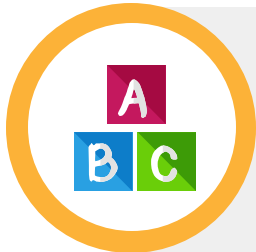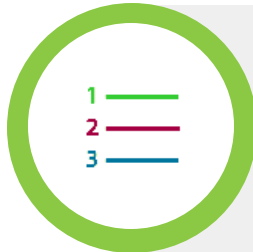# A Body Memory Process Case Study

This case study of a real client renamed "Samantha," illustrates how pre-logical decisions (vows) can impact our adult lives and how the Body Memory Process facilitates powerful healing. For more information, courses and coaching please visit us at **www.bodymemoryprocess.net.**

The Origin of "Samantha's" Vows

"Samantha" was born the 8th daughter and 9th child in a line of 11 siblings and her parents very much wanted a boy. When the doctor announced it was a girl, her mother was briefly disappointed. Samantha also entered life with a "family jewel," a vow handed down through the generations: *I don't know anything*

Samantha's Vows

Samantha's vows included a common one: *I will be a boy* which occurs in families with multiple girls when Mom and Dad really want a boy. She also had *I will be a son for him*. Samantha had oppositional vows: *I'm not stupid* paired with *I don't know anything*. Other vows were *Boys are better* and *Something must be wrong with me*.

How Samantha's Vows Manifested in Her Life

The vow *Boys are better* showed up as the two boys in the family seeming to always get what they wanted (attention, new clothes) while the nine girls wore hand-me-downs.

Vows "I'm not stupid" and "I don't know anything (learned from her Mom as a technique to avoid the truth) were in opposition and caused Samantha migraines.

I will be a boy, I will be a son for him, Boys are better, and *Something must be wrong with me* created much difficulty during puberty and extreme difficulty in relationships. They also created a lot of issues with her body, especially female issues. Samantha was diagnosed with benign uterine tumors for nine years in a row.

The Impact of Experiencing the Body Memory Process

About a year after the Body Memory Process, Samantha reported she no longer needed the nearly annual surgery for benign uterine tumors. She also hadn't had a migraine in nearly six months. Her sisters, who also had extreme gynocological issues, became very interested in what the BMP could do for them too!