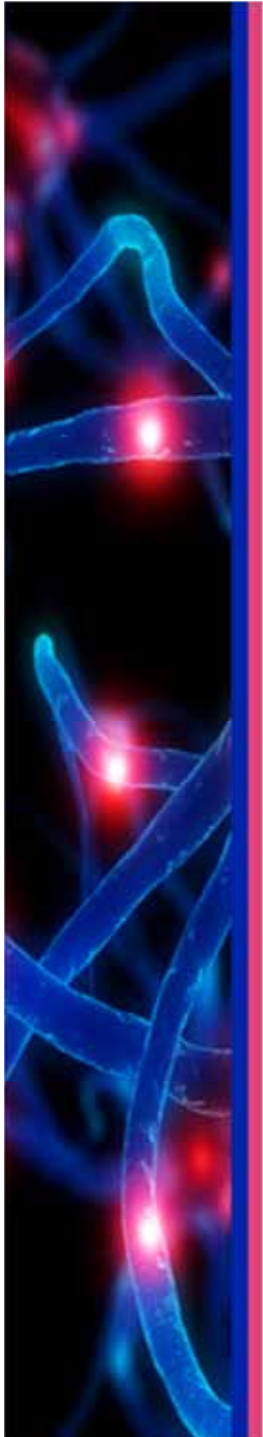


Matrix Reimprinting

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WHAT DO YOU MEAN BY THE TERMS “MATRIX” AND “REIMPRINTING”?

- Matrix refers to the energy field that we are all connected by. Some people call it collective conscious or the Mind of God. In 1944, Max Planck, said there is a ‘matrix’ of energy that provides the blueprint for our physical world. He said that in this place of pure energy everything begins, from the birth of stars and DNA to our relationships, our personal healing and even peace between nations.
- Films and books which support this theory:
 - The movies The Secret and What the Bleep do We Know?!
 - Gregg Braden’s Devine Matrix
 - Lynn McTaggart’s The Field
 - A very good one is the recent movie by Massey and Becker called The Living Matrix
- Imprinting is the system by which we take on the learnings from parents and others. Reimprinting refers replacing these imprints bringing resolution and new learning – we take that new picture or memory movie (that is now positive and resolved) and reimprint that in our mind/body/biofield.

