



**MATRIX
REIMPRINTING**



MATRIX
reIMPRINTING
Mind, Emotional Freedom Techniques

aims and objectives of 2-day training

Introduce MR and the science behind it

Teach you 2 main MR techniques

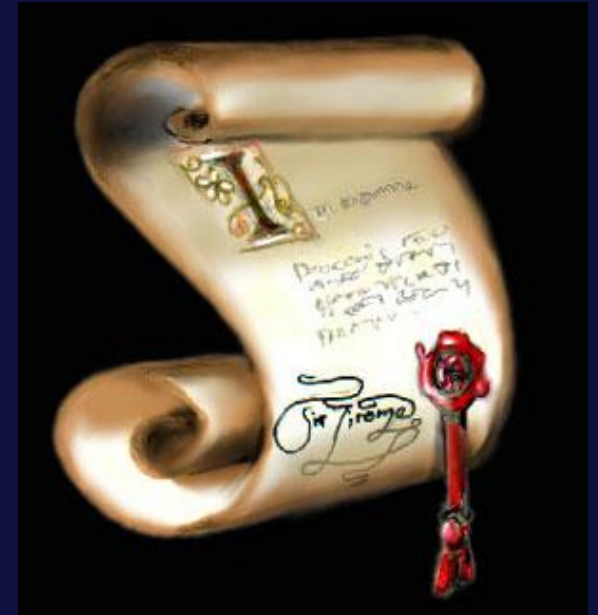
Practice the techniques

Give you a grounding in the different protocols

Enable you to use the techniques professionally

Further your personal development

Have fun!



My story – Penny Croal



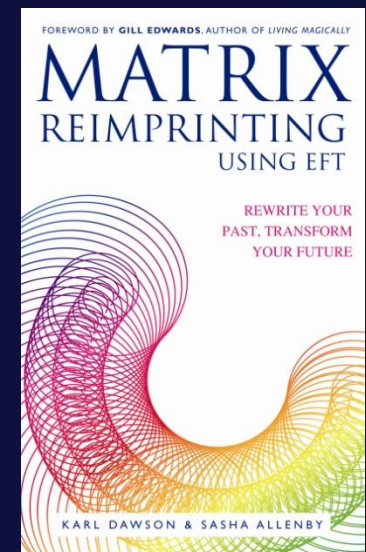
Came to EFT when had Bells Palsy

After 10 years of counselling knew that I had found correct paradigm

Worked intensively with clients – **serious disease and trauma**

***PLAYING IN THE MATRIX WITH SERIOUS DISEASE
ADVANCED MATRIX REIMPRINTING 2 DAY WORKSHOP
Founder of IMCA***

***EFT AMMT REPRESENTATIVE & AMT MASTER TRAINER, NLP
MASTER, COLOUR MIRROR PRACTITIONER, PSYCH-K
PRACTITIONER, REIKI MASTER, PTT PRACTITIONER***





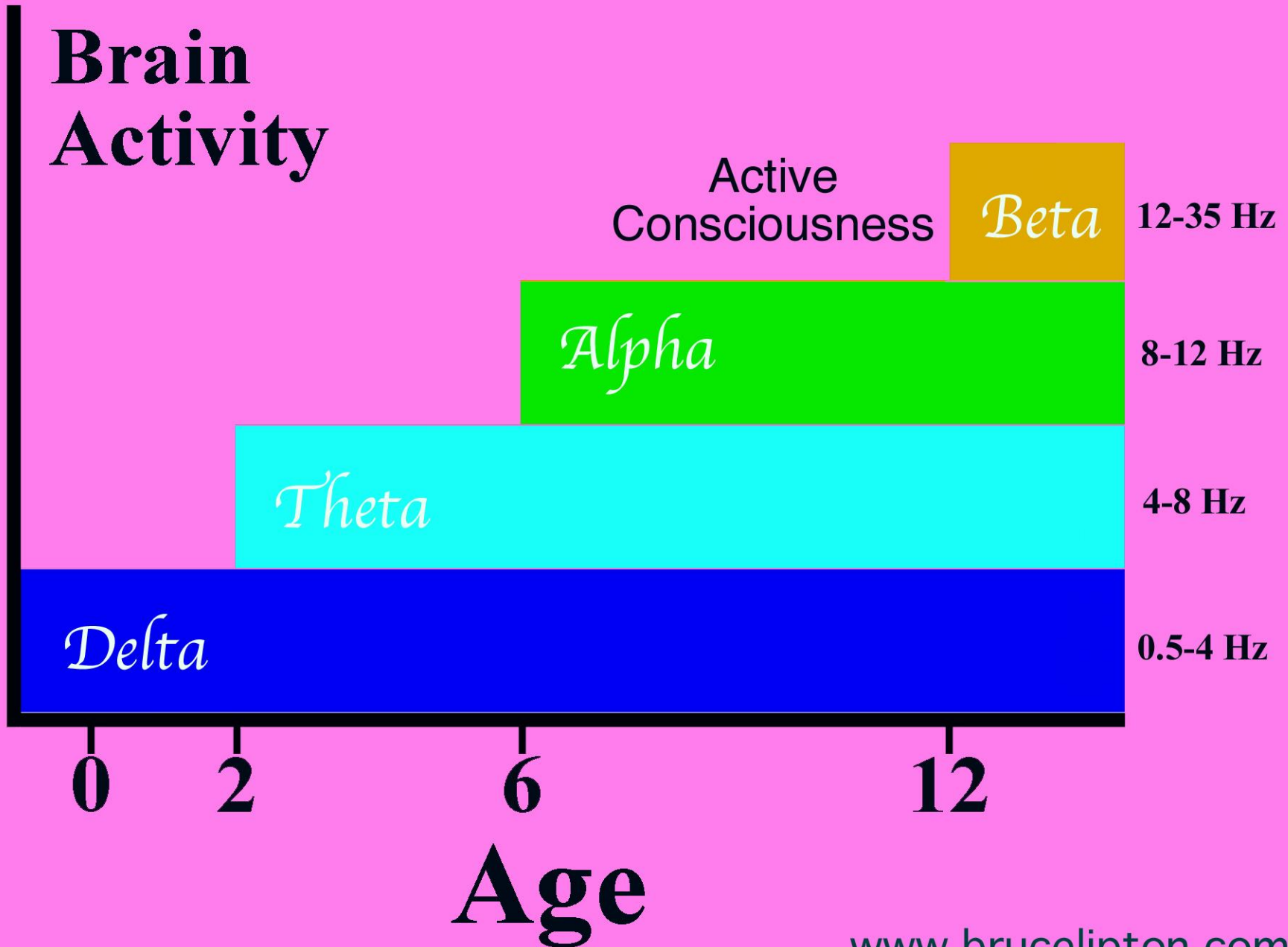
Who is already **familiar with Matrix Reimprinting?**

What new skills would you like to **gain from the course?**

What **challenges** are you having in your practise that you would **like to overcome?**

The **main thing** you would like to go away **with?** (note)

Brain Activity



Active
Consciousness

Beta

12-35 Hz

Alpha

8-12 Hz

Theta

4-8 Hz

Delta

0.5-4 Hz

0

2

6

12

Age

Feedback

*Prefrontal
Cortex*

"Mind"

(SELF)CONSCIOUS

(“Add-On” Option)

40 BITS per Second* **SLOW** CREATIVE

SUBCONSCIOUS

(“Original” Mammal Brain)

40 Million BITS per Second* **FAST** HABITUAL

Reflexes & “Learned Tapes”



MATRIX
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Using Emotional Freedom Techniques

How it came about

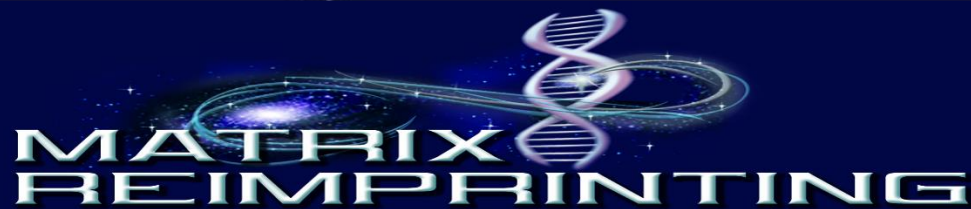
Created by **EFT Master Karl Dawson**

Tapping on a workshop participant – slow progress

Participant: **I can see her so clearly, I could tap on her.**

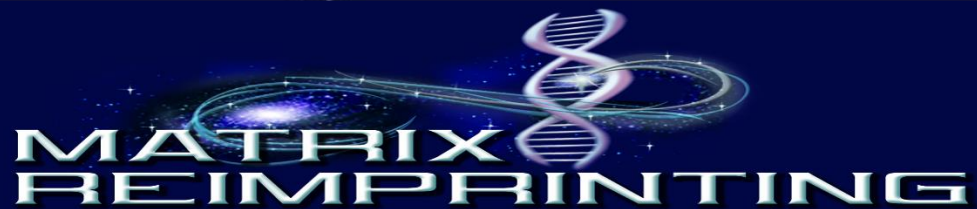
Matrix Reimprinting was born!
And like every new born has continued to evolve





