



# Freedom from Body Memory

*Awaken the Courage to Let Go of the Past*

## *Home Care Recommendations*

### **BMR Consultations**

Maintaining or progressing change at home that you began with BMR can be a challenge. BMR consults are designed to help you trouble shoot challenges and further your transformational process. Consults are by appointment and cost \$75/ ½ hr. email requests to Jonathan at: [Jonathan@freedomfrombodymemory.com](mailto:Jonathan@freedomfrombodymemory.com)

### **Meditation**

- Find quiet time each day to clear your thoughts, quiet your mind and center yourself.
- Find a place that is reserved purely for meditation. You might light a candle or sage prior to meditation.

### **Affirmations**

- Affirm new programming.
- Align your consciousness with whatever reality, truth or desire you know to be TRUE in your heart and spirit.
- Affirmations can be made at anytime throughout the day, but in particular when you awake first thing in the morning and just before going to sleep.

### **Prayer**

- Prayer is an act of communication. It has been discovered that your prayers (like your thoughts) are not isolated to you, but are communicated inwardly to every cell of your body and outwardly to all of life.
- Prayer can be a method to direct your healing and creative energy for positive outcomes in the world, in one's life or in other people's lives. Rather than directing your creative energy into thoughts of worry, offer your positive prayers. And with your prayers, offer your love and blessings to anyone, anything, or any situation in your life or in the world that you would like to have change for the better..

### **Exercise**

- Find exercise you enjoy and do it weekly. Include stretching.
- Use props for stretching such as thera-balls (small & large), foam rollers & inversion tables.
- Exercise will not only keep you fit, but keep ENERGY FLOWING vs. stagnating.

### **Self Unwinding**

- Lie on the floor and let your body move spontaneously, like you do in BMR treatments.
- Should sensations, emotion or memories surface, allow them to be expressed.
- Allow your self to be vocal, make sounds or express words – should they be felt.
- Put music on that suits your mood. Rock music is great for unwinding aggression, while softer music is more suitable for expressing feelings of the heart. Upbeat music is great to express Joy.

### **Nutrition**

- Hydrate & Mineralize
- Alkalize
- Eat adequate amounts of healthy fat & protein

The recommendations above are general recommendations and not specific to any one person. It is recommended that you consult your physician or healthcare provider prior to implementing the recommendations above to ensure that they are appropriate for you and will not harm, injure or worsen any of your physical, medical or mental health conditions.