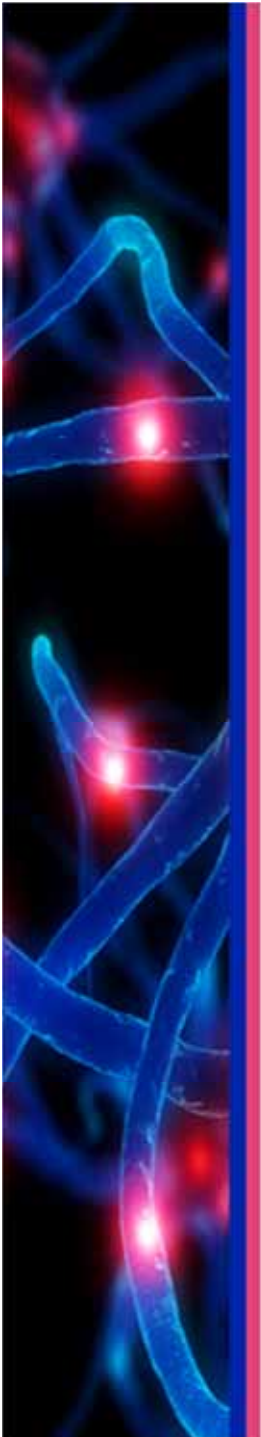
HOW IT CAME ABOUT

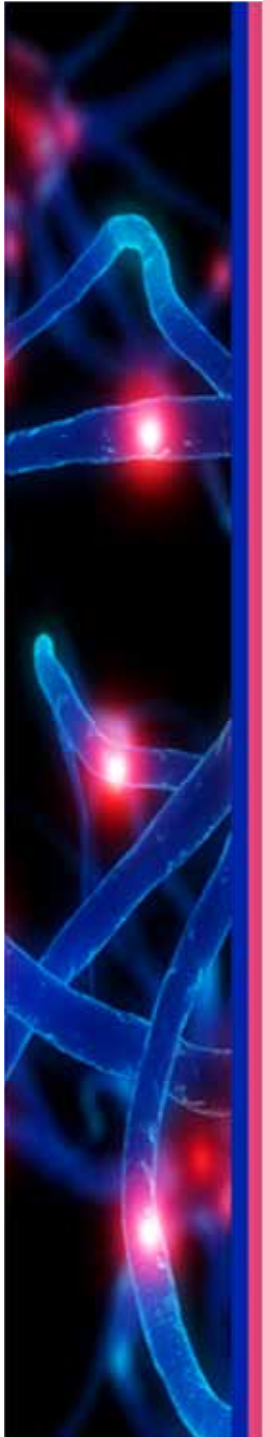
Created by **EFT Master Karl Dawson**

Tapping on a workshop participant – slow progress

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

Matrix Reimprinting was born!





WHAT IS MATRIX REIMPRINTING?

- Matrix Reimprinting is an exciting new technique by EFT Master Karl Dawson - that it treats a variety of emotional and physical issues; as well as be used to manifest goals and work with the Law of Attraction. It evolved from the popular self-help technique EFT (Emotional Freedom Techniques). Karl was working in an EFT session and the client was imagining seeing her younger self and said "she's so clear, I could tap on her" Karl said, "Well then go ahead and tap with her." The resolution then happened so quickly that Karl knew that this was something special and Matrix Reimprinting was born.
- We call these little selves ECHOs – E: Energy, C: Consciousness, H-O: Holograms When a traumatic event occurs, part of our consciousness 'splits off' in order to isolate that traumatic event. We call that the ECHO – it's frozen in time, age, and circumstance. And a learning has occurred and we keep tuning into them to know how to keep ourselves safe the next time something similar happens to us.
- No matter what age the bad thing occurred, it become a rule for our lives. We keep tuning into them on a subconscious level and it affects our health, our actions, or Reactions, our entire way that we see our world. Subconscious mind reacts according to specific rules it has learned – **even when those rules are out of date!**
- In Matrix Reimprinting , we go into the Matrix where these ECHOs are held and we transform them. Changing these pictures creates both physical and emotional healing, and enables us to attract more positive experiences into our lives. And by tapping on the meridians of the body at the same time, it all gets resolved much quicker.

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SO WE ARE LITERALLY REWRITING MEMORIES?



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.

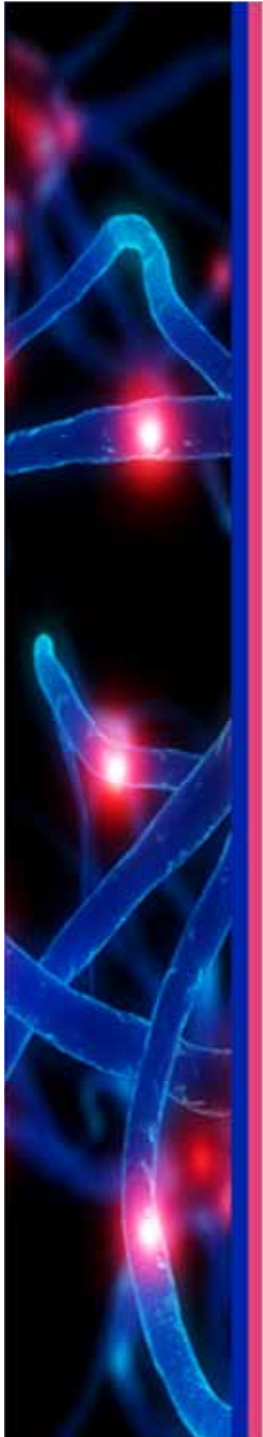
With MR, it's not denial, it's a different reference picture.

