



WEBINAR PROGRAMME WITH SASHA ALLENBY WEEK 11 - PHOBIAS

AIMS AND OBJECTIVES OF WEEK 11

To begin to refine the Foundation Techniques

To explore and demonstrate Matrix Phobia Reimpinting

Announcements

DISCLAIMER

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

FEEDBACK FROM PARTICIPANT WEEK 10

REFINING THE FOUNDATION TECHNIQUES PART 1

ASKING QUESTIONS

The premise of this work is based on **open questioning**.

Examples of questions that you might ask include:

"What's your earliest memory relating to this issue?"

"What does he/she look like in the picture?"

"How is he/she feeling about what was said to him?"

"What did he/she learn about life that day?"

ASKING QUESTIONS CONT.

"Are you still running those same beliefs as him/her?"

"What does he/she want to say or do to change this?"

"Who does he/she want to bring in for support?"

"Is there any reason for him/her to hold onto that pain anymore?"

This is not an exhaustive list of questions. The important thing to understand is it is the questioning that leads to the resolution.

IMPORTANCE OF THE TRANSFORMATION WORK COMING FROM YOU RECIPIENT

It is important that the ideas for change come from your **recipient and their ECHO**.

When you first do this work with a recipient, they may need a few suggestions, just to preframe that they can do anything they like in the situation.

All the best ideas come from the ECHO and you need to respect their views and feelings about changing the pictures.

If you deny the ECHO the right to express themselves in the way that is needed, there will be limited resolution.

It is not your place to judge, only to allow.

IMPORTANCE OF THE TRANSFORMATION WORK COMING FROM YOU RECIPIENT CONT.

There are also often occasions when the ECHO doesn't want to experience doing something differently.

Sometimes they want to have the same experience, but with your recipient there to support them.

For example, an ECHO may want to go through the same trauma to learn the valuable lessons gained, but this time with the recipient, a loved one, relative, friend, family member or spiritual figure present.

HELPING YOUR RECIPIENT WITH THE TRANSFORMATION WORK IF THEY GET STUCK

There may be occasions when your recipient becomes stuck and doesn't know what the ECHO needs to do to change the situation.

Your role is to **help your recipient get creative**. Make several suggestions rather than a single suggestion, as this still gives the power to your recipient.

USING YOUR INTUITION

If your recipient gets stuck and you need to guide the process, the best way to help is with your **intuition**.

Keep yourself out of the way, and **allow your intuition to guide the other person**.

However, this is something that comes with practice and is not often within the realms of a beginner.

USING YOUR INTUITION CONT.

Your intuitive suggestions will feel like they come from a place outside of yourself.

They may even feel at odds with what you would normally suggest.

The key is to remember that **you are just a guide for the other person's journey**.

Keep suggestions open, even if they feel like they have come from your intuition, and always follow the recipient's lead.

CARRYING OUT THE TRANSFORMATION WORK IN SILENCE

It is vital that you give your recipient time to **carry out the transformation work in silence.**

Do not talk over the work unless you are specifically asked to help or guide.

In the silence, a tremendous amount of healing takes place.

It is also important that you preframe the silence so the recipient understands what needs to occur.

Occasionally, however, the recipient needs to speak out loud, particularly if the issue is one of being silenced or disempowered.

RECIPIENT SPEAKING THE SET-UP AND REMINDER PHRASES ON BEHALF OF THE ECHO

Although the actual transformation work is usually done in silence, the recipient will speak out loud if they are doing set-up or reminder phrases on the ECHO.

Speaking the set-up phrases out loud on behalf of the ECHO helps them to clear the energetic disruption around the issue.

The recipient speaks on behalf of the ECHO “Even though you have this _____, you love and accept yourself.”

AGE RANGE OF ECHOS

Although much of this work is about getting back to early childhood where wrong beliefs were formed, **ECHOs can be any age.**

For example, if someone in their sixties had a bad fall last week, then there will be a 60 year old ECHO that needs resolution.