Matrix Reimprinting

- EFT & Gary Craig
- EFT recipe - new application
- What and where is the subconscious mind?
- What is an **ECHO**, and why they are the 'real client' in an EFT session
- Movie v Play
- Points, 9 gamut, SUDS, Gentle Tech, Chasing the Pain, Movie Tech, Testing, set-ups
- How we apply EFT to an **ECHO**
- The first **ECHOs**



The Matrix

In 1944, Max Planck, the man many consider to be the father of quantum theory, shocked the world by saying there is a 'matrix' of energy that provides the blueprint for our physical world

In this place of pure energy everything begins, from the birth of stars and DNA to our deepest relationships, peace between nations to our personal healing



The matrix

We are all connected by **unified energy field** - Max Planck

Films and books which support this theory:

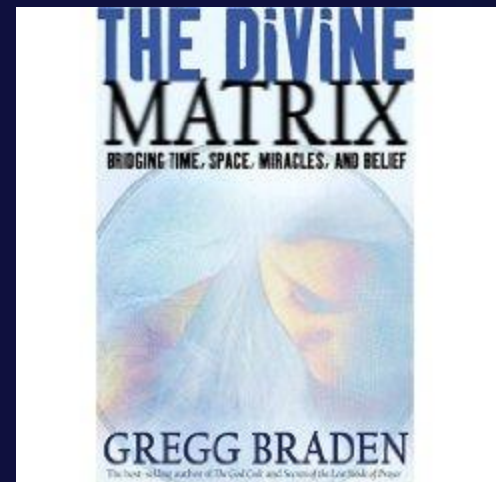
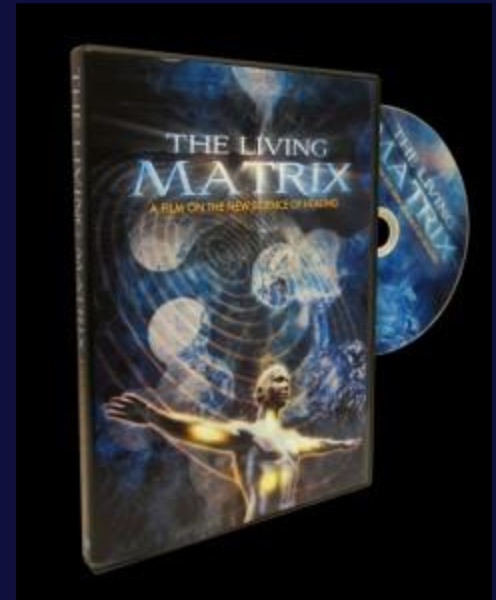
The Secret

What the Bleep do we Know?!

Divine Matrix – Gregg Braden

The Field – Lynn McTaggart

The Living Matrix – Massey, Becker





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"The fascia forms the largest system in the body
as it is the system that touches all the other systems."

- James L. Oschman, PhD



How We Interact With the Matrix

The Matrix is not influenced by fleeting thoughts alone. It responds to a coherent signal made up of multiple interwoven elements. Each layer contributes to the vibrational blueprint that the Matrix mirrors back as life experience. Here is a clear breakdown of the four essential components:

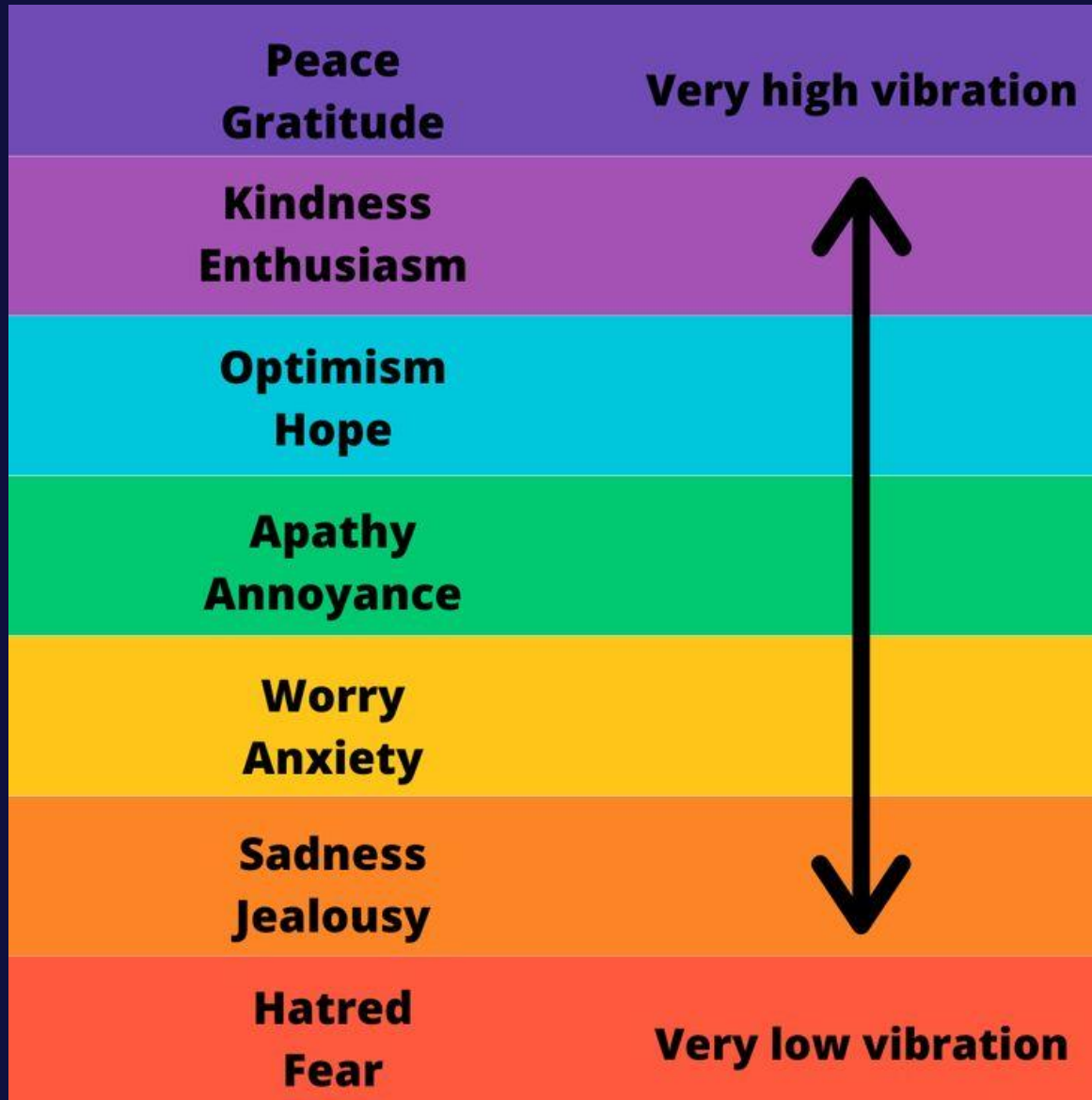


MATRIX

THOUGHT FORM



Emotion (Frequency)



Belief (Instruction)

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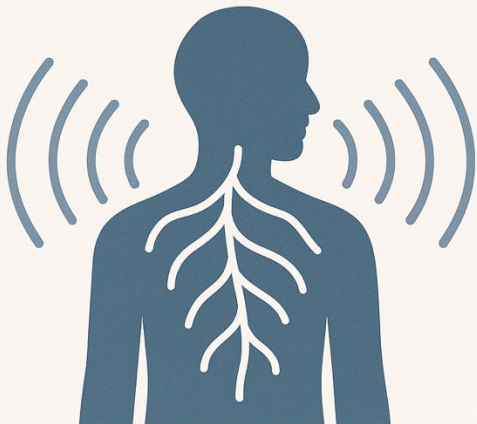


Body Memory (Transmission)

Using Emotional Freedom Techniques

BODY MEMORY

the Transmission





Matrix Interaction

Using Emotional Freedom Techniques

- What shapes your reality is not just a thought. It is the synergy of what you think, how you feel, what you believe, and how your body remembers. Together, these create the imprint that the Matrix mirrors back to you.
- You are not simply a thinker. You are a transmitter. You are not passively observing life. You are participating in its unfolding.

