



Matrix Reimprinting

using EFT

**REWRITE YOUR PAST
TRANSFORM YOUR FUTURE**

Karl Dawson & Sasha Allenby

Published by Matrix Reimprinting Publications

Matrix Reimprinting Publications

www.matrixreimprintingbook.com

The moral rights of the authors have been asserted.

All rights reserved. No part of this chapter may be reproduced by any mechanical, electronic or photographic process, or in a form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

While Matrix Reimprinting and EFT have produced remarkable clinical results, they must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of these techniques. Further, Karl Dawson and Sasha Allenby are not licensed health professionals and offer Matrix Reimprinting and EFT as personal performance coaches and holistic therapists. This book is intended for information purposes only and is not intended to substitute medical advice. The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for spiritual and emotional wellbeing. In the event that you use any of the information in this book for yourself, which is your constitutional right, the authors assume no responsibility for your actions. Please consult qualified health practitioners regarding your use of Matrix Reimprinting and EFT.

This book represents the ideas of Karl Dawson and Sasha Allenby. Matrix Reimprinting is independent of the standardised EFT training offered at <http://www.emofree.com>.

© 2009 Karl Dawson & Sasha Allenby. All Rights Reserved

ISBN 978-0-9563869-0-8

CHAPTER 5 - INTRODUCING MATRIX REIMPRINTING

In this chapter we will explore what Matrix Reimprinting is, how it came about, and how it draws upon cutting-edge information and research from the New Sciences. We will present the basic premise of Matrix Reimprinting to you, and explain how it differs from traditional EFT. We will also highlight the many benefits of this powerful and ground-breaking technique.

What is Matrix Reimprinting?

Matrix Reimprinting is an Energy Psychology technique which was created by Karl. It involves a way of working with our past traumas. It also draws on much of the research from the New Sciences that was presented in Part 1 of this book, including the fact that we are all connected by a unified energy field, and also that our beliefs affect our biology.

As information and research from the New Sciences emerged, it was inevitable that new techniques would be created to meet our changing view of the world. There have been lots of advancements in our understanding about the Law of Attraction and quantum physics, but very few existing techniques work directly and intentionally with this unified energy field. However, Matrix Reimprinting does just that. It works to directly change our health and wellbeing and also what we attract into our lives, by changing the pictures that we hold about our past in the Matrix. Changing these past pictures transforms our reality in the present. We will explain how this is the case as this chapter progresses.

Matrix Reimprinting is also grounded in popular psychotherapeutic theory about trauma. When we experience a trauma part of us splits off and blocks the memory so that we are protected from it, and another part of us experiences it over and over again. It was originally assumed that these parts are buried deep within the brain. But we believe that the part that splits off to protect us from the trauma and the part that relives it over and over again are one and the same. Furthermore, we believe that this part of our consciousness goes directly into a different dimension in the Matrix, and we can work with it there to release the trauma that it is holding for us. In Matrix Reimprinting we call these parts that have split off due to a trauma 'Energy Consciousness Holograms' (ECHOs).

More about ECHOs

For trauma to occur all we need is a situation where we feel powerless and

there is a threat to survival. This threat to survival is relative to our age and our ability to deal with the specific situation. For an adult it may take a major event like a car crash, or physical or sexual abuse to create an ECHO. To a young child being told by a parent that they are bad, stupid, ugly, lazy, and so on, has the potential to traumatise.

At the moment the trauma occurs, if we can't fight, we can't take flight, we feel isolated, and there is no way out, we simply freeze. Our chemical responses protect us biochemically from being emotionally and physically overwhelmed. As our consciousness freezes, part of us splits off energetically. At this point, the ECHO is created.

When the ECHO splits off it is held in the Matrix. The ECHO contains all the information of the traumatic event. It creates the effect of amnesia. The event is numbed out from consciousness as if it never happened. But it lives on in the images of our subconscious and dictates our response to future situations.