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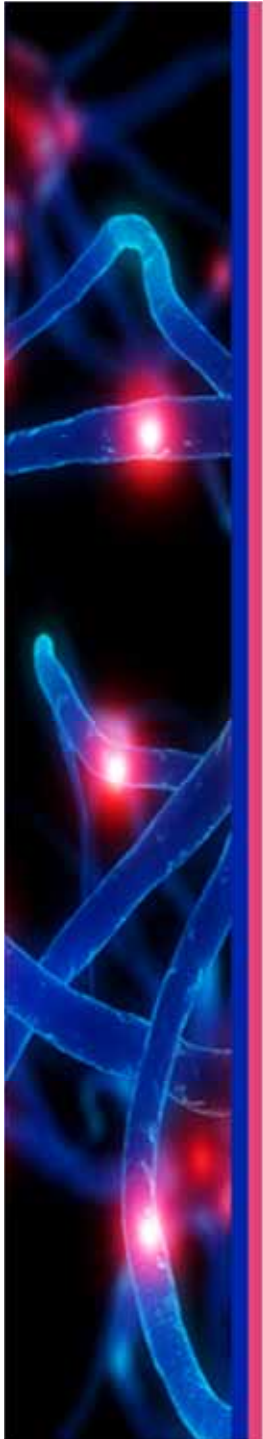
CASE EXAMPLES

- Woman with her dog– something terrible happened to the dog – she used EFT and it helped greatly but it wasn't gone. She could not even speak about it without tears. After the session, some one in the audience asked what happened and she was able to breeze through the entire thing with no emotional reaction.
- Karl tells the story of a man who 's father died. He was leaving in the morning and his father asked him to wait – that he had some important things to talk about. But the man said he'd be back that evening and could talk about it then. When he came back, his father had laid out his will and other important things on the table and had died. With MR, the man was able to create a new scenario where he could visit his Dad and was able to talk to his father. This positive was reprinted and now the man remembers that story when he thinks about that day and it's changed his life.
- I had a client who couldn't stick with relationships. She continually believed that she couldn't trust men to stick by her and at 40 years old, it was proved over and over again. We found a seemingly small event where she was trying to stop her pet guinea pig from fighting with her sisters guinea pig. When she put her hand in between them, her guinea pig bit her. At that moment she learned "You can't trust love. If even a pet who loves you, can bite you, then how can you ever trust people's love." We worked in the Matrix and rewrote that memory as the ECHO wanted and reprinted it. The next week she emailed me and not only is she feeling lighter and now trusts that love can happen, but she has the additional benefit of now trusting animals again.



WHAT ABOUT DISEASE?

- In *As Above, so Below* – Bruce Lipton talks about cells not having the consciousness to hold memory – that the cell wall has antenna that tunes into ‘self’ in the field
- Dis-ease appears in local fields before it becomes a physical manifestation and eventually cells and DNA will adapt and change to misperceptions of these images in the field – and you get dis-ease
- Richard Flook and *Meta-Medicine* go into this. He goes into much detail in his book *Why am I sick?* MM is a diagnostic tool that helps show us what traumas caused what dis-eases. And we use Matrix Reimprinting to relearn these negative learnings, change the images and thereby transform our emotional and physical health
- These events don’t have to be huge. Trauma specialist Dr. Bob Scaer wrote “...any negative life event occurring in a state of relative helplessness--a car accident, the sudden death of a loved one, a frightening medical procedure, a significant experience of rejection--can produce the **same neurophysiological changes** in the brain as do combat, rape, or abuse. What makes a negative life event traumatizing isn't the life-threatening nature of the event, but rather the degree of helplessness it engenders and one's history of prior trauma.”
- So we live life running on these programs that are based on learnings of these past events – big and small. Eventually when these negative programs 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. MR clears these programs and replaces them with positives.



BASICS

1. Find an ECHO
2. Step into the Matrix and Tap on the ECHO to make him/her feel a bit better
3. Ask what does the ECHO needs to make this right
4. Allow the new way to happen (stopping when needed to tap or etc)
5. Find the new learning or better feeling
6. Reimprint the positive picture

BASICS IN PICTURE FORM

Introduce Yourself To your ECHO

EVENT



Tap if needed



PREPARE

the ECHO for what is about to happen

Tap on EXACTLY what the ECHO is feeling now that he/she knows



WHAT DOES ECHO WANT TO HAPPEN?

