



Freedom from Body Memory

Awaken the Courage to Let Go of the Past

Consent to Receiving BMR & After Care Instructions

Body Memory Recall (BMR) may be a very different experience for you. BMR is a form of hands-on healing, developed by BMR practitioner and ordained Minister Jonathan Tripodi, which supports the body to release accumulated stress, tension and memory from past experiences, while enhancing the body's capacity to transmit vital life energy.

During a release of body memory, sensations, emotion and memories from past experiences may surface. It is also quite common for the body to vibrate or tremble during a release. Whether physical or emotional, stress in the body is composed of various forms of energy, one of which is electricity. As the energy of stored stress surfaces, your BMR practitioner will encourage you to allow it to release. Release is a natural part of transforming body memory and offers positive therapeutic outcomes, including:

- Decreased Tension & Pain
- Improved Range of Motion, Posture and Alignment
- Increased Energy
- Resolution & Completion of Past Experiences
- Inner Peace

Your BMR practitioner will provide a non-judgmental environment, BMR bodywork and gentle breathing exercises which will help you to soften and relax tense, hardened tissues that are limiting your body's ability to release body memory.

After BMR, it is common to feel increased range of motion, but with increased soreness. This is due to **the Detox effect**. As tense, hard tissues are restored, through the BMR process, to a more elastic and fluid state, toxins that were trapped within the tissues is released. The Detox process (which may include aches and pain, nausea, skin rash, headaches, loose stool, flu-like symptoms and a low grade fever) is temporary and will eventually decrease substantially. To aid the Detox process, it is recommended that you give yourself adequate rest, hydration, mild exercise and vital nutrition. Moist heat or an Epsom salt bath may also relieve pain and soreness and speed-up the Detox process.

Scheduling BMR sessions close together is recommended initially in order to maximize results. Your BMR practitioner will indicate a specific frequency of sessions based on your goals and your initial response to BMR.

BMR is a catalyst for resolving old injuries, traumas and for progressing past physical or emotional challenges. In support of this process, a website exists - www.freedomfrombodymemory.com. There you will find seminars, retreats, articles and recommended reading about body memory transformation and the BMR approach. Also on the home page is a link to the Freedom from Body Memory facebook page, where BMR clients and BMR practitioners from around the world share their body memory experiences, questions and insights.

By signing below, I indicate that I have read and understand to my satisfaction the above written explanation of Body Memory Recall (BMR), the release process, its effects and aftercare instructions. In addition, by signing I CONSENT to receiving BMR.

Signature: _____ Date: _____