



Discover Your Childhood Vows, Change Your Life!

A Body Memory Process Case Study: Samantha



"Samantha" was born the 8th daughter and 9th child in a line of 11 siblings and her parents very much wanted a boy. She made decisions when she was a little girl that impacted her adult life in serious ways - some of which involved her health.

[See how the Body Memory Process Helped Samantha](#)

"Vow" as a Concept

If you look to find an image that represents the word "vow" you will likely only find pictures of brides and grooms. As a society, we understand the idea of "wedding vows" and the commitment of two people to each other for life. However, it is not so easy to understand the power of a child vowing something such as "I am always wrong" (or "I am always right") based on limited, yet emotionally charged interactions with powerful people in their young lives.



[Learn How to Discover Your Childhood Vows](#)

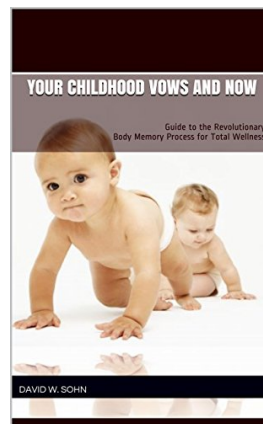
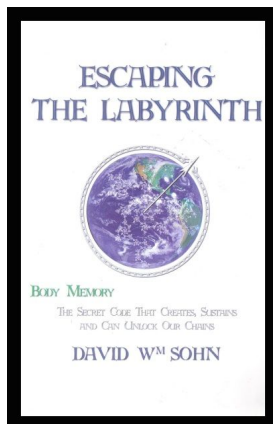
My Experience of the Body Memory Process

I heard about the Body Memory Process from a friend, who often shared how powerful the work was in her life. She improved her performance at work and had grown as a leader. I began to wonder if the Body Memory Process could help me, having struggled for many years with an issue that was blocking my ability to enjoy my life and support my family. My difficulty was



that while I was ambitious, skilled and talented, I over-worked for people who did not pay me and would become overloaded with anxiety when I did paid work.

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