

Matrix

Reimprinting

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photo: Belle Verdiglione

EFT (Emotional Freedom Technique), otherwise known as Tapping, is becoming more and more accepted in today's world. It is particularly being used for the treatment of, for example, Post-Traumatic Stress Disorder (PTSD), pain management, mental disorders and even in things like weight loss. Scientific research is showing how simple, light tapping on acupuncture points can dramatically reduce cortisol levels in the body and release stress.

As tapping is being accepted years after it was introduced, a new advanced method of energy psychology has been developed on the fundamentals of tapping. It is called Matrix Reimprinting (MR) and has been discovered by Karl Dawson, a master EFT practitioner.

Matrix Reimprinting is a new Meridian Tapping Therapy that is effective for the treatment of emotional or physical issues. It can also be used to manifest goals and dreams. Like EFT, MR also uses the traditional Chinese Medicine meridian system that has been used in acupuncture for thousands of years. EFT has a long history of resolving physical and emotional health issues and the way it works is that you bring to mind and verbalize an issue that you want to work with. At the same time you tap on points on your meridians with your fingers and this releases stress and trauma from the body's physical and emotional state. Results for EFT have been amazing and have positive consequences for our Western medical way of healing.

How does Matrix Reimprinting Differ from EFT

Matrix Reimprinting has evolved from EFT but also contains some important differences. For instance, in conventional EFT tapping on meridian end points is used to take the emotional intensity out of a past memory. Then what you are left with is to be able to recall your most

traumatic and stressful life memories without any emotional disruption or stress, which is obviously extremely useful, as negative past memories keep the body in a state of stress and can contribute to disease. However, with MR the memory is actually transformed. You can go into any past memory, say and do what you wished you had said and done, bring in new resources and create and transform the picture you have of that memory.

Clearing Trauma and Stress for Health and Healing

Therefore, in the case of traumatic or stressful events in a person's life, the imprinted memories become lodged in their mind and the flight/flight response is never resolved. (It is important to note that to a child, a traumatic event can be anything from a teddy losing an arm to something as big as losing a parent). This means that a person will be re-experiencing the trauma and stress as if it's happening now even though the initial event may have occurred decades ago. This is why it is impossible to change our behaviors or beliefs with our conscious willpower and we continue to be affected by these events.

Finding and healing your ECHO

MR's effectiveness comes from its extremely efficient ability to find core memories that hold limiting beliefs, whether a person knows what the memory is or not. Importantly, the person is the one doing the healing work himself or herself. The practitioner acts as a guide and pathfinder to assist the client to locate a memory within their matrix, and helps them stay within the experience until it is resolved. Once the memory is found, the client is able to enter the memory scene and speak to their former self, known as their 'ECHO' (Energetic Consciousness Hologram.) The Echo is released from

their trauma and a new, empowering belief created. The client effectively returns their energy system to the original matrix blueprint that they were born to live.

Empowered and Rapid Healing

MR does not deny that traumatic events took place, but rather helps the client to change their perspective on what the event means. They are able to have a direct experience of an event in a controlled, safe and positive manner as they are 100% conscious throughout the process. It is a far more gentle technique for trauma than traditional psychological techniques as it does not require the client to fully re-live a trauma, but to view it in a detached manner. Of course empathic people may experience an emotional response to the trauma, but are also in complete control of the process, empowered to take charge of their own healing and to very quickly release and resolve the traumatic event once and for all. MR enables the client to experience the event and their subsequent personal beliefs within a new context and on their terms.

In MR we see these past negative memories as being held as pictures or holograms in your body-field. Until you transform them you keep tuning into them on a subconscious level and they affect your health, your wellbeing and your point of attraction. Changing the pictures creates both physical and emotional healing, and enables you to attract more positive experiences into your life. And by tapping on the meridians of the body at the same time, the process is accelerated. It is important to recognize that this process is very different from denying what happened.

How MR helped Emma

An example of how it has helped someone is the case of Emma who was desperate to find a boyfriend. She

was doing daily affirmations, reading self-help books, joining dating sites etc. However, she never managed to meet the 'man of her dreams.' In her subconscious mind there were many beliefs of men and relationships which resulted in her feeling that it wasn't safe to be loved, being afraid of being hurt and being left like her dad had left her when she was a child.

Emma had formed these beliefs from past learning experiences and traumas that were held in her subconscious mind and affecting all her decisions. We all have two minds the conscious and subconscious. The conscious mind is conscious of itself, it holds our wishes and desires, it is creative and not time dependent.