ECHOs can also be formed in-utero, so there is no age limit in either direction for an ECHO to be created.

People can also have ECHOs from past lives.

HEALING CRISIS

As with any therapeutic work, sometimes Matrix Reimprinting brings about a **healing crisis** (intensifying of symptoms before they resolve).

This is another reason why bigger issues are best handled by a Matrix Reimprinting practitioner.

We have found that healing crises are rarer in Matrix Reimprinting than they are in other techniques, but be aware that they can occur.

ASKING THE RECIPIENT TO CLOSE THEIR EYES

It is not always appropriate for the recipient to close their eyes.

Some prefer not to, and can actually picture the scene better when their eyes are open. So if this is more comfortable for them, encourage them to keep their eyes open.

ENSURING THE PICTURE IS BEING VIEWED FROM THE OUTSIDE

It is crucial for the success of Matrix Reimprinting that the **picture is being viewed from the outside**.

This is known as disassociation, and the Matrix Reimprinting techniques are carried out in a dissociated state.

This is because the ECHO is the real client in this work, and we need to be dissociated from our ECHOs so that we can truly help them to get resolution.

ENSURING THE PICTURE IS BEING VIEWED FROM THE OUTSIDE CONT.

If your recipient is associated, **ask them to step out of their body so they can see their younger self in front of them.**

Other things that you can do to help the recipient disassociate is to invite them back to the room, to open their eyes, and to get a good sense of being in the room now by feeling the contact of their feet on the floor.

When they are back in the room, they can then close their eyes and imagine walking slowly towards the picture, first seeing their ECHO from a distance and then moving in closer.

ENSURING THE ECHO KNOWS WHO YOUR RECIPIENT IS AND WHY THEY ARE THERE

It is important that the recipient introduces themselves to the ECHO to let them know who they are and why they are there.

When the recipient first meets the ECHO, let the ECHO know that the recipient has come from the future to help them let go of the pain they are feeling.

Equally, when working on yourself, it is still important to introduce yourself to the ECHO and let them know why you are there.

Once you start to do a lot of this work with your ECHOs, the need to introduce yourself will diminish as the ECHOs already know who you are.

THANKING THE ECHO FOR HOLDING ON TO THE TRAUMA

It is important for your recipient to say thank you to the ECHO.

They may have been holding onto the trauma for a long time, and it takes a lot of energy to do so.

They have been shielding the recipient from the pain of the trauma, and it is vital they are acknowledged for this.

The acknowledgement of the role that they have played is an important part of the healing.

TAP ON THE ECHO AS SOON AS POSSIBLE

Although it is important that the recipient lets the ECHO know why they are there, and thanks them for holding onto the trauma, **the key is to tap on the ECHO as soon as possible.**

The first few steps before this should only take a moment.

The ECHO is likely to be in distress, and this distress will resolve when the tapping starts, so bear this in mind when you begin the process.

As with conventional EFT, the tapping is where the changes take place.

WHEN THE ECHO WON'T LET YOUR RECIPIENT TAP ON THEM

Sometimes the ECHO will be resistant to being tapped on.

The ECHO holds all the fears, stresses and anxieties from the original trauma.

You may have to work with the ECHO in order for them to allow your recipient to tap on them.

They can bring in family members, other trusted people, ascended masters, religious figures, pop stars, angels or whoever feels appropriate to the ECHO.

WHEN THE ECHO WON'T LET YOUR RECIPIENT TAP ON THEM CONT.

Sometimes it is a matter of using persistence in order to help the ECHO co-operate in being tapped on.

In one very early Matrix Reimprinting session Karl spent almost an hour getting the ECHO to a point where she could be tapped on.

The ECHO in the memory - a small child of around six - spun around and around in order to avoid the recipient tapping on her.

Eventually she was coaxed into standing still. But it was a very slow process with the ECHO first having to experience the points being touched lightly before trust was established.

MATRIX PHOBIA REIMPRINTING

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Phobias occur because our subconscious remembers a stressful or traumatic moment in our life and the fear response is triggered again by the subconscious when the subject of the phobia subsequently shows up in our life.



