



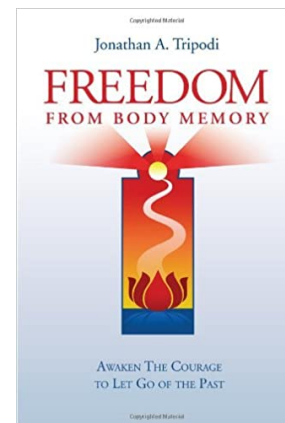
How to Prepare for Your BMR Sessions or Retreat

The more educated and familiar you are with body memory and the transformational process, the better will be the results when you receive BMR treatment. Below are resources to begin or deepen your journey towards freedom from body memory.

#1. The book "Freedom from Body Memory"

This book is the best educational resource for understanding body memory, BMR and the transformational process. It's available on [amazon.com](https://www.amazon.com) in paperback, audio and kindle format.

www.jonathantripodi.com/book-freedom-from-body-memory/



#2. The Tripodi Paradigm Video Series

This video series compliments the book and provides a formal education on the physical and energetic anatomy involved in the suppression and release of body memory.

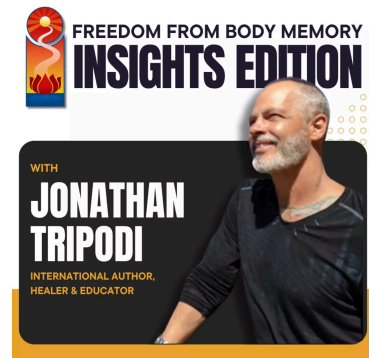
<https://members.jonathantripodi.com/?sfwd-courses=the-tripodi-paradigm>



#3. Insights Edition Podcast

This free podcast series highlights the insights from 30+ years of pioneering exploration and experience treating body memory. You can access the podcast on Jonathan's website.

<https://jonathantripodi.com/podcast/>



#4: 365 Phoenix Rising Online Training

Ultimately, BMR supports a person to enter the transformational flow-state called Unwinding. This video series educates you about Unwinding and trains you to self-unwind the entire body.



I recommend this video series prior to your BMR retreat to gain a better understanding and appreciation of what Unwinding is all about.

After your retreat, the training vids will empower you to further your freedom from body memory journey by developing a self-unwinding practice.

www.members.jonathantripodi.com/?sfwd-courses=365

#5. Make Intentions for Healing, Transformation & Awakening

Transformation has 2 phases. The first is letting go of suppressed energy from the past. The second is opening to receiving vital energy available in the present moment. During BMR, you will vacillate back and forth between these two phases.



Prior to your retreat or sessions, find some quiet moments to go inward and connect with what you want to let go of and what you desire to receive. Leading up to your BMR retreat, ponder your intentions daily. Imagine how it would feel if the intentions you desire were already manifested. Allow yourself to enter that feeling!

#7. Facebook & Instagram

Friend the Freedom from Body Memory pages on Facebook & Instagram to view weekly educational posts on the body memory phenomenon.



This completes the list of BMR resources. Keep in mind that these resources are recommended to deepen your BMR knowledge and experience, but are not required to receive a BMR healing intensive.

I look forward to meeting and working with you soon. Please let me know if you have any questions leading up to your retreat or BMR sessions.

Sincerely,

Jonathan