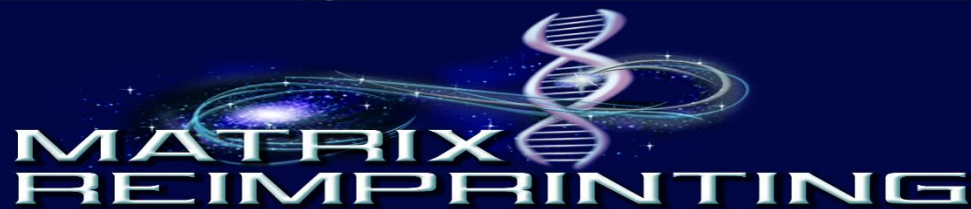


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The quantum laws of the universe

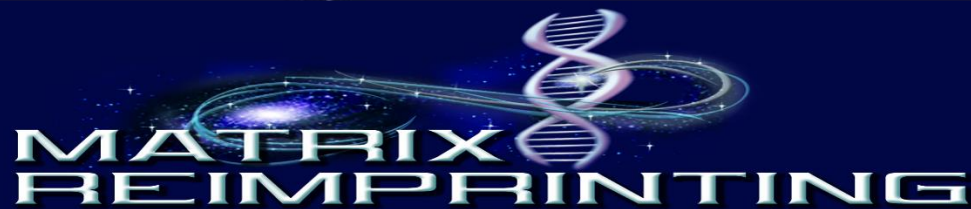
- There is a field of energy that connects everything
- This field plays the role of container and mirror for our beliefs
- The field is holographic; every part is connected to every other
- We send our thoughts and images into the Matrix, these thoughts are attracted back to us as life experiences

GREGG BRADEN



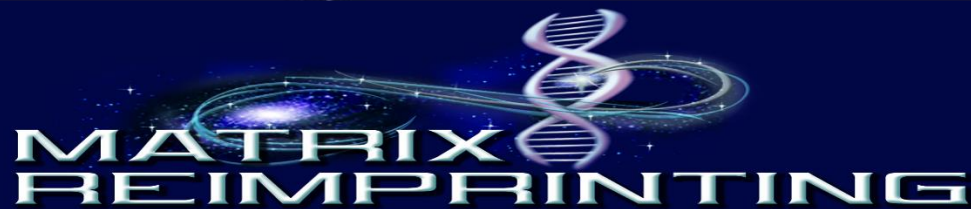
Matrix Reimprinting?

- The Matrix is another name for what quantum physicists call the Quantum Field, which others have called: the Field, the Mind of God, Nature's Mind, the Divine Matrix, etc
- Imprinting refers to the system by which humans take on the characteristics of their parents by observation and imitation
- We also tune into information of 'others' fields



Why Matrix Reimprinting

- Subconscious programmes run 95-99% of your daily behaviour, activities and habits
- Many of the negative programs were imprinted in the first 6 years of your life based on trauma, life experiences misperceptions and observing those around you
- These programs are based on images of these past events, held in your local fields and regarded subconsciously as current events
- Eventually when these negative programmes cause enough stress, the body will try to adapt at a chemical, hormonal, cellular and DNA level
- When this happens you will develop a physical or psychological dis-ease
- Matrix Reimprinting changes these images



Benefits of Matrix Reimprinting?

- Easy to use and gentle on clients
- Quickly finds core issues
- Locates pre-conscious trauma (pre 6 years)
- Allows client-driven reframes and cognitive shifts
- Locates PR, secondary gains etc
- Fills the EFT void/creates positive beliefs
- Works on dissociated clients with no SUDs levels
- Allows forgiveness and wisdom to be gained
- Sends a message to the body the trauma is over
- Resources the client and rewrites the past
- Powerfully utilises the law of attraction



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using Emotional Freedom Techniques



Where is memory stored?

**Bruce Lipton DVD
clip – *As Above ~
So Below***

Timing 1st break first day



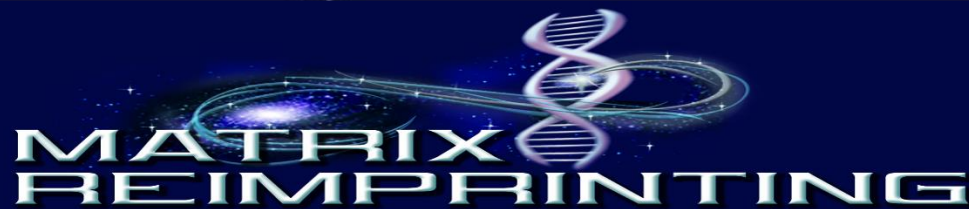
MATRIX REIMPRINTING



Trauma

- When we perceive a threat we go into FF to aid survival
- If also powerless – not able to fight or take flight
- Consciousness freezes
- Body protected biochemically from emotional and physical overwhelm
- Hologram held in Matrix containing all sensual information
- This is how ECHOs are created – but trauma at any age can also create an **E**nergetic **C**onsciousness **H**ologram (**ECHO**)
- Numbed out – never happened – never stops

THREAT LEVEL
SEVERE
HIGH
ELEVATED
GUARDED
LOW



MATRIX REIMPRINTING

Trauma



- Held for protection, survival and avoidance of similar event
- As long as trauma is held by the **ECHO** similar events will trigger similar response
- Requires lots of energy to hold information, especially with people with lots of trauma who get re-triggered often
- As we age the fields break down and memories surface
- We need to communicate with the ECHO
- When we release the energy and move safely through the memory, the body's systems can let go and feel safe
- We'll cover ways to do this with Matrix Reimprinting




MATRIX REIMPRINTING

Memory in the Matrix

- Cells don't have the consciousness to hold memory
- The cell wall has antenna that tunes into 'self' in the field
- Dis-ease appears in local fields before it becomes a physical manifestation
- Eventually cells and DNA will adapt and change to misperceptions of these often unconscious images in the field
- We label these changes as physical and mental dis-ease
- Disease cells will be replaced as disease cells until the information in the matrix changes
- When we are 'chasing the pain' receptors in the body are 'tuning into the matrix' and we re-experience the feelings of the original trauma via our senses



<https://youtu.be/Ra-Om7UMSJc>



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ECHOs

- The **ECHO** phenomena occurs when, energetically speaking, part of our consciousness ‘splits off’ in order to isolate traumatic events that were unbearable to the conscious mind due to the lack of physical and emotional resources at the time
- Unfortunately, the problem is we subconsciously spend our lives listening to these ‘**ECHOs**’ and their often mistaken perceptions





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ECHOs in the Matrix

- On a cellular level these pictures are real life memories happening now

‘Memories are only memories to the conscious mind. To the unconscious mind and heart they are current events. What are your specific “current events” that are keeping you from healing?’

‘The replacement of these pictures creates a permanent healing effect.’





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ECHOs

- These **ECHOs** are energetic realities existing locally in the matrix with real personalities (multiple personalities / changing physiology)
- The **ECHOs** hold the trauma – they are the clients
- **ECHOs** are locked in space and time. It doesn't matter how long ago the traumatic event took place, be it a month later or 90 years later - they are still 3 years old (or infant, 6 months old, 15 years old, baby in *utero*)
- With the dialogue it's important to take into account the ECHO's age





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Working with ECHOs

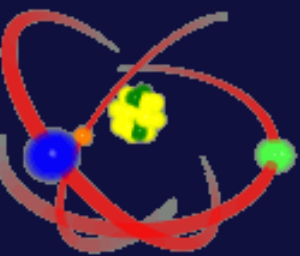
- We work with ECHOs by stepping into the picture at the time of the traumatic memories
- We then imagine tapping on and communicating with the ECHO
- We move the ECHO through the trauma, resourcing them and new perceptions
- We then take this information into the mind/body and release new images into the matrix



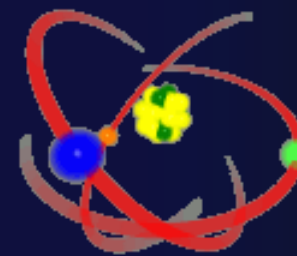
Matrix Reimprinting Benefit

Easy to use and gentle on clients

- Matrix Reimprinting techniques are easy to use as you get all the information from the ECHOs
- It enables your client to resolve a whole range of traumatic experiences whilst keeping re-traumatizing and somatic re-experiencing to a minimum



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Matrix Reimprinting Safety

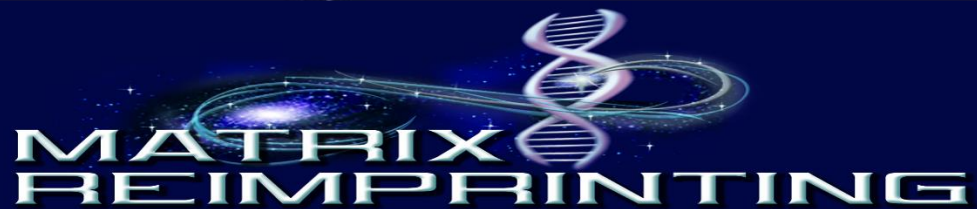
Keeping Clients Dissociated from the ECHO

ECHO into Client (AKA EFT)

- Keep memory description to once or two sentences
- Don't tap until in the memory

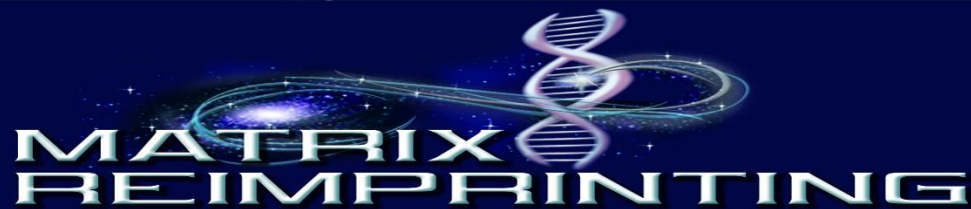
Client into ECHO

- Don't tap until in the memory
- Make it clear they are sending their 'consciousness' into the memory – not into the ECHO



Basic Matrix Protocol

- Begin with a traumatic memory
- Keeping the client dissociated (no tapping) ask them to explain in one sentence the traumatic memory i.e. age, location, what happened, who else is in the memory etc.
- Decide on a safe strategy for when they enter the memory with their ECHO



