



WEBINAR WITH SASHA ALLENBY – WEEK 10

AIMS AND OBJECTIVES OF WEEK 10

To explore and demonstrate Matrix Allergy Reimprinting

DISCLAIMER

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

FEEDBACK FROM LAST WEEK'S PARTICIPANT

ALLERGIES CAN BE COMPLEX!

Like phobias, allergies are often the result of the body reacting to something that it misperceives as dangerous.



Allergies are complex and can stem from an overly acidic body condition, and also a reduction in the flora of the gut, which can be compromised by a poor diet and antibiotics.

CASE STUDY ONE – SASHA

When I had ME I had over 20 food allergies.

I was so allergic to dust that the bedding had to be changed every other day.

If I smelt perfume or smoke I would have a massive allergic reaction.

My skin reacted to absolutely everything.



CASE STUDY ONE – SASHA CONT.

When I first went to train in EFT with Karl I had to stay in a self-catering apartment away from the hotel, so I could bring my own food.



When I started to clear my emotional baggage, many of my allergies cleared.

But even years later my system is still rebuilding, and I am better without wheat, dairy, caffeine, and sugar.



ALLERGIES CAN BE EMOTIONAL IN NATURE

Beliefs that the world is a dangerous place – the body reacts to all the foods as if they are dangerous.

CASE STUDY TWO - ORANGES

Millie ate was eating oranges when she found out that her father had passed away.



Whenever she ate an orange after that, she had a severe allergic reaction.

The body was remembering the shock of her fathers death, and associating it with the oranges.



As soon as she reimprinted the memory, the allergy disappeared

CASE STUDY THREE - CHEESE

Annie had a severe allergy to cheese, but not other dairy.



When she started tapping she remembered she used to eat cheese all the time at Uni when she was lonely.



Reimprinting the memories of isolation made the allergy disappear

CASE STUDY FOUR – COFFEE ALLERGY

Julie had a life threatening coffee allergy.



If she even smelled coffee, she would go into shock and collapse.



Her practitioner, James Robinson, got her back to a memory of being beaten half to death by her boyfriend.

CASE STUDY FOUR – COFFEE ALLERGY CONT.

After she was beaten, she was taken to a women's refuge where they drank coffee all day.



Once she had gotten her power back, she could smell coffee again – took 30 mins.



Her body had been trying to protect her by shutting down. See Matrix Reimprinting book for full details.

IMPORTANT CONSIDERATIONS FOR ANAPHYLAXIS

Please note: If you or your client has anaphylaxis (severe and life threatening allergic responses), do not attempt these techniques without the assistance of a qualified and experienced Matrix Reimprinting practitioner, as tapping into the related memories can recreate the symptoms of the anaphylaxis.



MATRIX ALLERGY REIMPRINTING

DEMONSTRATION

MATRIX ALLERGY REIMPRINTING

Step 1 – Identify the allergy

Identify the allergy that you wish to work with. If you have more than one allergy, just work on one at a time. It can be food or substance based, pet based, chemical based, and so on.

MATRIX ALLERGY REIMPRINTING

Step 2 – Identify your first memory of the allergy

Similar to Matrix Phobia Reimprinting, if you can remember the first time that you had an allergic response, work with this memory. Also work with any traumatic or stressful memories from around this period.

(Use Recall Techniques)

MATRIX ALLERGY REIMPRINTING

Step 3 – Reimprint the original memory of the allergy

Once you find the original memory use either Matrix Scene Reimprinting or Matrix Memory Reimprinting to release the intensity of the allergic reaction. Ensure you tap on the ECHO until the recipient has released the original allergic reaction.

Next recreate a new memory, where the ECHO ingests or comes into contact with the allergen, which no longer causes a reaction.

Send a peaceful and positive image of the ECHO with the previous allergen, through the mind, to every cell in the body (an important step, so take your time with this one), to the heart, and then out into the field.

MATRIX ALLERGY REIMPRINTING

Step 4 – Reimprint any further stressful or traumatic memories around the allergy



If there are further memories around the allergy, such as intense allergic reactions, special events missed because of allergic reactions, memories of days spoiled because of allergic reactions and so on, reimprint them in the usual way.