Creating an ECHO is one of nature's amazing programmes. It helps us deal with the trauma at the time the event occurred and subconsciously warns us to avoid similar events in the future. Problems occur with ECHOs when the subconscious response to a situation is inappropriate to the perceived threat. And as long as trauma is held by the ECHO, similar events will trigger a similar response. In these circumstances we suffer stress, anxiety, phobias and so on, which affect our interactions in everyday life and eventually take their toll on our physiology.

A further problem is that it takes lots of energy to hold all this information in the Matrix, especially for people with lots of trauma who get triggered often by everyday life. You may have noticed how when you were younger the traumas and stresses that you experienced didn't affect you like they do now you are an adult. As we age it gets more and more difficult for the ECHOs to hold these traumas at bay.

Another issue is that on a cellular level these pictures are real life memories happening now. Memories are only memories to the conscious mind. To the subconscious mind they are current events, as it does not know the difference between past and present. You may want to begin asking yourself what your specific 'current events' (or in other words, past traumas) are keeping you from healing and happiness?

With Matrix Reimprinting we can dialogue with ECHOs back at the time of the trauma. When we help the ECHO to release the energy of the trauma, resource them and help them move safely through the memory, the subconscious can let go of the trauma and feel safe. Matrix Reimprinting offers a gentle and highly effective way to do this and creates a permanent healing effect.

The way we work with these ECHOs is to imagine tapping on them using similar points to those that are used in EFT. We will explore exactly how

this is done as the book progresses, but before we do, let's look at how Matrix Reimprinting came about.

History of Matrix Reimprinting

In 2006, Karl was teaching EFT in Australia. While working on one of the course participants, he was making little progress. So he asked the participant "Can you see that little girl, your younger self, as a picture in the memory?" The participant replied "I can see her so clearly, I could tap on her." So in a moment of inspiration Karl encouraged his participant to tap on the little self in the memory while he continued to tap on her. She had amazingly quick resolution, and Matrix Reimprinting was born!

For the next couple of years Karl experimented extensively with the technique. At this stage it had no name, and it just involved the practitioner tapping on the client while the client tapped on their younger self in the picture while dialoguing with them, enabling them to release the trauma.

Karl began to connect working in this way with all the emerging research from the New Sciences and quantum physics. Already a leading specialist in working with serious disease using EFT, Karl had been applying the science of Bruce Lipton to his work for some time. What he started to realise more and more was the fact that these negative life traumas, especially in the early years, form our beliefs in the present day. The part of ourselves that has split off to protect us from the pain of the trauma is not only holding the trauma for us, but is also holding the beliefs about life we created in that moment. And in turn these beliefs are affecting our biology.

Karl also began to realise that it wasn't only "big T" traumas that created negative beliefs and disease. In fact, some of the "small t" traumas which gave us the message that we weren't good enough, clever enough, special enough, pretty enough, bright enough, loved enough, and so on, sometimes created more far reaching negative core-beliefs than the "big T" events, especially in the early years.

What Karl began to understand was that to change the beliefs of his clients in the present, it wasn't enough to simply release the information that the ECHO had taken on about the trauma using EFT. The picture itself had to be changed. This is not denying the past event happened. It is simply transforming the picture in the field, as the picture is what creates the negative feeling in the body.

Karl had also studied popular research on the Law of Attraction, such as *The Secret* by Rhonda Byrne, *The Field* by Lynne McTaggart, *The Divine Matrix* by Gregg Braden, and so on. He began to realise that these pictures very much related to the Law of Attraction. If you hold these negative pictures of your life

experiences in your field, you will keep attracting more of the same. This is because as you continually resonate with them, you will continue to vibrate at the same frequency, and attract other experiences of a similar frequency. So as he started to help his clients and trainees to change the pictures in their fields, their life experiences started to become more positive too.

After listening to a talk by Rupert Sheldrake, Karl also started to realise how Sheldrake's work on morphic fields and morphic resonance fitted in with his own work. He was particularly fascinated by Sheldrake's assertion that the morphic fields were habitual, and were increased through repetition, and how repeating behaviours strengthened the fields. He began to see clearly how we continue to sabotage ourselves by repeating unsupportive behaviours due to the power of behavioural morphic fields. Furthermore, Sheldrake highlights the possibility that memory is held in the Matrix, and this tied in with Karl's theory about ECHOs going into the field.