MATRIX REIMPRINTING



Basic Matrix Protocol

- Check with your client if it's OK to tap on them
- Instruct the client to close their eyes (if appropriate)
- Ask if they can see their younger self (**The ECHO**)
- Step into the memory and employ the agreed safety strategy (**making sure they are in the memory but do not become their ECHOs**)



Basic Matrix Protocol

- The **first** priority is to tap on the ECHO until the trauma is resolved and they move through the 'frozen' moment
- Whilst tapping on the ECHO (and the Practitioner on the client) the dialogue can be done in silence with the proviso that if they need help or are finished to let the practitioner know
- The dialogue should be reassuring, simple CTP, what they are feeling, thinking, letting the ECHO know they are safe, who you are, how you understand them and are there to help (keep in mind ECHOs age) **keep it simple**

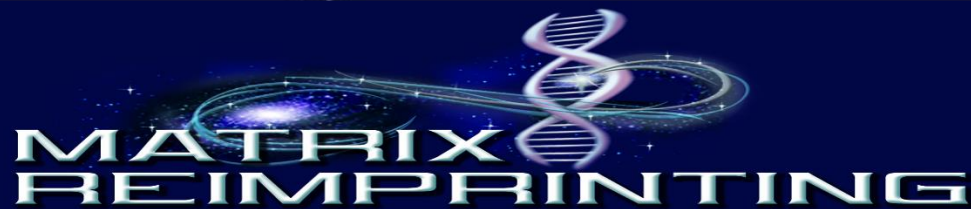


Basic Matrix Protocol

- If the client gets stuck help facilitate the dialogue and EFT processes
- If needed come out of the memory and discuss, the ethos is team work!!
- Once the trauma and negative emotions are resolved ask 'What were the negative beliefs and/or decisions formed during the event ?
- Encourage your client to ask their ECHO if there is anything they would like to do to resolve this situation to change the belief/decision made

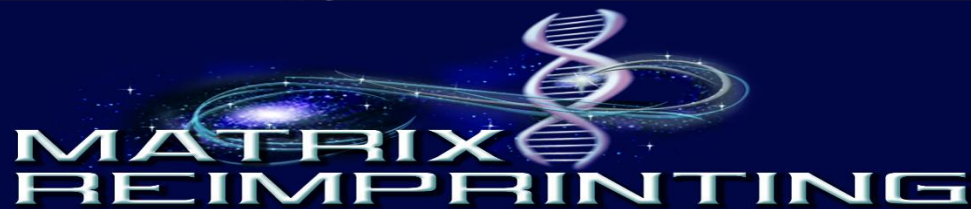
Basic Matrix Protocol - Resourcing

- They can....
- tap more (often there is more tapping needed)
 - bring in new resources
 - change what happened (creative completion)
 - invite somebody or something else in for help and guidance
 - do what they didn't do or they wished they'd done in that situation
- Create a positive new picture using the RI Scale until +10



The Reimprinting Process

- Elicit information about positive new picture from client focusing on...
- **Colour** around picture – language of central nervous system)
- **Senses** sights/sounds/smells/touch/taste etc
- **Emotions** love/peace/ joy/freedom/happiness etc
- **New Belief EMPHASIZE** the new positive meaning of the memory
- Imagine bringing the new picture from the Matrix into the mind



The Reimprinting Process

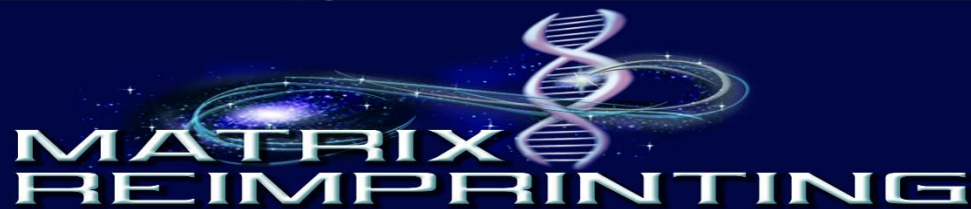
- Describe the information changing neural pathways breaking old patterns
- Take the information through body – epigenetics – cells picking up new information – focus on diseased parts if relevant
- Take information into heart (hand on heart to focus on area) send from heart through body and out into universe
- Re-imprint good new memories many times/every day LOA



MATRIX REIMPRINTING

Basic Matrix Protocol- Testing

- Invite your client back to the present and encourage them to open their eyes
- Ask your client to try to replay the original scene – if there is any intensity remaining, go back to the ECHO to see what else needs to be resolved
- Always go back into every memory at least twice and more often if necessary
- TEST TEST TEST



Demonstrations and Practice

Matrix Basic Session

Main focus

- Identify Memory, safety strategy
- Step into the picture
- Use EFT with the ECHO until trauma resolved
- Find negative belief / decision
- Resource
- Create new picture – use RI Scale
- Reimprint positive picture with 4 elements



Matrix Reimprinting Benefit

Psychological reversal and secondary gains

- MR elegantly identifies PR and secondary gains
- By interacting with the ECHO we can begin to understand exactly why they are holding onto a problem and keeping us stuck in the old pattern of thinking or behaving
- The ECHO is most often trying to protect itself, or filtering its understanding through the perceptions of a child
- As adults we continue to respond through those same childlike perceptions until the subconscious learning around the memory is resolved
- This creates more self-understanding from the client who can pinpoint their current self-destructive behaviors to early memories, and replace them with more supporting beliefs and behaviors



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Matrix Reimprinting Benefit

Reframes and cognitive shifts

- Because the client is working with their own ECHOs in the field this commonly produces client-driven reframes and cognitive shifts
- One of the great benefits of the technique is that most of the work comes from the client (although if they get stuck at any point, guidance is needed from the practitioner)
- The client becomes the ECHOs 'Practitioner' they decide what is best for them
- As the power is with the client, they are much more likely to reframe the situation themselves or emphasize their cognitive shifts
- Clients also learn valuable life lesson from these events
- **Learn and gain wisdom from (frozen shoulder)**

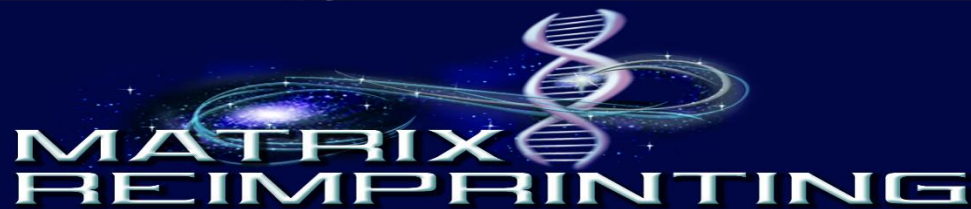
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Professor Karim Nader is a neurobiological scientist featured in Discover science magazine in July of 2009.

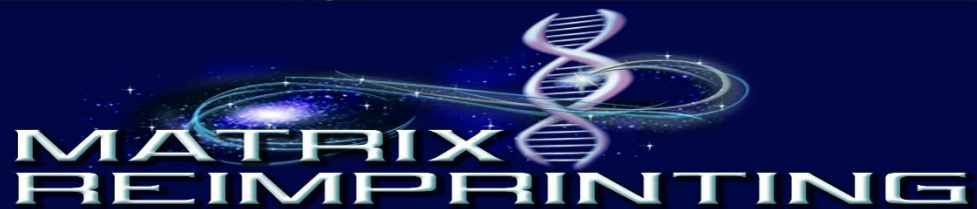
He reports on his studies that show that **we can actually rewrite our memories.**

He hopes it means that people with PTSD can cure themselves by editing their memories. He says that altering remembered thoughts could also liberate people imprisoned by anxiety, obsessive-compulsive disorder, addiction and more.



Rewriting the past

- Matrix Reimprinting resources the client and enables them to create a more positive perception of past events
- This is very different to denying that the past happened
- By moving ECHO through the traumatic moment of 'Freeze' the client can discharge the trauma
- This allows completion of the memory
- Also by creating a memory of being 'in community' it dampens down the amygdala response to future events



Rewriting the past Before – During – After

- When to enter the memory is critical in Matrix Reimprinting. As a general rule...
- Big T trauma we enter after the traumatic event
- Small T trauma we enter at the moment of freeze
- Some times we may decide to enter before the event e.g. with performance so we can Resource the ECHO



Matrix Reimprinting Benefit

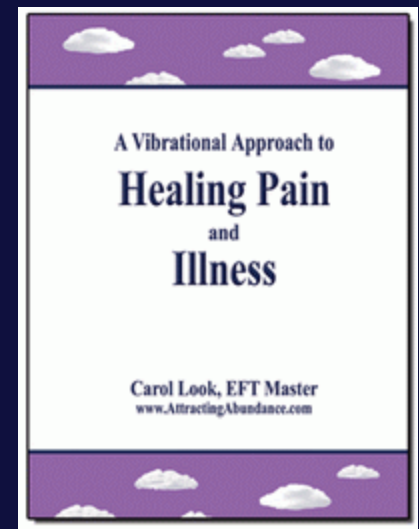
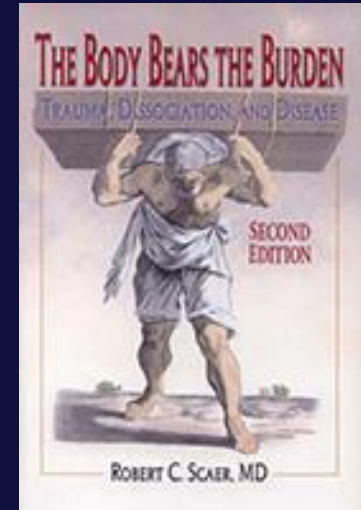
Trauma resolution