LET IT HAPPEN



Positive image and feelings

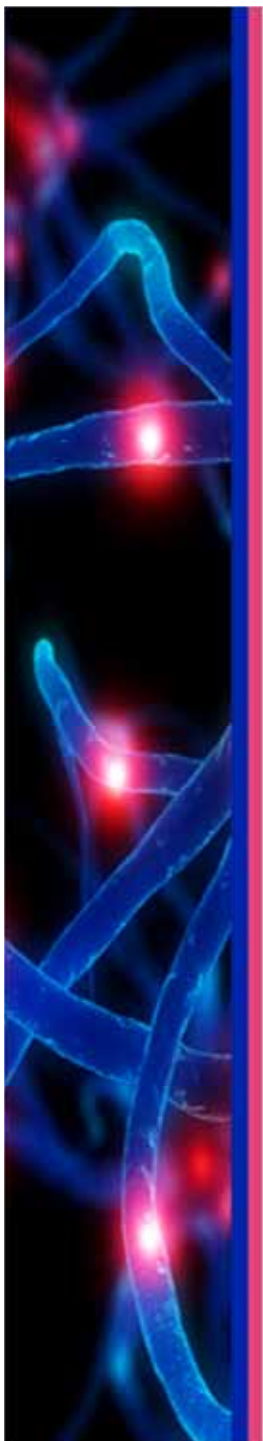
Use gentle language

May have to tap on others
Or bring in help

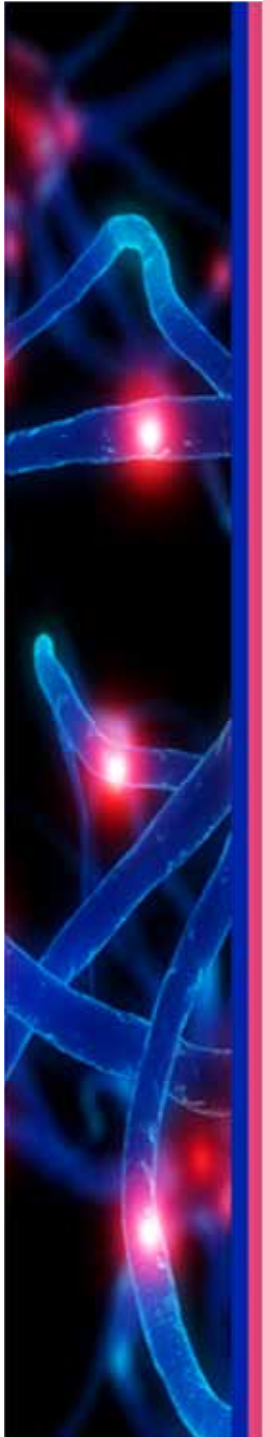


SPECIFIC DETAILS

- Identify a negative learning or a painful event. Start with something small please to practice.
 - Begin with EFT's Movie Technique
 - Start the movie at a safe place, before there is any emotional intensity. At any significant point of emotional intensity, pause the movie
 - As a practitioner, we ask if it's OK to tap on the person and we tell our client to close their eyes, and we begin tapping on them. For self help – simply start tapping on yourself around the points. If it's too distracting to do that – just pick a point.
 - Then you actually picture the younger version of yourself . Be very clear. Picture what clothes your little self is wearing, where you are and whatever it takes to get you to disassociate. This younger version is the ECHO. You go in and introduce yourself – like Hi, I'm from the future and I'm here to help. (sometimes you or your client is VERY associated and involved in the emotion. Here you should hurry up and start tapping on the younger self. Keep trying to SEE the younger self – so the now you can tap on the younger you. Visualize the younger self – you are there to help not to start getting emotional with the ECHO and sometimes this can take time to learn how to do. It's easier in this case to start your movie even earlier, before the ECHO knows what's about to happen so you can warn him/her and let them know they are not alone.
 - Now the 2 of you (the now you and the ECHO) will go into a regular EFT session around any emotional intensity. When the ECHO is calmer, we move on.
- .(continued next page)