An idea along a similar theme was also highlighted by Dr Bruce Lipton in his DVD *Fractal Evolution*. Dr Lipton highlights that cells don't have the consciousness to hold memory, but the cell wall has antennae that tune into the 'self' in the Matrix. This confirmed to Karl that ECHOs could be stored in the field. And eventually our cells and DNA adapt and change to misperceptions of these unconscious ECHOs in the Matrix. We label these changes as physical and mental dis-ease.

Karl also studied the research from the HeartMath Institute, and was particularly fascinated with how the heart's fields can be measured 10 feet from the body in all directions, and how the heart communicates with the Matrix. He started to realise that if the heart communicates with the Matrix in this way, then it could also be utilised to send out new pictures into the Matrix.

Furthermore, Matrix Reimprinting was also influenced by META-Medicine® – a diagnostic tool for pinpointing the exact emotional cause for a physiological illness (see chapter 3). With confirmation from META-Medicine® that each disease is caused by specific trauma conflicts, Karl realised that locating the ECHOs and helping them resolve trauma at the time of the conflict, would assist in creating the healing of physiological disease.

Further influence came from the work of trauma specialist Dr Robert Scaer and his research around the freeze response (which we also explored in chapter 3). Of particular significance was the fact that most humans do not discharge the freeze response. Dr Scaer also talks about trauma capsules, created during the moment that the freeze response occurred.¹ This ties in with Karl's view that ECHOs are created in the moment of trauma.

At first Karl was calling the ECHO the 'inner child' as this term was one that many therapists were already familiar with. However, while media producer

Karin Davidson was over from the USA filming one of Karl's trainings, she pointed out that 'inner child' was an inappropriate term, since the dissociated parts of ourselves exist in the Matrix and weren't always children. So the term Energy Consciousness Hologram was born.

Karl then developed the title Matrix Reimprinting. Matrix was his preferred term for the unified energy field that connects us all. Also, as imprinting is the system by which children take on the characteristics of their parents by observation and imitation, Reimprinting is recreating new programmes in the place of old ones.

Over the next couple of years, Karl experimented with and developed these techniques with his many trainees. Having trained over 800 practitioners in EFT during his time as a trainer and EFT Master, Karl had built a community of practitioners who frequently returned for supervision and further training, and so was able to share his developments with them and teach the basics of Matrix Reimprinting.

Karl was used to getting brilliant feedback from his trainees about the effects of EFT, and life changing experiences were commonplace. However, the results that his trainees were experiencing with Matrix Reimprinting were tenfold, and even more far reaching and remarkable than he had ever witnessed with EFT alone. Many of Karl's trainees were reporting that during almost every EFT session, there was a call to use Matrix Reimprinting, and the results for practically all Karl's trainees were consistently phenomenal.

One such trainee was Sasha. Having overcome CFS/ME and bipolar affective disorder using Matrix Reimprinting, Sasha was working intensively using Karl's technique in the field of serious disease and childhood trauma, and witnessing amazing results. Despite a vast array of qualifications and a varied career background which had included teaching therapeutic drama to teenagers with severe behavioural difficulties, lecturing in colleges, and running a private practice in coaching and shiatsu, Sasha put all her other qualifications aside to focus on Matrix Reimprinting. She was determined to support Karl in getting Matrix Reimprinting into the mainstream. She recognised that as Karl's time was so devoted to innovating and training, there was little time left to write about the techniques. So after Sasha finished writing her first book, the suggestion was made that they should co-author this one.

The book has helped to shape and identify the techniques and protocols for Matrix Reimprinting, and has also influenced the contents of the Matrix Reimprinting course. At the start of writing the book in July 2008, there was only one Matrix Reimprinting technique (Matrix Scene Reimprinting). There are now two foundation techniques, but also an array of protocols for working specifically with trauma, relationships, phobias, allergies, and so on. In addition to helping to define and refine these protocols, Sasha has also added and

developed her own protocol on working with addictions.