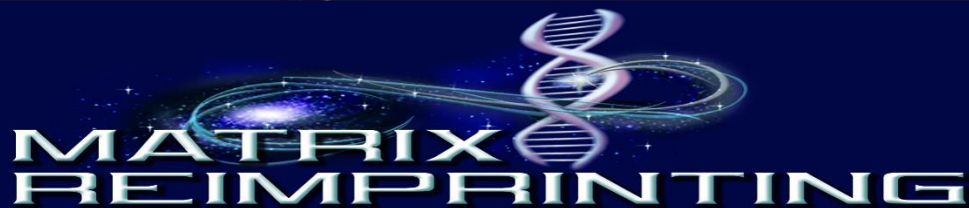
- Completing 'memories' in the field not only creates resolution, but changes the function of cells, DNA and the nervous system in the present
- Matrix Reimprinting is very valuable in it's ability to send a message to the body that the trauma is over
- It ends the trauma cycle where the trauma is constantly being replayed over and over in the subconscious
- This enables the mind, body and the cells to respond in healthier ways, and begin to heal

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Dr Robert Scaer DVD

Research on
the freeze
response

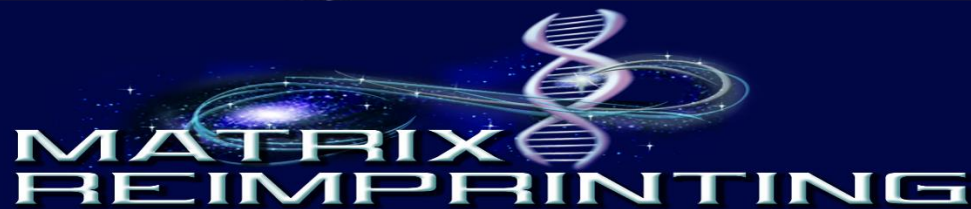




Matrix Reimprinting Refinements

Importance of the client leading the session

- It is important that the ideas for resources, safe locations, reframes, completing the outcome, etc, come from your client and their ECHOs
- Your role is to explain the process, pre-frame and help with possible suggestions and as a guide and facilitator if and when they get stuck
- All the best ideas come from the ECHO & client and you need to respect their views and feelings about completing their memories
- Our own judgments are coming through the filters of our own perceptions, which may be very different to that of your clients
- **Archie Moment**



Matrix Reimprinting Refinements

Avoid accidentally reinforce the negative belief!

At times what seems like the natural solution may inadvertently be reinforcing the negative belief e.g

I'm responsible

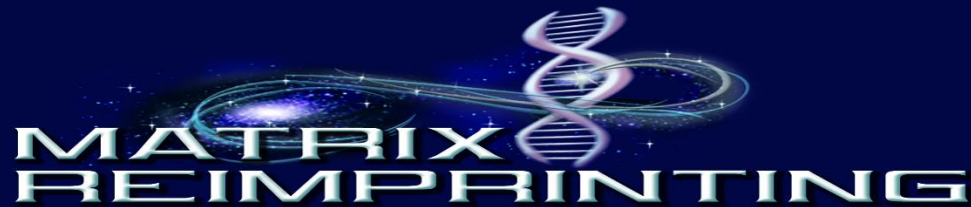
I need to be perfect

I'm only safe alone

Help the client keep the solution 'Logical'

Phil's' first day

Abortion

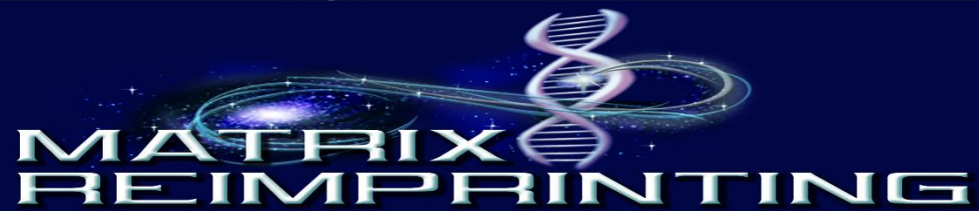


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Matrix Reimprinting Session

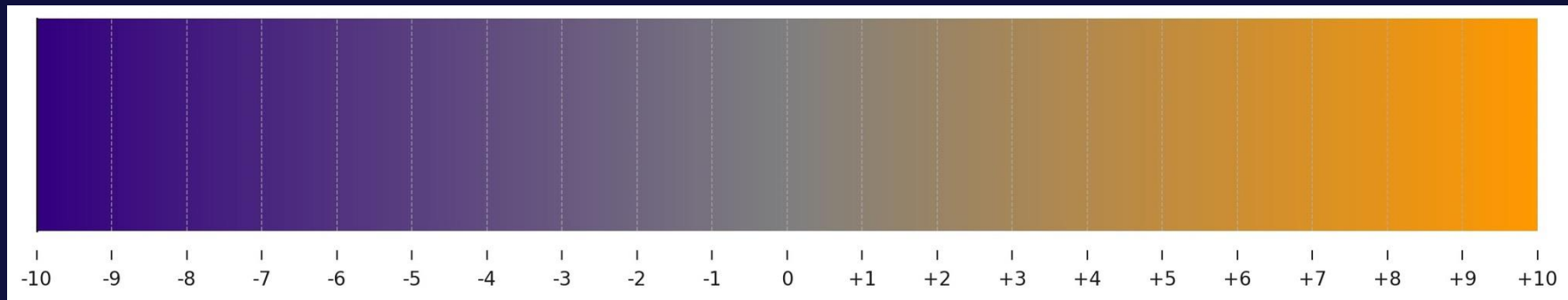
- Start with an issue – Phobia, pain, anxiety etc
- Use one of the Matrix memory recall techniques
- Use Basic Matrix work
- Work from memory to memory (ECHO to ECHO)
- Always focus on belief and decision - which may be as simple as 'xxxx are dangerous' to a major life belief
- Reimprint when relevant



MATRIX REIMPRINTING

ADVANCED FOLLOW THE ENERGY

**7 WAYS TO KEEP DISSOCIATED
MI SCALE**



WHEN TO REIMPRINT



Matrix Reimprinting Testing

- It is vital that after you have completed the Matrix Reimprinting work you test the results by attempting to play the original movie. Several things is likely to happen
- The most common is that when your client tries to play the old movie, instead they are only able to play the new movie. This is a very clear indication that you have changed the pictures in the field



Matrix Reimprinting Testing

- Alternatively there is some intensity remaining around the movie. There may have been parts of the movie that your client skipped over which still hold intensity. Resolve these with further Matrix Reimprinting work
- Remember you can go back into the field as many times as you need to in each memory until the intensity has cleared



Matrix Reimprinting with a Specific issue

Main focus

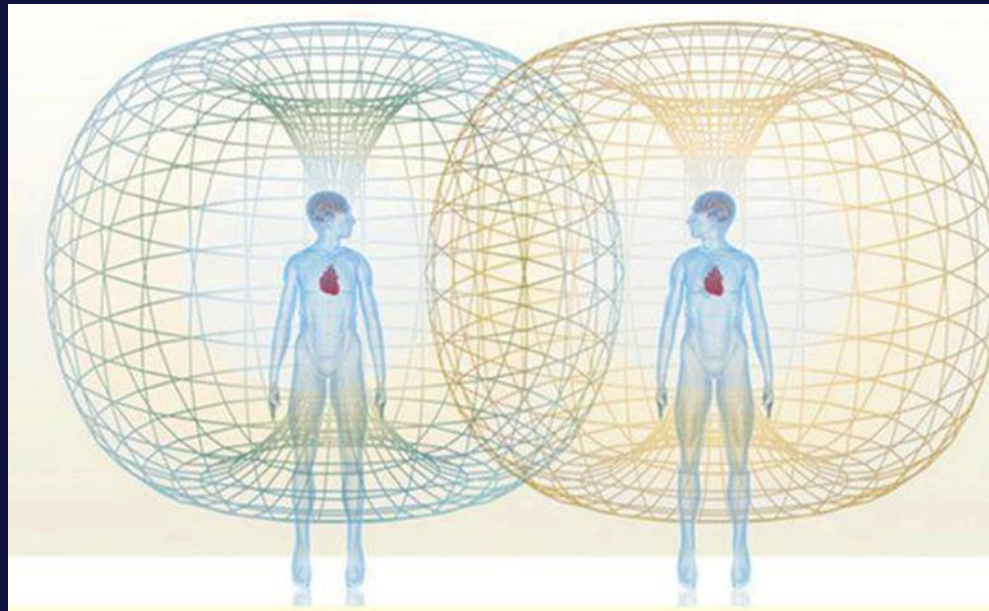
- Work with the ECHO as in Matrix Scene
- The key elements of the Memory Reimprinting process are to resolve **all** aspects of the memory and understand the beliefs, decisions, wisdom, learning and life lessons (be very thorough)
- This enables the new memories to be created with the opposite, positive meaning