- Here we ask the ECHO if there is anything they would like to do instead.. They can :
 - Change what happened
 - bring in new resources
 - invite somebody or something else in for help and guidance
 - do what they didn't do or what they wished they'd done in that situation
- This can be amazingly healing. And you never know what the ECHO really wants. Your logical mind says "Oh, they'll pick it never happened or such and such" and it's varies so widely. So you HAVE TO listen to the ECHO – not your conscious logical mind. The ECHOs will tell you.
- When you are done remaking this new movie – make sure there is nothing left – no more negative emotional spikes. If there are, there is more tapping in the Matrix to be done.
- When everything is positive and both you and your ECHO are in a good emotional space, intensify the colors and emotions connected with the new image or movie.
- Now bring this picture into you or your client's mind – through the top of their head, washing the colors and emotions through every cell in their bodies, all through your body.
- Then send this image out through the heart back into the Matrix. Get the client (or yourself in self-help) to really feel as much of that new positive emotion as you can
- Then go back to the ECHO in the matrix –at the end of the movie and ask the ECHO if they would like to go to a safe place of their choosing in their imagination. For example, a field, the park, seaside, etc and they can take people with them if they want. Sometimes they are happy where they are and sometimes they want to go do something fun.
- You can then reimprint THAT image as well.
- Then test by replaying the movie – usually its changed. If not, there might be more work to do



REIMPRINTING (SUMMARY)

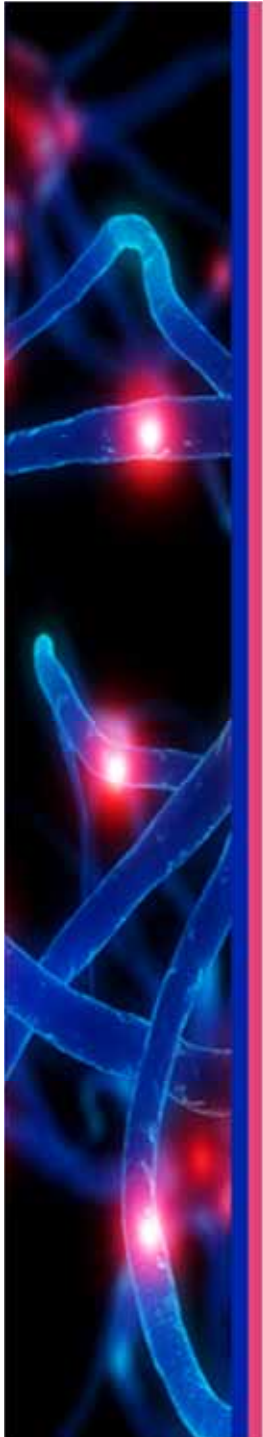
We will learn the importance of each phase of the Reimprinting a bit later.

Summary:

While pressing or tapping on the Gamut point:

1. **Bring the new positive picture through the top of the head**
2. **down through the body**
3. **and out through the heart center.**



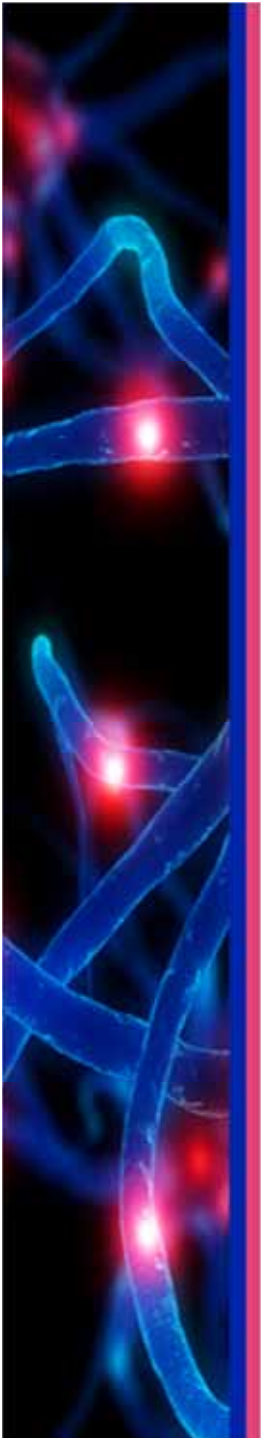
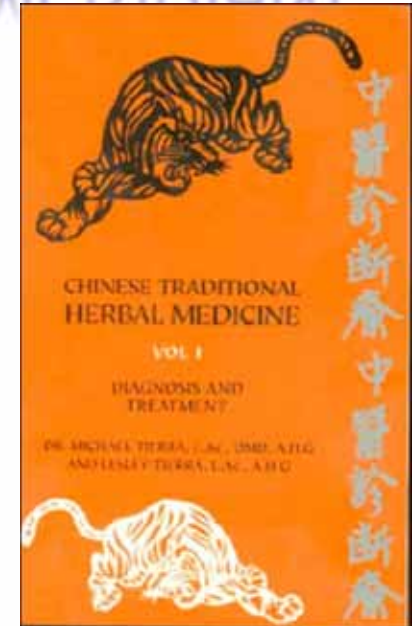


WHY DO YOU SEND IT OUT THROUGH THE HEART?