Phobias are just the subconscious trying to protect us.



DEMONSTRATION

PHOBIA REIMPRINTING

Step 1 – Select a phobia



Choose a phobia that you want to work with. It can be anything from spiders, to heights, to snakes, to the dark, and so on.

PHOBIA REIMPRINTING

Step 2 – Reduce the intensity

Usually just the mention of their fear will create an intensity. Use conventional EFT to reduce this to a SUDS level of about a three.

PHOBIA REIMPRINTING

Step 3 – Reimprint the origin of the memory

If the recipient can remember the first time that they had a phobic response, work with this memory.

If they can't, use the Matrix Recall Technique if the memory is blocked or the Matrix Preconscious Reimprinting if the memory is from early childhood.

You can also work from ECHO to ECHO, finding the most recent memory where there was a phobic incident, tapping on that ECHO, and asking to be taken back to the earliest memory where this was an issue.

PHOBIA REIMPRINTING

Step 3 cont. – Reimprint the origin of the memory

Once you get to the original memory use either Matrix Scene Reimprinting or Matrix Memory Reimprinting, to transform the reaction to the phobia.

However, do not take the ECHO to a new place in your mind at this point and do not send a new picture out into the field just yet either. This step will come after you have tested the work.

PHOBIA REIMPRINTING

Step 4 – Test the work through the ECHO

The ECHO tests the phobia for you.

So when the ECHO is in a good space and has released all their original fears, get them to hold the snake, or look over the edge of a high building, or stroke the rat, or whatever it is they feared doing.

If there is still emotional intensity, tap on the ECHO or bring in new resources until they have released all their fears.

PHOBIA REIMPRINTING

Step 5 – Create the new picture in the field

Once the ECHO is no longer showing any signs of phobia, create a new picture of the ECHO existing comfortably with the thing that they feared.

This could be a picture of being in a confined space for a claustrophobic or being in the same space as a spider for an arachnophobic, for example.

Send this new picture out into the field.

PHOBIA REIMPRINTING

Step 6 – Clear any related memories

Next check if there are any related memories where intensity needs to be cleared.

PHOBIA REIMPRINTING

Step 7 – Test in real life



When all related memories have no resonance, test in real life, first with a picture, then with the real thing if possible.

ANNOUNCEMENTS

LISTING ON THE NEW SITE

www.matrixreimprinting.com is almost ready.

If you are a qualified practitioner and you have been with us since week 1 of the webinar series, you will be eligible to list from next week. You will receive an email from Karl about this shortly.

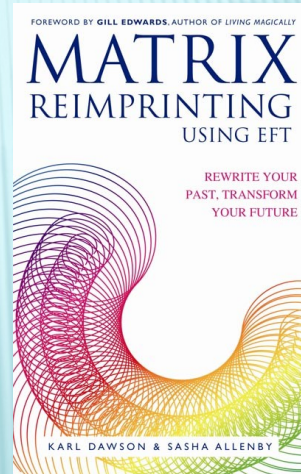
SPECIAL OFFER – REMAINING ON THE WEBINAR PROGRAMME

Many of you have contacted us about upgrading your membership to a year.

If your 12 weeks is almost up you will receive an email with a special renewal offer on Wednesday.

NEW MATRIX REIMPRINTING BOOK NOW AVAILABLE

Visit
www.amazon.co.uk
– we'll put a link in
the forum.



CHANGE OF DATE FOR MORNING WEBINAR

**From 18th August Tue AM webinar
will become Wed AM webinar**

Tuesday evening will remain on the
same day

NEXT WEEK:

The fabulous Ted Wilmont Matrix Reimprinting 'GP' will join us to share his tips on practitioner refinements.

If you have a general issue that you would like to work with then please volunteer RIGHT AFTER THE WEBINAR as we are going away on Thursday and will need to arrange to sound check you before we go.



QUESTIONS FROM THIS WEEK