(Timing done end of day - breakout start of day two)



MATRIX reIMPRINTING

using Emotional Freedom Techniques





MATRIX REIMPRINTING

Heart Pictures

- Thoughts are conscious reasoning about **something**
- Feelings are subjective experiences of **something**
- Beliefs are interpretations of **something**
- Behaviour is a goal-directed action to achieve **something**
- The images from our hearts are the **SOMETHING**



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Heart Pictures



- The heart generates the body's most powerful electromagnetic field, 60 x more powerful electrically and 5000 x magnetically than the brain
- Our heart radiates electromagnetic energy 10 feet from our bodies in a 360 degree sphere, broadcasting information 24 hours a day
- Hearts "energetic" communication just below our conscious awareness
- The heart communicates information to the brain and throughout the body via electromagnetic field interactions
- A person's emotional state is also communicated throughout the body via the heart's electromagnetic field



MATRIX REIMPRINTING

Heart Pictures

- ‘The disruption of the body’s energy system can be traced back to a disruptive picture; the replacement of that picture creates a permanent healing effect.’
- ‘Become aware and mindful of the fact that your past, current and future pictures are influencing your life, including your physical, emotional and spiritual wellbeing’
- Destructive, often unconscious, images cause physical and non-physical illnesses



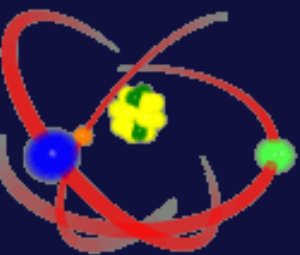
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Matrix Reimprinting Refinements

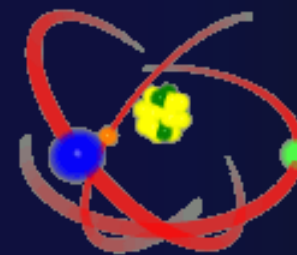
Problems between the client and ECHO

- ECHOs and clients are not always initially able to work together to resolve the trauma
- Sometimes the ECHO will be resistant to your client
- At other times the client will not want to communicate with the ECHO. This can happen due to serious sexual and physical abuse. You will need to build bridges between the client and the ECHO
- It's important for both the client and ECHO to view the work as a team effort (alongside the practitioner)
- It's important not to place any blame
- Phantom, spinning nurse, looks like mum

Timing first break day ?



MATRIX REIMPRINTING



Matrix Reimprinting Benefit

Preconscious trauma

- Matrix Reimprinting locates preconscious trauma, even trauma that has occurred before the first six years
- Very few therapies or practices have tools for working with preconscious memories, yet the research of cell biologist Bruce Lipton indicates that this is when most of the damage is done to our perceptions of self and core beliefs are created
- With the Matrix Reimprinting recall techniques your client can interact with themselves as far back as in the womb, and can access and resolve preconscious traumas



MATRIX REIMPRINTING



Matrix Memory Recall Techniques

- Used with clients to access specific events or if they have dissociated from the memory
- It includes a vast array of things that may have occurred in the womb, or in preconscious or early childhood
- It may be an event that someone else said had occurred, such as a traumatic birth, a very early childhood operation, or being put up for adoption
- For some people it is more of a sense of what happened in the womb or early childhood, and can include:
- feelings around not being wanted whilst in *utero* or early childhood; early arguments between parents; family traumas or tragedies



Matrix ECHO recall techniques

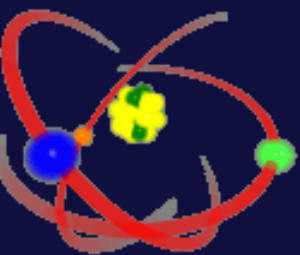
- There are three different ways to access these memories
- Can also be used by Following the energy of a current issue (e.g. rejection)
- Whilst working with an ECHO ask the ECHO where to go next to resolve that theme
- Elicit from the client the feeling, emotion, colour, texture, etc, when they think of rejection
- Get the client to feel the energy then ask them to go back to when they first felt that same feeling
- Once the ECHO is located you can work on that event and go back to previous ECHOs
- **Lost at beach, loss of father**



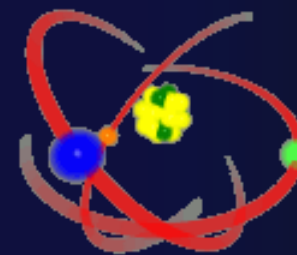
MATRIX REIMPRINTING

Matrix ECHO recall techniques

- 3. Choose opening set-up statement that describes the problem i.e feeling rejection
- Set-up statement on karate chop
- Tap on first point (TH) as you focus breathing into heart to 6 count and out of heart to 6 count
- Repeat statement several times throughout the process
- When time, move on to the next point and repeat
- Especially relevant thoughts and memories that occur during the recall process can be treated separately with Matrix Scene or Memory Reimprinting
- Any of these memories can be used to get to new ECHO



MATRIX REIMPRINTING



Matrix Reimprinting Benefit

Resolving core issues

- In traditional EFT when someone expresses a belief such as "I must be perfect to be loved" your work as a practitioner is to find the early memories relating to this belief and resolve them with EFT
- This doesn't necessarily give them a new positive belief
- With the Matrix Reimprinting techniques you not only resolve the memories which contributed to the core issues, you can also instill new supporting beliefs, resources, events and experiences
- This in turn affects and transforms your current belief system in the present moment



MATRIX REIMPRINTING

Beliefs

- Beliefs are the framework of all our lives
- Our reality is viewed through these desires and wishes, but our lives and bodies are a printout of our beliefs
- Based on these beliefs, we make good and bad generalisations which are out of our consciousness
- Many of our generalisations are useful – otherwise we would need to keep relearning



MATRIX REIMPRINTING

Beliefs

- The problem is... we also generalise beliefs such as – I'll be attacked, I'm not good enough, the world is dangerous, I need to be perfect, men are untrustworthy, I need to be in control, I must please others, I'm stupid, etc
- This data is encoded in the form of images, these images are literally the hard drive programming that determines how everything else operates
- In other words there would be no wrong beliefs if not for the false and destructive images



MATRIX REIMPRINTING

Beliefs

- Many of these life-altering decisions are often made in *utero* and the first 6 years of life
- We continually draw events into our lives to reinforce these beliefs
- Negative core beliefs usually have many, many events supporting the belief



MATRIX REIMPRINTING

Beliefs

- Wrong beliefs based either on Big T or little T trauma can cause you to misinterpret your current circumstances as threatening
- This shifts our nervous system into fight/flight/freeze
- The result is a series of biological effects which determine our next perceptions, intelligence and quality of life
- If you don't learn to deal with your beliefs they will deal with you through illness, prosperity issues, relationships, feeling powerless, etc



MATRIX REIMPRINTING



Fight-Flight-Freeze

- Amygdala responds to emotional memory and when triggered sends a signal to the hypothalamus
- Through a series of hormonal messages between the hypothalamus – pituitary – adrenals
- The result is the release of adrenaline, blood sugars and cortisol into the bloodstream



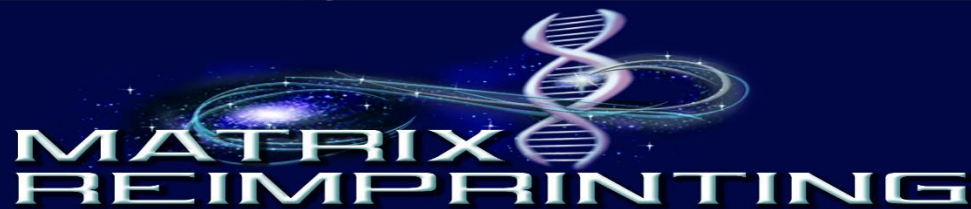
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Fight-Flight-Freeze



This in turn controls/affects


- Blood pressure, heart rate, body temperature
- Blood acidity, adrenal and thyroid function
- Immune function, cellular and DNA behaviour
- Intelligence, cognitive function
- Stress and anxiety levels
- Digestion
- Sleep patterns
- Hunger and thirst, the reproductive system and a host of other functions



Matrix Core Belief Reimprinting

We've seen how core-beliefs affect;

- Your health
- Your attitude to life
- Your behaviour
- Your interactions with others
- Your work
- Your parenting
- Your wealth
- How you perceive the world
- and just about every thought or feeling that you have

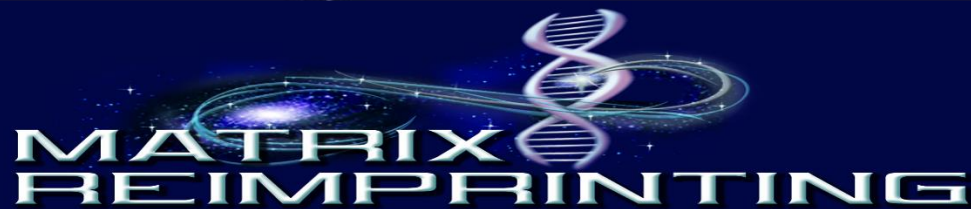


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Matrix Reimprinting Benefit

Positive beliefs

- One of the issues that many of us face with the traditional EFT protocol is that when we collapse the energy around negative beliefs, there is often a void left when the issue is resolved
- With Matrix Reimprinting this void can be filled by allowing your ECHO to have experiences which create supportive beliefs and behaviours
- Matrix Reimprinting can instill new positive beliefs into any past memory

