

## **Tips to Enhance Your MFR Treatment Sessions**

Listed below are pointers on enhancing your treatment sessions. By following all the suggestions, you will be optimizing the healing potential within you, and your response to each treatment will be maximized. We are here to support you on your journey. We will guide and facilitate you in a non-forceful, creative, and effective manner.

### **1. The Fascial Voice Experience:**

Scan your body before, during, and after treatment feeling for areas of heat, tingling, or tightness. Look for reddened areas. Report any findings to your therapist at the next treatment session. This provides your therapist with important information about areas that may need treatment.

### **2. Breathwork:**

Breathe into your area of pain or the area being treated by visualizing a tube going right to the area and breathe through the tube into the pain and stretch.

### **3. Awareness:**

Sink your awareness through feeling, not thought, into the pain. Allow the area to feel like sinking sand. Do this by feeling the inside of your body. In that same area, scan your whole body to feel the connections to other areas. Ask yourself, "where does this connect internally?" Allow those areas to soften like butter melting or taffy pulling. Provide feedback to your therapist.

### **4. Unwinding:**

Your body may feel the urge to move during treatment. Allow any spontaneous motion to occur. Your therapist will protect and guide you through the motion. It is your own inherent self-correcting mechanism - the wisdom of your body.

### **5. Emotions:**

Emotions are a natural response to this treatment. Be willing to tune in any emotions you may experience during or after treatment to surface. We hold emotions in our fascial system like a storage tank, until we are ready for them. Sometimes the body holds them in a form we call

pain. We encourage expression of all emotions to help your structure to release and to achieve health.

#### 6. Images/Memories:

Images or memories may float into your consciousness during or after a treatment as they are being released from your tissues. Consider sharing these feelings with your therapist as I will aid in our ability to guide you through your healing process.

#### 7. Dialogue:

The therapist may ask you questions throughout your treatment.

When answering, allow the response to come from the area of your body being worked on and not from your head. You do not need to have an understanding of your response or of any emotion that may surface. You always have the option to not answer any question. Never force an answer.

#### 8. Language:

Listen to the messages you give yourself in everyday life. The "I can't's", "should have", "I never" etc. Provide positive messages - "I'm getting better and better everyday in every way!"

#### 9. Zigzag:

People do not improve straight away. Progress occurs in a zigzag fashion. When you flare-up or have a set back, allow yourself to feel the frustration and keep your eyes on your goals. Life and healing are a journey ...uphill, downhill, around corners, and in circles. We may even take wrong turns. It still provides us with direction. Sometimes the body is clearing out deeper levels of restrictions for a greater sense of health!

#### 10. Goals:

Visualize your goal in as much detail as you can imagine.

Include a frame for your goal as much as your body will, then support yourself in accomplishing this achievement. Goals are adaptable. Allow it to be something you enjoy doing.

Pain is simply a signal or message that your body is trying to give you. It says, "Hey! Listen to me!" We want you to consider becoming a friend to your pain. Allow your pain to be your teacher. In other words, be open to the lessons available in your body and mind and it will guide you to freedom and health. Remember, most of all:

\*\*\* ENJOY THE RIDE \*\*\* IT'S THE JOURNEY OF YOUR LIFE !!! \*\*\*

*Source: John F. Barnes Myofascial Release Treatment Center*