MATRIX ALLERGY REIMPRINTING

Step 5 – Consider clearing the field



Sometimes the above steps are enough to prevent the allergy from reoccurring. However, sometimes you will need to clear the field of the allergy as well. It is useful to use the 21 day Field Clearing Technique with the set-up phrase "Even though I haven't always been able to eat/drink/inhale/touch _____(the allergen), I deeply love and accept myself."



For example:

"Even though I haven't always been able to eat oranges, I deeply love and accept myself"

MATRIX ALLERGY REIMPRINTING

Step 6 – Testing the work

It is not advisable to test the work in the usual way.

The suggestion is to test the work as the allergen occurs in a person's life, rather than to go specifically looking for it.

If you are using the Field Clearing Technique, definitely don't test the allergen until after the 21 days. If it is an item which brings a severe reaction, definitely do not test at all.

FIELD CLEARING FOR ALLERGIES

ALLERGIES AND FIELDS

The other thing about allergies is that they have very strong fields.

The more times you have an allergic reaction, the stronger the fields will become.

These fields are often fear based, so the allergic reactions end up becoming stronger and stronger, due to the effect that the mind has on the body.

Carry out the Field Clearing Technique for 21 days to rectify this.



DEMONSTRATION

FIELD CLEARING TECHNIQUE

To change these fields we use the Field Clearing Technique

Carry out EVERY DAY for a minimum of 21 days for light allergies, and 90 days for severe allergies

SET UP FOR FIELD CLEARING TECHNIQUE

You know the allergy you don't want so decide what you want instead, and use the positive behaviour to create the set-up:

“Even though I haven't always _____
(positive behaviour) I deeply love and accept myself”

“Even though I haven't always been able to eat oranges . . .”

FIELD CLEARING TECHNIQUE

Tap on the top of your head as you say: "I haven't always _____" (*positive behaviour*)

Tap on the brow as you say: "I want to always _____" (*positive behaviour*)

Tap on the side of the eye as you say: "I choose to always _____" (*positive behaviour*)

FIELD CLEARING TECHNIQUE

Tap under the eye as you say: "I love to always _____ (*positive behaviour*), because..." and then list all the reasons why you want to be able to have a positive response to the current allergen, either in your mind or out loud

FIELD CLEARING TECHNIQUE

Tap under the nose. As you do, ask yourself what your life would look like if you were able to have the allergen in your life. Either verbalise or bring to mind all the positive images you associate with being able to have the allergen in your life.

FIELD CLEARING TECHNIQUE

Tap on the chin. As you do, ask yourself what you would hear if you were able to have the allergen in your life. What would you expect to hear others saying about you? And what would you be saying about yourself? You can say these out loud if it helps you to resonate with them more.

FIELD CLEARING TECHNIQUE

Tap on the collar bone. Ask yourself what action you would need to take in order to have the allergen in your life. Either verbalise the actions, or just bring them to mind

FIELD CLEARING TECHNIQUE

Tap under the arm. Ask yourself how you would feel if you were able to have the allergen in your life. Get into the feeling space. If you are having trouble accessing this, try and remember a time in your life when you could have the allergen in your life. Allow the feelings to move through your whole body.

FIELD CLEARING TECHNIQUE

Tap on the thumb. As you do, choose one image that you associate with having the allergen in your life. Be sure that you are in the image and take this image into your mind.

Tap on the first finger. As you do, with the image in your mind, picture all the neurons in your brain reconnecting to make this image your reality

FIELD CLEARING TECHNIQUE

Tap on the middle finger. As you do, send a signal to every cell in your body that the positive behaviour is your new reality

Tap on your fourth finger. As you do, take the new image into your heart

FIELD CLEARING TECHNIQUE

Tap on your little finger. As you do, make all the colours around the image really strong and bright, and get in touch with all the positive emotions that you associate with the image.

Tap on your wrist. As you do, send the new image out into the field. Spend some time doing this so there is a very strong sense of the new image out there.

FIELD CLEARING TECHNIQUE

Tap across the side of your hand. Either verbalise or bring to mind all the things you are grateful for, past present and future, in relation to overcoming this allergy.

Finish with a dance of gratitude, to fix the positive emotion around the allergy.

QUESTIONS

NEXT WEEK - PHOBIAS

Please volunteer for next week in the forum if you have a phobia that you would like to transform.