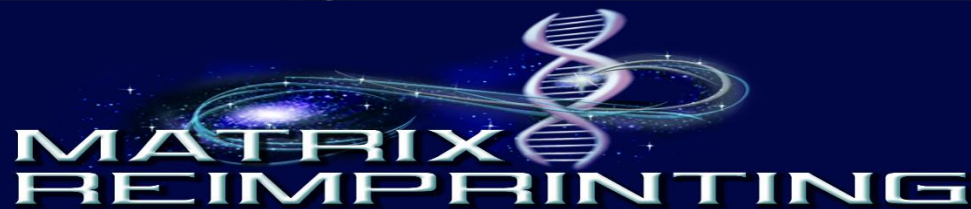


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Beliefs

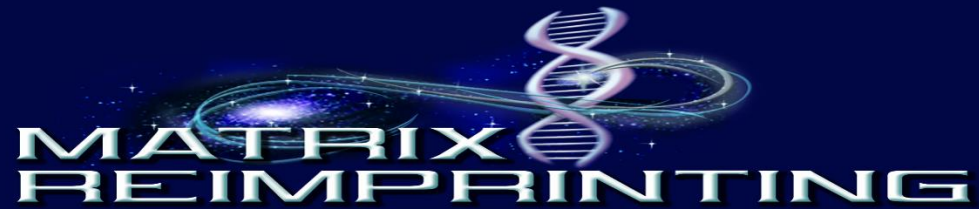
Samples of Negative Life Beliefs

- Unworthy
- Undeserving
- Worthless
- Incapable
- Misunderstood
- Abandoned
- Betrayed
- Unproductive
- Unattractive
- Incompetent
- A failure
- A victim
- A burden
- Dumb
- Used
- Alone
- Bad
- Guilty
- Sinful
- Confused
- Trapped
- Unlovable
- Powerless
- Inferior
- Separated from God
- Un-teachable
- Vulnerable
- Others



Matrix Core Belief Reimprinting

- Identify the core belief
- Estimate Validity Of Cognition level out of 100%
- If necessary use Matrix recall to access events
- Use MR to resolve and reimprint events
- Each memory is likely to reduce the VOC level either slightly or dramatically
- Do not underestimate the power of reducing the VOC level even by a tiny amount. Each reduction in the SUDs will change your point of attraction
- **Make new memories and beliefs direct opposite of the original negative belief**



Breakout Session

Matrix Belief Reimprinting



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Matrix Reimprinting Benefit

Disassociated clients

- Matrix Reimprinting works on disassociated clients who have no SUDs levels, a group which, as EFT practitioners, is one of the most challenging to work with
- The reason the client is dissociated is because of the traumas which the ECHO is holding for them
- This is the same reason the client often cannot remember the original trauma
- Matrix Reimprinting works perfectly with this client group as the technique works more effectively when the client is disassociated from their ECHOs

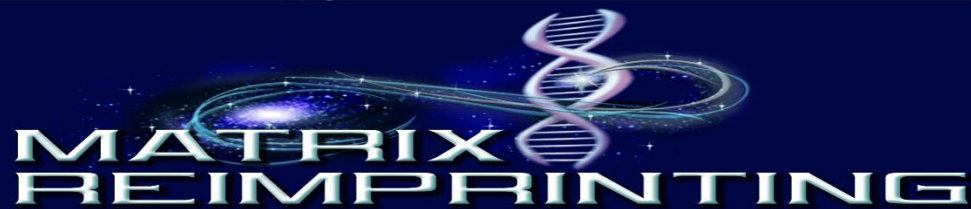


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Matrix Reimprinting Benefit

Forgiveness

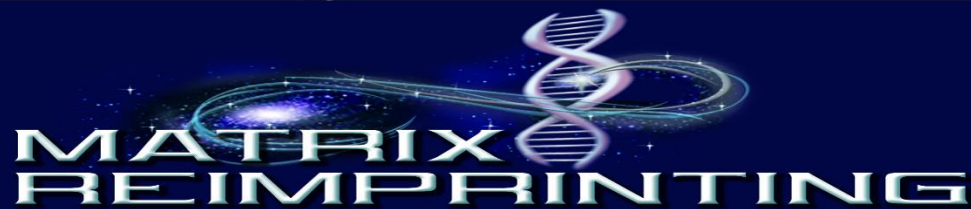
- Matrix Reimprinting often naturally leads clients to a place of forgiveness and understanding
- Forgiveness is important to the perpetrator of their traumatic experience and often for themselves
- There are a number of schools of thought which believe that the purpose of any therapeutic intervention is to reach the point of forgiveness
- This is not something to be forced on or feigned by the client
- Matrix Reimprinting leads the client naturally to a place of understanding and forgiveness



Matrix Phobia Reimprinting

- Go to a memory or use one of the matrix recall techniques i.e. use the energy of the phobia to find an ECHO
- Follow instructions as per Matrix Memory or Scene Reimprinting
- Work with the ECHO to clear the energy of the fear
- If necessary go back to the core trauma by asking ECHO to take you back
- Test by getting the ECHO to face the phobia
- Test the client's phobia
- **Fear of vomiting**

Trainer demo if time allows taking you up to afternoon break



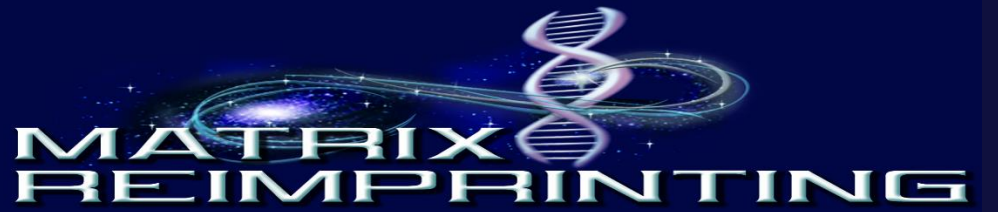
Morphic fields

- A form *reads* the collective information through the process of morphic resonance which is used as a guide for its development and appearance
 - **Human, animal, plant bodyfields**
- Animal and human behaviour, social and cultural systems and mental activity can all be regarded as morphic fields which contain inherent memory
 - **Animal behaviour, birds, elephants, ants, fish, migration etc**
 - **100 monkey/blue tit effect**
 - **Human cultural fields**



Morphic fields

- A morphic field also organises a form's characteristic activity and behaviour and is set up by the repetition of similar acts and/or thoughts
 - Daily behaviour
 - Habits/addictions
 - OCD
 - PR with disease
- Memory-traces are “non-local” and are not located in the brain, rather, the brain (and body) tune in and process the information from the matrix (like an old analogue TV set)
- Morphogenetic fields are part of our Epigenetics (genetic control from outside the cell)



MATRIX REIMPRINTING



Matrix Habit Reimprinting

- The Matrix Habit Reimprinting technique is a process for addictions or long-standing destructive behaviors
- This technique is in three parts
- The first part involves reimprinting the origin of the habit, and other pictures you have associated with it
- The second part is to resolve underlying issues that continue to drive the habit
- The third part includes creating new positive behavior or doing the field clearing exercise (see Sasha's website for FCT)
- You will need to repeat EVERY day for a minimum of 21 days to create new Morphic fields

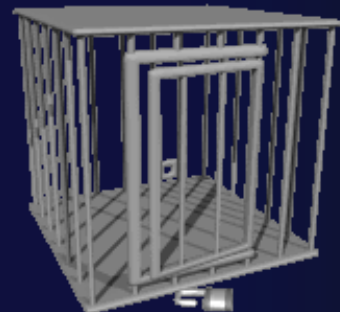


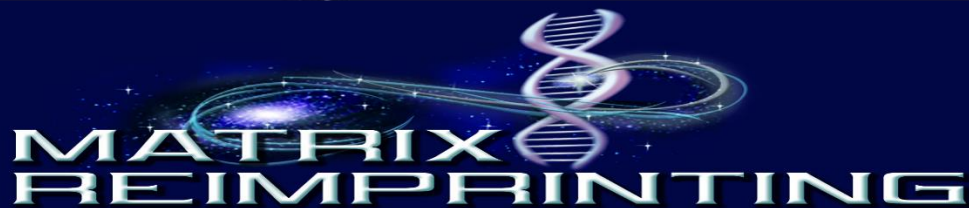
Matrix Resolution Reimprinting

Resolving the Irresolvable

Used for getting resolution and forgiveness with events that happened in the past forgiveness for self and perpetrator, overcoming guilt, anger, shame, grief, etc, from past events and that person is no longer in your life

- Parents, family and friends no longer alive
- Ex partners and friends you're no longer in touch with
- Figures from the past who affected your life such as teachers, bullies, authority figures, etc

