




MATRIX
Reimprinting Courses
rewrite your past, transform your future

Matrix Reimprinting
for Severe Trauma
with Sasha Allenby

Aims and objectives of week 34

- To explore working with severe **trauma**
- To clarify **which events to change** and which ones not to
- To demonstrate **Matrix Trauma Reimprinting**



Disclaimer

Reminder to take full responsibility for your emotional health during the call.



Trauma

“big t” trauma

The "big T" traumas can be defined as sexual assault, violent personal assault, being taken hostage, military combat, terrorist attack, torture, disasters, severe motor vehicle accidents and life threatening illnesses - **basically anything that threatens our life**. In children it can also be defined as inappropriate sexual experiences without violence.



“small t” trauma

The stressful and traumatic life events, particularly in the early years, that shatter our sense of security, can be classed as "small t" traumas.

An event such as this can be traumatic if it happened unexpectedly, if the person wasn't prepared for it, if they felt powerless to prevent it, if it happened repeatedly, or if someone was intentionally cruel.



“small t” trauma cont.

"Small t" traumas are particularly damaging if they are experienced by children in their first six years, due to the fact that children are in a hypnotic, non-conscious state during this period.

For children an unstable or unsafe environment, a serious illness, medical procedures, separation from parents, physical, emotional, verbal or sexual abuse, domestic violence, bullying and neglect, are also sources of trauma.



The freeze response

The least understood component of the fight/flight/freeze response is the freeze response.

It is often inaccurately seen as a sign of weakness.

Time and again when we have worked with people with EFT and Matrix Reimprinting, when they describe a traumatic memory in which they went into the freeze response, it is often with a sense of shame. "I just froze - I know I shouldn't have done," "I didn't fight back," "I just let it happen," and so on.

Because of the lack of understanding around the freeze response, people often carry regret about their inaction. Yet the freeze response is a biological state which is designed to protect our survival.

Dr Robert Scaer–Freeze Response Research

Dr Scaer's research has involved observing animals in the wild, and noting their behaviour during trauma.

If you watch an animal being pursued by a predator on TV you will see that when the prey is pursued it will often collapse and become limp even before being seized by a predator.

The freeze response is usually a **last resort** for animals when flight or fight has failed.

When it freezes, the animal releases a flood of endorphins, so that if it is attacked, its pain will be minimised, and often the attacking animal becomes disinterested when the prey stops moving.

Dr Robert Scaer cont.

If the animal is not eaten and survives the period of immobility, in virtually all cases, the animal will begin to tremble.

This can range from a shudder to a dramatic seizure.

According to Dr Scaer, when we analyse a slow-motion video of this trembling, it resembles **the last act of the animal before it froze - usually the act of running.**

So the animal discharges the freeze response by shaking, deep breathing and perspiring.

After doing so it will get up, shake itself off, and then be apparently none the worse for its ordeal. By doing this it seems that the animal has released all unconscious memory of the attack.

Dr Robert Scaer—cont.

Humans are different. We don't discharge the freeze response.

If we shake after a traumatic event we are often encouraged to calm down and stop shaking.

We store the trauma because of this.

Interestingly, zoo animals and domesticated animals do not discharge the freeze response either.

And we often see traumatised zoo animals, and strange behaviours in domesticated animals, which are not common to wild animals.

Dr Robert Scaer—cont.

It is worth noting here that **some tribal human cultures do discharge the freeze response.**

ECHOs are created in a moment of freeze.

When we work with the ECHO, we enable them to discharge the freeze response.



ECHOs and Trauma

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. - the ECHO is created.

The ECHO contains all the information of the traumatic event. It creates the effect of amnesia.

The event is numbed out from consciousness like it never happened. It lives on in the images of subconscious and dictates our response to future situations.

ECHOs and Trauma

Creating an ECHO - 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.

As long as trauma is held by the ECHO, similar events will trigger a similar response.

We end up suffer stress, anxiety, phobias and so on, which affect our interactions in everyday life and eventually take their toll on our physiology.

ECHOs and Trauma

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.



What to Change

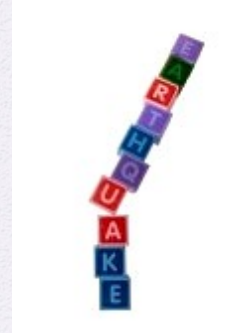
What to Change

For Big T traumatic events, important not to change certain elements of what happened.

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 positive picture

Bring dead people into the Matrix to communicate with client after the resolution but don't deny deaths.



Matrix Trauma Reimprinting

Matrix Trauma Reimprinting

This technique is for working on extremely traumatic memories such as rape, child abuse, torture, war memories, disasters, tragedies, and so on.

It is also the most effective technique to use for post-traumatic stress disorder (PTSD).

*****Please ensure that you are experienced in working with these issues before using these techniques on clients*****

Instructions

For Matrix Trauma Reimprinting, the Matrix Memory Reimprinting technique is followed, but with one important adjustment.

Instead of starting at the beginning of the memory and working through to the end, with this technique you start at the end, after the trauma has taken place.

Work with the traumatised ECHO after the event.

When you have taken some of the intensity off the end of the memory, it is then easier to go into the memory and work through it sequentially, clearing the intensity from each peak.

Heartmath Breathing

Important part of this work is
Heartmath breathing.

Get them to put their hands on their hearts and breath in and out of their heart to the count of six.



Demonstration

Notes

You **cannot** use this technique on yourself

It is advisable to only use these techniques on clients if you are qualified

However, you may naturally come across a number of abuse cases in your work where it is appropriate to use this technique

Volunteers for Next Week

Next week we are going to be working on the **Fear of Shining**

To volunteer, **please go to the forum right after the show.**

In the **'Members Area'** in the top box marked **'Members Chat'** there is a section called **'Volunteers'**.

Enter that section and find the thread **marked 'Volunteers wanted for week 35 – Fear of Shining'**.



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Questions