



# Freedom from Body Memory

*Awaken the Courage to Let Go of the Past*

## *Consent to Touch*

Tension from body memory is commonly found at six, specific locations along the midline of the body (see diagram). These locations are referred to by BMR practitioners as **EPICENTERS**. A BMR practitioner commonly evaluates and releases tension at these locations, utilizing **LIGHT TO DEEP TOUCH, PRESSURE AND STRETCH, which is applied directly on the body (not over clothing)**. Please familiarize yourself with the relative location of each epicenter and its related anatomy, listed below.

**Epicenter 1:** Lower Abdomen, pelvic floor and pubic region

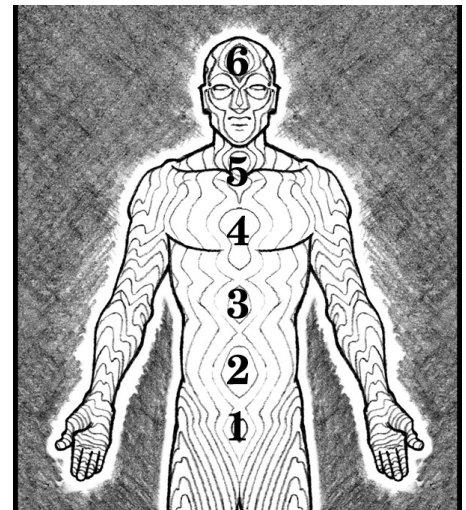
**Epicenter 2:** Mid-Abdomen and naval (belly button) region

**Epicenter 3:** Solar plexus and respiratory diaphragm region

**Epicenter 4:** Pectoral (chest) muscles, sternum and ribcage

**Epicenter 5:** Neck muscles and throat

**Epicenter 6:** Forehead



Sometimes, physical tensions along the epicenters are created by suppressed emotion. Your BMR practitioner will provide you with a non-judgmental and supportive environment in which to experience the release of both physical and emotional pain, tension or stress. Based on the Body Memory Model, the emotion that corresponds to each epicenter is listed below.

**Epicenter 1:** Fear of security, change, and the body

**Epicenter 2:** Fear of expressing oneself creatively and emotionally

**Epicenter 3:** Fear of letting go of control; fear of change, and expressing anger and frustration

**Epicenter 4:** Fear of heartache, sadness, and grief; fear of receiving love or self-love

**Epicenter 5:** Fear of expressing thoughts and feelings; fear of commitment, assertion and confrontation

**Epicenter 6:** Fear of not knowing or understanding why

With respect to your boundaries and comfort, please mark on “X” over the numbered locations, on the diagram above, that you **DO NOT** want to be touched; and **CIRCLE** the numbered locations that you **DO CONSENT** to be touched. Feel free to consult your BMR practitioner prior to the hands on healing portion of your BMR session, if you have any questions.

By signing below, I indicate that: a) I have read and understand to my satisfaction the above written explanation of the body’s epicenters, b) that I have marked an “X” next to the numbered locations, on the diagram above, that I **DO NOT CONSENT** to be touched, and c) I have circled the numbered locations, on the diagram above, that I **DO CONSENT** to be touched.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_