



Matrix reImprinting

A technique to change your relationship to your past and dramatically transform your physical and emotional health in the present.

In EFT, it is recognized that to heal any condition we have to heal the mind and the body simultaneously and that most of the myriad of diseases that are part of our society all have their origins in life stresses, beliefs and traumas. These traumas can easily be resolved with EFT, and the results ultimately affect the physical body.

Inevitably, as I have spent time working with EFT so intensely, I have begun to develop my own variations on the original EFT protocol. One such variation is producing results that are so far beyond the ordinary, that it has become the main focus of my attention. I have named the technique Matrix ReImprinting.

How It Works

To understand how Matrix ReImprinting works, you will need a basic introduction to some of the modern theories of quantum physics. What quantum physicists have helped us to understand is that we are all comprised of energy, and that we are all connected by a unified energy field. This notion has been popularized more recently by films such as *The Secret* and *What the Bleep do We Know?*, and more and more people are coming to accept the understanding that this field exists.

This energy field was originally referred to as the 'Matrix' by Max Planck in 1944. In more recent years Lynne McTaggart has referred to it simply as 'The Field,' Greg Braden has talked of the 'Divine Matrix,' whilst Rupert Sheldrake has talked of 'Morphic Fields.'

This field or matrix is all around us, and connects us to our past. This is because we hold our specific traumas and stressful life experiences in the matrix, and they influence our every thought pattern, behavior and action. To understand how this is so we can draw on the findings of modern psychology in relation to trauma. Any psychotherapist or psychologist can explain what happens in the body when a trauma takes place. Part of us splits off or disassociates to protect us from the trauma, and this is why we often don't remember a traumatic event after it has taken place. But where does this disassociated part go when it leaves us? My experience over the last couple of years has led me to understand that it goes into the matrix.

We hold in our fields the stressful life events that have gone before, not just as memories but as specific energy bodies, which I have named Energy Consciousness Holograms or ECHOs. With the Matrix ReImprinting technique we can work directly with these ECHOs, resolving the negative energetic

charge around them. This changes our relationship to our past, and affects our emotional and physical health in the present.

How to Use Matrix reImprinting

We begin with a technique from traditional EFT called the 'Movie Technique'. This is why I say that the Matrix ReImprinting technique works to enhance traditional EFT, and not replace it. In the traditional Movie Technique you would take an old memory that still has some negative emotional charge for you and you would run it in your mind as though it was a movie, stopping at any point that you feel any change in the body or in your emotions, and using the EFT tapping protocol to resolve the disruption. This is one of the core techniques in EFT, and I have seen excellent results with this technique over the years.

The Matrix ReImprinting technique has a number of specific characteristics that are not used in the traditional Movie Technique. With the Matrix ReImprinting technique you can stop the movie at any point, and interact with the ECHO of your younger self in that memory. You can imagine stepping into the picture and tapping on your ECHO using the EFT protocol (whilst physically tapping on yourself in the present), and enter into a dialogue with them, eliciting information from that particular trauma. The ECHO you are interacting with has been holding onto the trauma for you, to keep you protected, so you can thank them for doing so. You can give your ECHO new tools or resources and allow them to express themselves differently in the situation. After the emotional intensity has resolved you can then imagine taking your ECHO to a safe and comfortable place of their choosing such as the beach or a sunny field, allowing them to experience new and positive emotions in the situation.

Result

Now here's what's interesting about this: when you try to remember the original event, not only have you resolved all your emotional intensity around the issue, but you often have the new picture that you have created in your memory. These pictures affect your physiology and psychology on every level. By changing the memory in this way you are interacting with what you hold in your field, which in turn affects your health and well-being in your current reality.

Some of the benefits of Matrix ReImprinting include;

- Very easy to use and gentle on clients
- Quickly finds core issues, related trauma and beliefs
- Locates pre-conscious trauma (pre 6 years) often beyond clients awareness and conscious memory
- Allows client driven reframes and cognitive shifts thus preventing therapist projection
- Locates Psychological reversal , secondary gains etc
- Fills the EFT void, creates positive beliefs
- Works on dissociated clients with no SUDS levels
- Successful with non visual clients or who have difficulty with imagination
- Allows forgiveness and wisdom to be gained from past events
- Sends a message to the body/cells/DNA the trauma is over
- Resources the client and rewrites the past
- Naturally utilises the law of attraction in a very powerful way

The results that I have seen with this technique are astounding beyond all measures. And these results are being replicated by the many practitioners I have trained who have implemented this technique into their practice over the past 18 months.

I truly believe we are standing on the precipice of a new healing paradigm by working in the matrix in this way. I am extremely grateful to Gary Craig for creating EFT and for all that he has taught me, I'm only just beginning to realize the true implications of the Matrix ReImprinting technique and the effects that it could have on transforming humanity.

You can see the Matrix reImprinting technique in action on Karl's *EFT for the Treatment and Prevention of Serious Disease* 6 DVD set and The 9 DVD set *Meta-Medicine and EFT with Matrix ReImprinting* or attend one of his training courses. For more information see www.eftcoursesuk.com Contact karl28dawson@yahoo.com or call 01527 857866