



THE MECHANICS OF MEMORY

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In this session, we dive into the mechanics of memory through the activations present in your BodyGraph.

We explore how past experiences are stored in the body, how they repeat as patterns, and how they influence the way you perceive and respond to life in the present.

Memory is not just something we recall — it is something we live, often unconsciously, through reactions, decisions, and internal narratives.

Throughout the session, we distinguish between conditioned memory — shaped by environment, upbringing, and experience — and what belongs to your natural intelligence.

The goal is not to “relive the past,” but to become aware of how it operates within you, allowing you to release identification, bring clarity, and create a new relationship with your own story.





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