- The HeartMath Institute research has revealed that the heart has its own independent nervous system. It's a complex system which is referred to as "the brain in the heart." It "receives and relays information back to the brain in the head, creating a two-way communication between heart and brain." The book *The HeartMath Solution*, says that the heart generates the body's most powerful electromagnetic field. It's 60 times greater than the brain, and it permeates every cell in the body. The magnetic part is approximately 5000 times stronger than the brain's magnetic field and can be detected several feet away from the body. (Childre, Doc; Martin, Howard. *The HeartMath Solution*, Harper 1999, p. 33) The Movie "the Living Matrix does a lovely job.
- A person's emotional state is also communicated throughout the body via the heart's electromagnetic field – a great explanation is in the movie "the Living Matrix"
- So sending it out through the heart really helps with reimprinting

WHY PRESS THE GAMUT POINT WHEN REIMPRINTING (TRIPLE WARMER MERIDIAN)

- *“The functions of the Triple Warmer control all the transformations of Qi in the body, ensuring their coordination and unity.” - Chinese Traditional Herbal Medicine Volume I Diagnosis & Treatment*
- *Triple Warmer is related to sustaining habits. It fights the change. It can undermine changes, even positive changes. If you press/rub on the gamut it lessens the resistance.*
- *Donna Eden: Pressing or lightly tapping on the gamut point helps lower the resistance to the change.. and if you lay your hand flat on your chest and use the other hand to tap on the gamut point it Calms triple warmer to accept change... there are four meridians that sit with triple warmer and it calms them all to accept change - including the heart. It calms anxiety and blood pressure down as well.*





MATRIX REIMPRINTING ON A PAGE:

Identify a scene/memory/ECHO

Disassociate & tap on the ECHO to release the trauma

Provide resources if needed

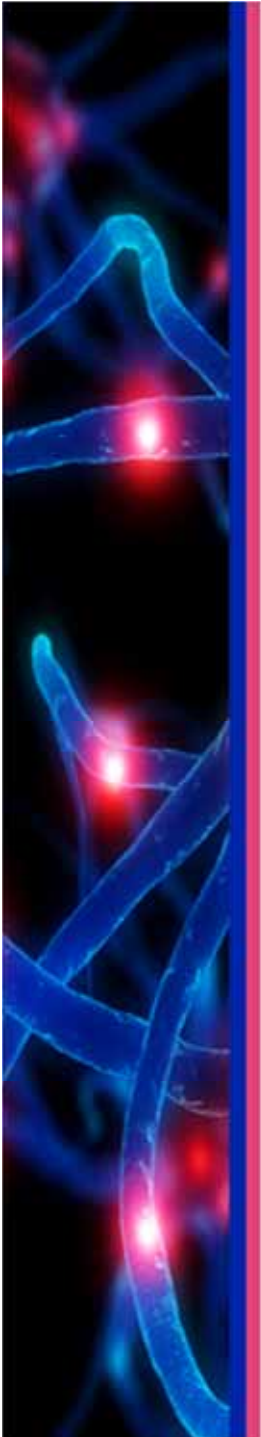
Change the memories/picture - Resolution

Move the ECHO through the trauma

Put the ECHO in community & provide a positive outcome

Send message through the body trauma is over

Reimprint: Send new picture through the head and out into the Matrix



VERY IMPORTANT

- It's the TAPPING that resolves the trauma
- We must successfully "move through" the trauma
- Community is extremely important
 - Meta Medicine and Dr. Bob Scaer say that a trauma is constituted by UDIN
 - Unexpected
 - Dramatic
 - Isolated
 - No Strategy
- In MR we work to resolve these elements

CONCLUSIONS

Negative beliefs manifest from events in our past and are held in our local fields as images

