



MATRIX REIMPRINTING WEBINAR WEEK 3 WITH SASHA ALLENBY

AIMS AND OBJECTIVES OF WEEK 3

To explore **stress and disease**.

To learn to uncover and resolve **core-beliefs**.

To learn the **Matrix Recall Technique** for tuning into memories.

DISCLAIMER

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

STRESS

GROWTH AND PROTECTION

In *Biology of Belief* Dr Bruce Lipton highlights that we have two main categories of survival - 'growth' and 'protection.'

When we reach adulthood, our growth processes do not halt - continue to replace the billions of cells that wear out in our bodies daily.

In addition we have our protective mechanisms. These help us to ward off threats from pathogens, plus read signals in our environment which might suggest a threat to our safety, and enable us to respond accordingly.



GROWTH AND PROTECTION CONT.

Dr Bruce Lipton indicates that the mechanisms which respond to growth and the mechanisms which respond to protection cannot function optimally in our bodies at the same time.

Anything that endangers us or is a threat to our survival naturally takes priority over the repair of cells, tissues and organs.

We are biochemically programmed to protect ourselves first and repair ourselves later.

STRESS AND PERCEPTION

Stress is a
matter of
perception

Example:
Attitudes to
lateness

Q - Where do these
perceptions come from?

A - Our childhood and
life experiences.

We change our
perceptions and the
stressors change.

THE HPA AXIS

The body responds physiologically to stress through the **hypothalamus-pituitary-adrenal (HPA) axis**.

The HPA axis helps regulate body temperature, digestion, mood, sexuality and energy expenditure, as well as the immune system.

It's also a **major part of the system that controls your reaction to stress**.

THE HPA AXIS CONT.

The HPA axis is the brain's **pathway for hormonal control**.

While the immune system protects us against internal pathogens, **the role of the HPA axis is to protect us from external threats**.

Important to our understanding of health is the fact that **once the HPA axis is triggered, the immune system is suppressed**, so consistent triggering of the HPA axis is harmful to immunity.

THE HPA AXIS CONT.

The HPA axis triggers the **fight or flight response**.

It is an excellent mechanism for acute stress but it was **not designed to be continuously activated**.

When there are no threats, the HPA axis is inactive. But when the hypothalamus in the brain perceives a threat, it **engages the HPA axis by sending a signal to the pituitary gland, activating the fight or flight response and triggering adrenaline**.

THE HPA AXIS CONT.

In turn, stress hormones are released into our blood, and the blood vessels of our digestive tracts are constricted, forcing blood into our arms or legs, and launching our body into action.

With the blood out of our digestive systems, we can no longer digest, absorb or excrete, which explains why digestive issues accompany long-term stress.

Our Western lifestyles, and more accurately our perceptions of our stressors, mean that adrenaline is continuously released into our bodies through the HPA axis.

THE HPA AXIS CONT.

Some of us become adrenaline junkies, as the release of adrenaline provides a temporary high.

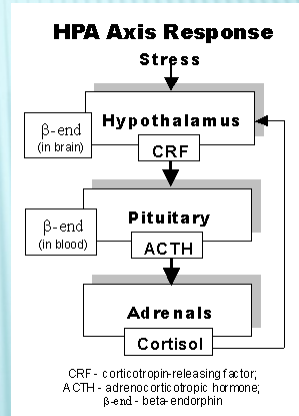
The high is always followed by a crash, and because of that we continually seek the high again through repeating conflicting and dramatic situations, or through stimulants such as coffee, and thus the cycle deepens until we reach burn-out.

CORTISOL/DHEA

As well as adrenaline, your body has another stress hormone: **cortisol**.

After adrenaline starts to come down in the body, cortisol rises.

The more times you activate your adrenaline, the higher the levels of cortisol will become in your body.



CORTISOL/DHEA CONT.

Cortisol has the **same chemical precursor as DHEA**, and both are made in the adrenal gland, which means that while the body is making cortisol it doesn't make DHEA.

DHEA is responsible for many of the health promoting and protective functions in our body.

Low DHEA levels have been linked to numerous diseases, while high cortisol levels increase fat, reduce memory and learning abilities and are linked with bone loss and reduced muscle mass.

CORE BELIEFS

CORE-BELIEFS

Core beliefs affect your health, your attitude to life, your behaviours, your interactions with others and just about every thought or feeling that you have.

With Matrix Core-belief Reimprinting you can quickly and effectively release your negative core beliefs.

DEMONSTRATION

STEP 1

Select a core-belief either from the list or one that you already have:

I'm unlovable	I can't do it	People are out to get me	I'm flawed	I'm not capable
It's not fair	I'm insignificant	I'm bad	I'm unforgivable	People must think well of me
Something bad will happen	Something must change for me to be OK	I'm hopeless	The world is a dangerous place	I'm helpless
Life is hopeless	People will take advantage of me	I must be perfect to be loved	I must be in control	People are too sensitive
		I'm not good enough		

STEP 2 – DETERMINE THE VOC LEVEL

Once you have identified the core-belief that you want to work with, evaluate the **Validity of Cognition level (VOC level)** out of 100 per cent.

The VOC level is a way of determining how much the current issue is a problem for you right now.

100 per cent would be "I totally believe the belief to be true for me," and 10 per cent would be "This belief is only a slight problem for me." Make a note of your score.

STEP 3 – MATRIX RECALL TECHNIQUE

If you don't know which memories to work on, try the Matrix Recall Technique (which has been adapted from the S-L-O-W EFT technique by Silvia Hartmann). First of all, **use the belief that you are working on as a global set-up statement, tapping on the karate chop point as you say:**

"Even though _____ (limiting core-belief), I totally love and accept myself"
(repeat 3 times)

Then **tap slowly on each point a number of times with your eyes closed silently repeating the core-belief in your mind until you tune into a memory.**

STEP 4 - RESOLVE THE MEMORY

Once a relevant memory has come to mind, once again use either **Matrix Scene Reimprinting** or **Matrix Memory Reimprinting** to work through the related memory.



STEP 5 - RECHECK THE VOC LEVEL

Each time you have resolved a memory, make a note of the change in the VOC level. It should reduce every time you clear a related memory.



STEP 6 – REPEAT THE PROCESS

Repeat steps three to five as many times as you need to until the core belief that you have been working on has a **VOC level of zero**.



QUESTIONS

NOTE ABOUT ASKING QUESTIONS

Need a headset and microphone

Questions on call – single sentence

Questions on forum – can include longer and multi-thread questions



YOUR CHALLENGE FOR THIS WEEK

Swap with someone on the forum on a core belief.

JOINING THE FORUM

For those of you who haven't joined the forum it's vital that you do so to participate in the course as invites to the webinars are now being sent through the forum and all questions are being answered through the forum.

If you've joined but have restricted access please make sure you have informed us if you are using another email address which is different to the one you signed up with through Paypal.

For technical inquiries please contact
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