Next Session

Each session is a safe, soulful space created just for you.

## Join the Email List

Receive calming inspiration and be the first to know about new classes.

You are a soul in motion, always worthy of peace, presence, and love.

With heart, Tish Niedzwiecki, Soulspirational Wellness Studio.