Since then other Matrix Reimprinting specialisms have started to emerge. Sharon King contributed the Matrix Birth Reimprinting protocol, from her training in this area. Others have started to follow suit.

Matrix Reimprinting continues to develop, grow and evolve. It has dramatically changed over the past couple of years. Below are the basics of the technique as it stands while writing this book, although it is likely to continue to evolve and change further over the coming years.

Basic Principles of Matrix Reimprinting

The following is a basic outline of the main principles of Matrix Reimprinting:

Negative pictures

Matrix Reimprinting is all about changing the pictures in your field. So if you have negative life pictures that are holding you in your past, then you can change them for positive ones. The replacement of these pictures creates a permanent healing effect.

Working with ECHOs

The way we change the pictures is to work with the ECHOs, who have been holding the trauma for you since the moment that the picture was created. In Matrix Reimprinting the ECHO is the new client. So we thank the ECHO for holding onto the trauma for you and imagine tapping on the ECHO to help them release the trauma that they are feeling. At the same time, the points are physically tapped on your own body.

The outcome of the memory can also be changed by bringing in new resources, inviting someone else in for support, and saying or doing what wasn't said or done at the time. We can also prepare the ECHO for what is about to happen.

This is not denying what happened. It is simply changing the old picture to affect the well being in the present. It is also not planting memories. It is just replacing old and negative memories with new and positive ones. From a quantum physics point of view we have endless possible pasts and futures. It is just like tapping into a different past while still acknowledging the lessons learned from what you have been through.

Positive pictures

When all the stress and trauma of the incident has been released, a new and positive picture is created. The ECHO may go to a new place of their choosing or stay where they are but with a new and positive outcome. There are no rules here, but as a guide, if there has been severe trauma, the ECHO often chooses to go to a new location, such as a beach or a hillside. However, if the trauma had been something like falling over on stage, for example, the fact that the memory has been reimprinted with a positive picture of giving a great performance usually means that this is more appropriate for a new and positive picture.

Creating community

When we make a new and positive picture one of the aims is to create a sense of community for the ECHO. On his DVD presentation *Trauma, Transformation and Healing*, Dr Robert Scaer highlights the need to create bonding in order for trauma to heal. This is because of how the brain responds to trauma. When there is a threat, the anterior cingulate gyrus in the brain evaluates the severity of the threat. If it is not serious, it dampens the amygdala, which is the part of the brain that assesses the emotional content of a situation. This keeps the threat in proportion. When a person has experienced a great deal of trauma their sense of threat is often out of proportion. But, if we create a sense of bonding and the amygdala is inhibited, the traumatised brain can heal.²

So in Matrix Reimprinting the ECHO is invited to create community in the new picture. They can bring in: family and friends, respected figures, religious and spiritual figures such as Jesus, Buddha and angels, pets and animals, and so on, to create healing. In a vast majority of cases the client's older self is enough to create this healing.

Bringing the picture into the mind

The picture is brought into the mind so as to reprogramme the mind with the new information. We believe that this stage makes new neural connections in the brain when the new information is received, and that this creates a healing effect. Although to date there has not been any research carried out to prove that this is the case with Matrix Reimprinting, there is lots of related evidencing of how we can influence our body with our mind in this way. The most comprehensive book on this subject to date is *How Your Mind Can Heal Your Body* by David Hamilton.

When we take the image into our minds, the colours in and around the image are intensified. It has been said that colour is the language of the central

nervous system, and heightening the colour in and around the image will intensify the way that the image is perceived by the senses. Also, any positive emotions that are associated with the image are highlighted, so as to reprogramme the emotional responses in relation to the image.

