

Soulspirational Wellness Studio

A place to inspire your soul.



Between the Sessions: Finding Peace in the In-Between

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

Welcome 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 not just what happens during a session, it's the quiet moments, the deep breaths, the way you listen to your soul in the stillness.

This guide was created to gently support your mind, body, and spirit between sessions. Inside, you'll find simple practices and peaceful reminders you can turn to whenever life feels heavy or uncertain. These tools are meant to reconnect you to your inner calm, help you hold space for yourself, and remind you that you are always supported - even in the in-between.

From my heart to yours,

Tish Niedzwiecki

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What to Expect After a Session



Your healing doesn't stop when you walk out the door or close the Zoom window, it continues to unfold in the hours and days afterward. Every person's experience is unique, but here are a few common things you might notice:

- **Emotional release** – You might feel lighter, more peaceful... or emotions may rise to the surface. This is your energy rebalancing itself. Let the feelings flow without judgment.
- **Physical sensations** – You may feel tingling, warmth, or even a sense of tiredness. This is your body integrating and processing the healing work.
- **Increased awareness** – Some people gain clarity, new insights, or heightened sensitivity. Others just feel more at ease in their own skin.
- **Subtle shifts** – You might not “feel” much at all immediately and that's okay too. Healing often works quietly beneath the surface before blooming in its own time.

No matter what you're experiencing, be kind to yourself. Drink water. Rest if you can. Journal, nap, stretch, cry, smile, meditate - whatever your body and spirit are asking for, give yourself permission to receive it.

You are not broken. You are in process. And you are doing beautifully.

Practices to Stay Peaceful Between Sessions



Here are a few simple tools you can use to gently reconnect with your center—anytime, anywhere. You don't need anything fancy. Just a few moments, your breath, and your intention.

1. Hand-to-Heart Grounding

Place one hand over your heart and the other on your belly. Close your eyes. Take three slow, deep breaths, feeling your chest rise and fall.

Inhale: "I am safe."

Exhale: "I am supported."

This small act of stillness signals to your nervous system that you're okay, even in the middle of chaos.

2. Breathe with Intention

Try the 4-7-8 breath:

Inhale through your nose for 4 counts.

Hold the breath for 7 counts.

Exhale slowly through your mouth for 8 counts.

Repeat 3–5 times. Feel yourself settled. If a thought comes in, gently let it float away like a cloud.

3. **Healing Hands and Breath (HHB)**

Place your hands in front of your heart, palms facing each other about 6–8 inches apart.

Breathe in gently and feel the energy begin to stir between your hands. With each breath, imagine that energy growing - warm, calming, loving.

Now, slowly bring your hands to an area of your body that feels tense, heavy, or just needs attention.

Let your breath flow into that space as your hands gently support the energy. You are giving yourself loving care with every breath and every touch.

🕒 *Want more?*

My **Healing Hands and Breath** course is a beautiful introduction to energy healing. It's completely free and will guide you deeper into your own ability to find peace and balance within.

[Healing Hands and Breath](#)

Build Your Peace Toolkit



Your healing journey is personal, and so is your peace. This simple toolkit can grow with you over time—use what feels good, leave the rest, and revisit when you're ready.

Here are some soulful suggestions to get you started:

Your Favorite Crystal

Choose a crystal you're drawn to. Perhaps amethyst for calm, rose quartz for comfort, or black tourmaline for protection. Hold it during your practices or keep it nearby as a reminder of your intention.

A Grounding Song or Playlist

Music can instantly shift your energy. Create a short playlist that makes you feel safe, soothed, or empowered. Let it become your sonic sanctuary.

A Journal or Reflection Space

If you enjoy writing, try keeping a soft, judgment-free space to jot down how you're feeling between sessions. It doesn't have to be long, just a few words to honor where you are.

A Comfort Corner

Designate a little space in your home where you can breathe, cry, rest, or reflect. Maybe it's a chair by a window, a floor pillow, or a blanket on your bed. Let it become your “peace place.”

A Note to Yourself

Write a loving note to your future self. Something like:

"Even when things feel hard, I'm still healing. I'm still growing. And I'm still supported." Put it in a drawer, journal, or wallet for the days you need a gentle reminder.

Want to add a favorite practice of your own? Beautiful! Your peace toolkit is uniquely yours.

You Are Always Supported

Whether it's been days, weeks, or months since your last session, I want you to know that you're never alone on your healing journey. The work we do together creates ripples, and you'll likely continue to heal, rest, and grow in between.

Use these practices whenever you need them. Come back to them when life feels overwhelming or when you simply want to reconnect with yourself.

And when you're ready for more...

Book your next session

Each session is a safe, soulful space created just for you. Whether you're seeking clarity, comfort, or deep energetic alignment.

[Schedule a Session](#)

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Thank you for letting me be a part of your journey. You are a soul in motion, always worthy of peace, presence, and love.

With heart,

Tish Niedzwiecki

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