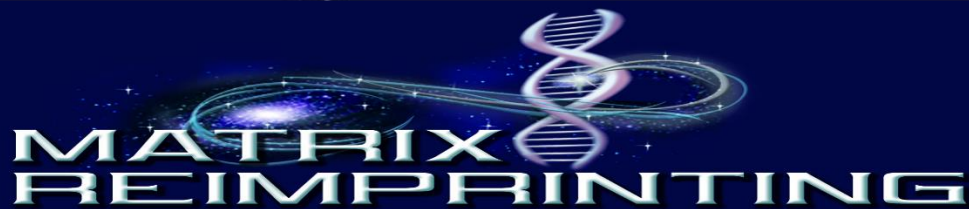




Matrix Resolution Reimprinting

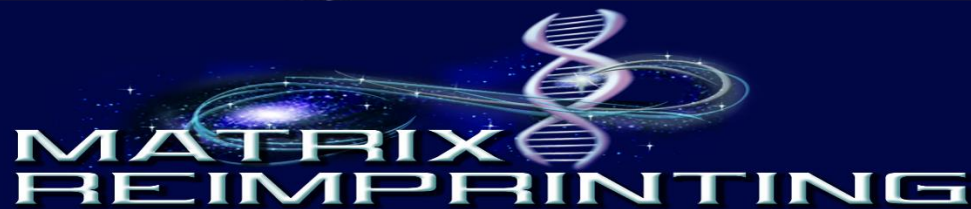
1. Step into the picture as with Scene or Memory Reimprinting
2. Introduce yourself to the younger you and other people in the scene
3. Whilst physically tapping on the client, the client can tap on their ECHOs or anyone else in the image as appropriate
4. Allow time for client to talk to younger self and chosen person until the issues has been resolved
5. Used the resolved image and bring into the mind out of the heart as usual

Quick 5 min exercise with person next to them just one side unless you have time to swap




Matrix Future Reimprinting

- Matrix Reimprinting can be used to shape your future
- When you have fears about the future - sometimes we rehearse destructive futures reinforcing our point of attraction for negative encounters
- So if you find yourself imagining the worse, use the Matrix Reimprinting to change the imagined scene to a more supportive and positive one
- You can also ask your future-self to take you back to an early memory which reminds you of this fear, and this can be a good way of accessing memories around themes that were not previously accessible to you
- **Get client to associate with positive future self**



Matrix Surrogate Reimprinting

- Matrix Reimprinting has amazing effects working surrogatly with others
- Firstly, as we are all connected by the matrix, when you resolve your own issues, the others that were involved in your memories also receive benefits
- You can also work directly on others whilst working with your ECHO
- Shani's mum, grandmother



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Matrix Reimprinting Benefit

Law of Attraction

Matrix Reimprinting powerfully utilizes the law of attraction. When we have traumatic experiences and hold these images in the matrix, we continue to attract similar experiences

With Matrix Reimprinting, once we resolve the trauma and change the image (having let the body experience this new reality and having powerfully sent it back out to the field) we change what we attract and begin to draw more fulfilling and life-sustaining experiences



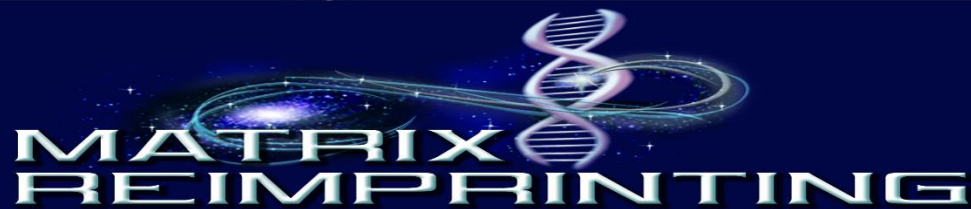
MATRIX
reIMPRINTING
using Emotional Freedom Techniques



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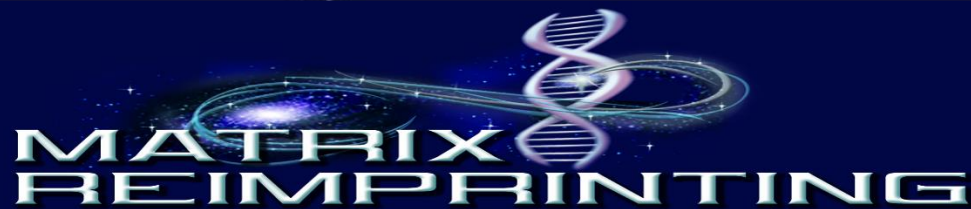


Matrix LOA Reimprinting

Changing your Vibration

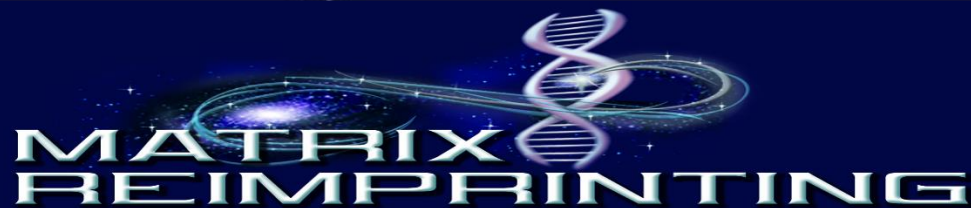
- Pick a theme – health, home, work, relationships, family, friends, abundance, spiritual etc
- Systematically work with the ECHOs using Matrix Memory or Scene Reimprinting to create positive pictures in the field
- Each theme might take weeks of daily work to recreate your life experience
- Use VOC level to gauge life changes

Course homework pick one theme and work until VOC is zero



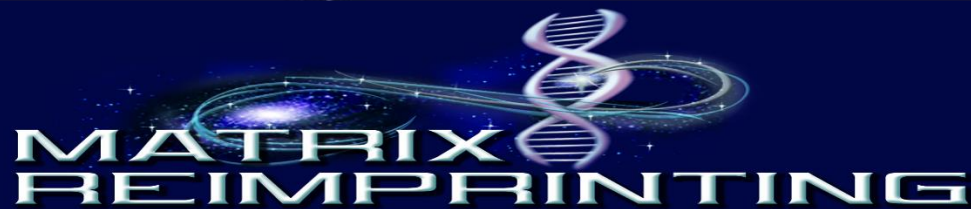
Points to Remember when using MR

- Only tap full rounds when ECHO is traumatised
- All other times just finger points (inc KC + 9GP)
- **Scene** Reimprinting focus on de-traumatising ECHO create a good picture and reimprint
- **Memory** de-traumatise ECHO then discovery the beliefs made at the time - go into to memory at least 2 times come out – take new SUDs – go back in if needed
- Always ask what beliefs/decisions were made then you know what to change the next pictures/belief to



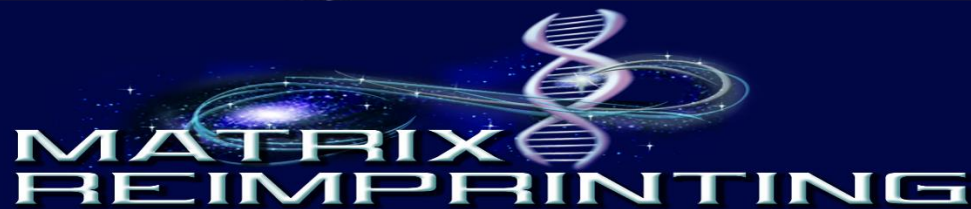
**MATRIX
REIMPRINTING**

- **3 ways to de-traumatise ECHO**
- EFT
- Move ECHO through trauma
- Community for Client
- Community for ECHO (in new memory)
- **3 Ways to find specific memories/ core issues**
- Slow EFT
- Follow the energy – draw in the ECHO
- ECHO to ECHO
- **Association V dissociation**
- ECHO into client
- Client into ECHO



Resourcing ECHO

- Changing memory – keep it directly relevant to belief/decision formed
- Only resource if needed and directly related to what they need to create new opposite belief of the original belief
- Don't take them to new place if they can get what they need from re-creating original memory
- Don't bring someone in to resource them if they can do it themselves (otherwise this says they can only do it with help in future)



Memories - to change or not to change

- Don't deny big T events (death, rape, tsunami, 9/11, abortion, earthquake, car crash, war, physical and sexual abuse etc
- Resolve trauma – change negative beliefs and decisions – then create good picture
- If requested, bring dead people into the Matrix to communicate with client after the resolution but don't deny deaths.
- Change small T events to **direct opposite** of belief formed / ability to perform function / face phobia etc



Summary

- First priority is tap on ECHO to release trauma
- Move the ECHO through the trauma
- Put the ECHO in Community
- Give the ECHO the resources
- Change the memories
- Send message through the body trauma is over
- Create new picture in the Matrix



Conclusions

- Beliefs are based on local images in the matrix
- On a subconscious level these pictures are real life memories happening now
- The disruption of the body's energy system can be traced back to these disruptive holographic images held in the matrix
- These holographic memories about the perceived environment eventually change our cells' behaviour and DNA
- Our past, current and future pictures are influencing our life, including our physical, emotional and spiritual wellbeing

Finally

- If we change these images, we change the past and the old beliefs change - this allows the body to adjust to a more resourceful view of the world
- The stress then goes away and the immune system can heal any dis-ease
- Matrix and the law of attraction – images in the field
- When you heal these wrong beliefs you will also heal the blocks to success, prosperity, relationships and happiness

‘It’s never too late to have a
happy childhood’