Sending the image to the cells

With Matrix Reimprinting we send a signal to the body that the trauma is over. From the work and research of Bruce Lipton PhD, we already know that our cells are influenced by our thoughts. So sending a signal in this way reinforces the positive work you are doing with this technique, and may influence health and wellbeing further. If there is a diseased organ which may be related to this trauma - for example, if the session started by working on a stomach ulcer, and this trauma surfaced in relation to the ulcer - then the positive image is also sent to the diseased organ.

Taking the new image into the heart

The new image is taken into the heart and again, you can intensify the colours and the positive emotions associated with the picture.

Transmit the new image from the heart

In Matrix Reimprinting we see the heart as the transmitter. We discussed in chapter 2 how the heart is a powerful transmitter which communicates with the Matrix.

The Difference Between Matrix Reimprinting and Conventional EFT

Matrix Reimprinting is an Energy Psychology technique and it involves the meridians as EFT and TFT both do. The difference is that while with EFT we clear the negative energy from past traumatic events, with Matrix Reimprinting we actually transform what happened.

Tapping on ECHOs

One of the main differences between traditional EFT and Matrix Reimprinting is that EFT doesn't involve working with ECHOs, whereas Matrix Reimprinting does. With Matrix Reimprinting it is the same tapping principle, but with a new and important client, the ECHO. Traditional EFT also does not tend to view the past memories as being held in the Matrix. Instead they are seen as being held in

the bodymind.

Filling the void

For a number of people, simply clearing the negative energy and not replacing it with anything positive using EFT, can leave a void. Some EFT practitioners have developed visualisations as an addition to the protocol, to fill this void. Others have filled it with reiki. For some, PSYCH-K® (an Energy Psychology technique used to reprogramme the subconscious mind with positive beliefs) has been favoured. With Matrix Reimprinting there is no need to employ another modality to fill this void, as it is filled with the new picture.

Benefits of Matrix Reimprinting

The Matrix Reimprinting techniques are easy to use. They are also very gentle. They enable resolution on a whole range of traumatic experiences without re-traumatisation. The following outlines the further benefits of Matrix Reimprinting.

Resolving core issues and instilling positive beliefs

With Matrix Reimprinting you can quickly find and resolve core issues. In traditional EFT when someone expresses a belief such as "I must be perfect to be loved" you would find the earliest memories relating to this belief and resolve them. With Matrix Reimprinting you not only resolve the memories which contributed to the core issues, you can also instil new supporting beliefs and experiences. This in turn affects and transforms your current belief system in the present moment.

Preconscious trauma

Matrix Reimprinting also 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. With Matrix Reimprinting you can interact with yourself as far back as in the womb, and access and resolve preconscious traumas.

Reframes and cognitive shifts

Another benefit of Matrix Reimprinting is that it commonly produces reframes and cognitive shifts (see page 57). If you are working with this technique as a therapist, one of the great benefits is that most of the work comes from the client (although if they get stuck at any point, guidance is needed from the practitioner). As the client leads the process, they decide what is best for them, in order to resolve the energetic disruption around the trauma. As the power is with the client, they are much more likely to reframe the situation themselves or emphasise their cognitive shifts. As practitioners we are well aware that these shifts indicate that resolution and therefore healing has taken place.

Forgiveness

Similarly, Matrix Reimprinting often leads to a place of forgiveness, particularly to the perpetrator of the traumatic experience. 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 or feigned, and there is often a sticking point in traditional therapeutic practices where a client will say they have forgiven their perpetrator consciously, but will not have forgiven their perpetrator on a subconscious level. Matrix Reimprinting leads the recipient naturally to a place of true forgiveness.

Psychological reversal and secondary gains

Matrix Reimprinting also elegantly locates psychological reversal (subconscious holding onto the problem). By interacting with the ECHO we can begin to understand exactly why they are holding onto a problem or an issue for us which is keeping us stuck in an old pattern of thinking or behaviour. The ECHO is most often trying to protect us, or filtering its understanding through the perceptions of a child. As adults we continue to respond to our own worlds through those same childlike perceptions, until the energy around the memory is resolved. This creates more self-understanding when we can pinpoint the current self-destructive behaviours to early memories, and replace them with more supportive beliefs and behaviours.