The subconscious contains all the programs of everything we've ever learnt and experienced from brushing our teeth, walking, riding a bike to major events in our lives. Willpower alone does not change these programs and beliefs. A traumatic event stays alive in our subconscious.

So in the case of Emma when she worked with her practitioner on MR she connected with her younger self (her ECHO) and discovered the trauma she experienced when her father left the family when she was six.

Emma communicated with her ECHO and released the trauma from the event and this enabled her to feel loved, happy in the knowledge that it wasn't her fault. So she had reimprinted that memory.

After her treatment Emma realized she had been holding on to that pain for most of her life and believed that any man she met would leave her. She was now conscious of that subconscious program. She also reimprinted other past resentments and then felt ready to meet her Mr Right, which she did 3 months later and is now happily married.



MR opens up a big area of possibilities including ones that we can transform, for example:

- Addictions
- Phobias
- Allergies
- Negative core-beliefs
- Birth traumas
- Relationship issues

and many more.

Matrix Reimprinting complements other healing areas such as life coaching, hypnotherapy, counseling, psychotherapy, all sorts of bodywork and energy work and so on. This is an amazing tool that helps to quickly transform life's traumas and enables the body to release stress so that healing can take place.

EFT is a therapy where it is possible to mentally "tune in" to specific issues while tapping certain meridian points on the body with our fingertips. This releases emotional issues and allows the body to repair itself, most of time, in a very short period of time. Using EFT helps to balance disturbances in the meridian system and problems can be reduced or removed within minutes and hours unlike conventional medicine, which can take months or years.

We can do this by using our fingers to stimulate the meridian points on the face and upper body whilst focusing on the problem, sending calming messages to the brain that helps to clear the disruption and re-balance the body's nervous system.

Once learnt, this technique can be used to overcome any future problems.

How does EFT work?

Using EFT will allow you to face the cause of your fear and change your attitude around it automatically. It may feel like your fear is making you feel pressured but it is, in fact, your core subconscious belief about the situation that makes you feel stressed.

In your past your subconscious has interpreted certain experiences as proof that your fear is a threat. This means that as your fear gets closer, your subconscious tells your brain to trigger the fight/freeze or flight state. So in order to change the way you react, you need to change the original record in your subconscious and this is how you do it!

Changing the Original Record in your Subconscious

Step 1

Take a deep breath, close your eyes and think of what you fear. In fact, if you have an earlier memory of the anxiety, so much the better. Now think about any other times you've felt that same anxiety—it may have nothing to do with your fear and it may be something completely different, but with the same feeling. Notice how it feels, and notice what's happening in that memory. Notice where you feel this feeling in your body and how strong it is.

Step 2

Using two fingers, gently tap the following meridian points while focusing on the feeling of your fingertips on your skin and saying the phrases.

- Between your eyebrows—"I release and let this go"
- Beside your eye—"It's okay to let it go"
- Under your eye—"It's safe to let this go now"

- Just below your collarbone—"I don't need it anymore and I'm okay as I'm letting it go"

Step 3

Grab your wrist, take a deep breath, blow it out and say "Peace". Now, go think of something peaceful—something that feels good—and enjoy the feeling of that memory for a moment.

Step 4

Go back to the memory of the stress you focused on in Step One, and notice what's different. Notice if the feeling has changed or moved position in your body. Notice if the intensity is different. Just notice what is left. Also notice any memory or thoughts that come to you – just notice them.

Step 5

Repeat Steps Two through Four until you can no longer feel the bad feeling. Keep tapping until any bad feelings and thoughts have been replaced by good ones; and until any memories have changed.

As you are tapping, you will notice that beliefs that relate to the feeling (the pressure and anxiety) you're aiming at come up for you. These may be phrases you remember hearing as a child; they may be memories; they may be thoughts. They may be objections and arguments. Whatever they are, just notice them and tap them out. As you do this, you are changing those core subconscious beliefs.



Dedicated to my amazing daughter Liora

Liora passed away from a sudden, unexpected bleed in the brain at the age of 20. While she was in intensive care we opened a facebook group which miraculously became international with more than 14 thousand people on the group and raised so far £32K to buy an ambulance.

Lauren Rosenberg is a Fear and Phobia Expert at FearBusters for children and adults. She is a member of the Association for the Advancement of Meridian Energy Techniques (AAMET) and covered by Holistic Services Insurance. To see more about Lauren's work visit fear-busters.com



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