These holographic memories about the perceived environment eventually change our cells' behaviour and DNA

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 disease

When you heal these negative beliefs you will also heal the blocks to success, prosperity, relationships and happiness



SUMMARY AND MOST IMPORTANT:

First priority is tap on ECHO to release trauma

Give the ECHO the resources

Change the memories

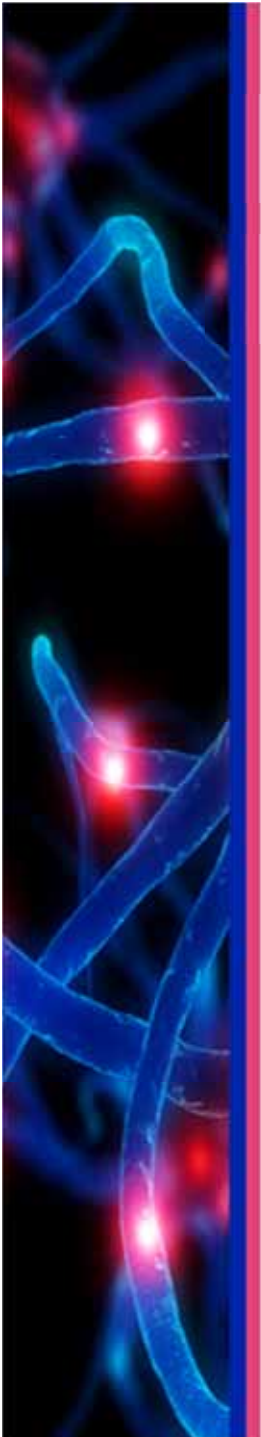
Move the ECHO through the trauma

Put the ECHO in Community

Send message through the body trauma is over

Create new picture in the Matrix

IT'S NEVER TOO LATE TO HAVE
A HAPPY CHILDHOOD!



Matrix Reimprinting On a Page

1. Identify a past event. Picture it, hear it, see the clothing. Most likely you will be associated.
2. Freeze the memory, close your eyes and dissociate by imagining your current self stepping into the picture to talk to your younger self (the ECHO).
3. Introduce your now self to the ECHO (younger self) – Keep in mind the ECHO's age & not to lecture. You are there to help.
4. Tap on the ECHO. Explain that you have a wonderful tool, ask permission to tap on the ECHO, if the ECHO says no, see if someone else can. Then use EFT with him/her to help them feel better. (Tap on yourself in the now while you picture yourself tapping on the ECHO in the Matrix.)
5. Change it: After he/she is calmer, ask how would the ECHO like to change the scene? Don't guess, don't project, LISTEN. It can be anything at all. Then allow it to happen. Make it up if you have to. You may have to stop and tap on the ECHO. (If this results in positive image, you can Reimprint.)
6. Reimprint Positive (only the positive)
7. Test: What negative lesson did the ECHO learn in the memory? Does the ECHO still feel that way? What would be the opposite lesson? If the ECHO still doesn't have a new outcome, there is more work to do so do this now. Make sure there is a resolution and positive outcome or learning. Would the ECHO like to go someplace different? With anyone? A place to have fun or feel peaceful or whatever the ECHO would like. Reimprint this new positive scene as well.

REIMPRINTING: Changing the image in the body & Matrix. Always Reimprint ONLY positive images. Aim for the opposite of the negative learning. Use all senses. Brighten the colors; intensify the good emotions. Pull this new image through the top of the head, into the mind and body, into the heart, and back out to the Matrix. Tap or press the gamut point during Reimprinting.



OTHER MR PROTOCOLS

- There are two Foundation Techniques:
 - Matrix Scene Reimprinting – for working with a single image or flash of a memory
 - Matrix Memory Reimprinting – for working with a longer memory
- The Foundation Techniques form the basis for all others:
 - Habit Reimprinting
 - Field clearing technique
 - Core Belief Reimprinting
 - Matrix Recall Technique
 - Resolution Reimprinting
 - Law of Attraction Reimprinting
 - Phobia Reimprinting
 - Allergy Reimprinting
 - Past Life and Future Self Reimprinting
 - Birth Reimprinting
 - Soul Reconnecting Reimprinting