Dissociated clients

Another great benefit is that Matrix Reimprinting works on dissociated clients who have no SUDS levels (clients who have no feelings or emotions about issues that are still unresolved for them). For an EFT practitioner this client group is

one of the most challenging to work with. And if you fall into this category, you may not have had any positive experiences with EFT as yet. Matrix Reimprinting works perfectly with people in this group because when the client works with the ECHO the technique is even more effective when the client is dissociated (or in other words, doesn't bring the feelings of the ECHO into their body).

Trauma resolution

Matrix Reimprinting is very valuable in its 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 Matrix. This enables the body and the cells to respond in healthier ways, and begin to heal.

Resolving the irresolvable

With Matrix Reimprinting you can also resolve issues which have previously been irresolvable. This is particularly beneficial if you have lost family members or loved ones and not had a chance to say goodbye or resolve your differences. Using Matrix Reimprinting you can release the emotions around unresolved relationships and let go of the ties which hold you in the past.

Law of Attraction

A further benefit of Matrix Reimprinting is that it utilises the Law of Attraction. As mentioned earlier, when we have traumatic experiences and hold them in the Matrix, we continue to attract similar experiences. With this technique, once we resolve the trauma, we change our point of attraction and begin to draw more fulfilling and life-sustaining experiences.

Tipping point

When we collapse lots of images or memories in the field, there is a tipping point. Just like the Generalisation Effect in EFT (see page 58), when we start to change the pictures in the Matrix, we sometimes only need to change a small number before similar pictures no longer hold any resonance for us. The positive pictures are many times more powerful in resonance than the negative pictures (just as your positive thoughts have a higher vibration than your negative thoughts). So placing new pictures in the field can create a tipping point of attracting positive experiences in your life, even if you haven't changed all negative pictures on the same theme.

Summary of Chapter 5

Introducing Matrix Reimprinting

- Matrix Reimprinting is a powerful tool to change the pictures of life traumas
- It is based on the New Sciences
- The way that we change these traumas is by transforming the pictures in the Matrix
- We work with these pictures by tapping on ECHOs – the dissociated parts of ourselves which occur through trauma and which we hold in our fields

History of Matrix Reimprinting

- Matrix Reimprinting was developed from and influenced by:
 - Emotional Freedom Techniques (EFT)
 - Current information and research on the Matrix, quantum physics, the Law of Attraction, the New Biology and epigenetics
 - Cell biologist Bruce Lipton's research on how beliefs affect biology
 - META-Medicine®, and the evidence that specific traumas create particular diseases
 - Rupert Sheldrake's theory of morphic fields and morphic resonance
 - Research from the HeartMath Institute
 - Research from Dr Robert Scaer on trauma and the freeze response

Basic Principles of Matrix Reimprinting

- Matrix Reimprinting involves:
 - Working with negative pictures
 - Working with an ECHO to release trauma
 - Transforming the outcome of what happened by bringing in new people and/or resources
 - Creating community for the ECHO
 - Creating new pictures
 - Sending the new pictures in through the mind, around the body and out through the heart into the field

The Difference between Matrix Reimprinting and Conventional EFT

- EFT works with what has happened, while Matrix Reimprinting changes what has happened
- Matrix Reimprinting fills the void left by traditional EFT

Benefits of Matrix Reimprinting

- Resolves core issues
- Resolves preconscious trauma
- Creates reframes and cognitive shifts
- Creates forgiveness
- Resolves psychological reversal and secondary gains
- Creates positive beliefs
- Works on disassociation
- Changes our point of attraction
- Creates a tipping point

¹ Scaer, Dr Robert. *Trauma, Transformation and Healing* [DVD], 2008

² Ibid.

Purchase this book at:

www.matrixreimprintingbook.com

Visit Karl Dawson's website at:

www.efttrainingcourses.net

Visit Sasha Allenby's website at:

www.matrixreimprintingcourses.com