



*Working on Other  
People in the Matrix  
with Sasha Allenby*

## Aims and objectives of week 36

To explore working with others in the Matrix

To look at how to do this most effectively in each session

To explore the challenges that might come up, and how they can be dealt with



## Disclaimer

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



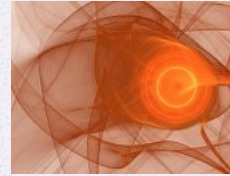
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## Different from Direct Surrogation

“It is a form of surrogation, but not the same as direct surrogate work

In a surrogate session, you would work on a memory on someone’s behalf.

For example: You know your sister has experienced a severe trauma where she was violently physically abused. You step into the memory that she described and work on her ECHO on her behalf.



## Working on Others in the Matrix

It differs in that in this particular way of working, you end up working on the other people in your memories that were also affected by the situation you were in.

For example, your sister has seen you experience violent physical abuse, you work on her ECHO in your memory to help her transform the trauma she is experiencing from witnessing this.

Still a form of surrogation, but not directly working on the memory of another.



## Moral Question – Is it Right?

We always get asked if it is right to work on others without their permission.

My belief system is that as long as you aren't trying to manipulate another person by doing the work, then it is OK morally (not everyone agrees).

Same systems as are used in distance reiki and distance healing – we are affecting the energy of others in the Matrix.



## Moral Question – Is it Right?

Everything we do affects the energy of others in the Matrix. Even clearing our own personal issues affects the energy of others in the Matrix as we are all connected and all made of energy and information.

All we are doing here is changing the energy and information of others in the Matrix.

As long as we are not manipulating or trying to bend others to our will, then I believe it is OK to do this work.

Remember – we are always getting permission to tap on the ECHOs, so we are getting permission energetically to do this work.

## Trying to do Matrix Reimprinting Without Tapping on other ECHOs

You can't really do Matrix Reimprinting effectively if you aren't prepared to work with the other ECHOs in the picture.

Often the scene or memory will not transform or change, until the energy of the other people in the picture has changed.

If, for example, you are tapping on your ECHO because your mother has been aggressive towards her, you cannot clear the energy of that aggression if you don't also work with mum to clear her issues.

## Clearing Family Fields

What we are actually doing is clearing the fields of the family.

Sometimes we have to clear generational patterns before a particular scene or memory can change.

For example, if there is poverty/physical violence/sexual abuse running in the family field, sometimes you have to clear this before you can clear the trauma for the ECHO.

## Ways of Clearing Family Fields

Method 1 - Tapping on others in the Matrix and dialoguing with them about why they made a particular choice or behaved in a certain way.

This can be enlightening for the ECHO (and for you/the client)

Common examples: Whilst tapping on Grandma, the ECHO asks "Why didn't you love me?" and Grandma replies "I didn't know how to love."

Tapping on an abuser and asking why they did what they did. They reply that they experienced the same as a child.

## Method 2 - Tapping on Younger ECHOs of Other People There

Sometimes you can tap on the ECHO of a relative or someone else in the picture, and ask them to take you back to where their pattern was created.

Example – Last week's demo on Fear of Shining (wed morning session) – we couldn't get resolution for the ECHO until we got some kind of acknowledgement from the mother. The mother wasn't able to give this. When we asked her why, she took us back to an ECHO of her own issue when she was a child. When we resolved this she was able to give the ECHO in the current memory what was needed to move on.

## Method 3 - Bringing all the Generations into the Memory

Another method is to invite all the generations who have contributed to this problem into the memory, so you can tap on them all simultaneously.

Sometimes you end up with mum, grandma, great grandma, great great grandma and so on, all tapping simultaneously on the problem.

You might end up with a whole cast of people in there tapping on them too.

This is a really effective way to clear a generational field.

## Method 4 – Cutting Ties with the Family Field

Some people feel that their family field is so dark and challenging, that they aren't ready or they don't want to heal it. In circumstances like this you can get them to envisage cutting ties with the family field.

We don't judge if this is right or wrong. Their spiritual path might have been to come here and break away from this particular field. Or they may need to break away to be able to go back and heal it at a later date.

As always, the choice is with the client so if they don't want to heal it they can visualise cutting the ties within the picture, and make a new picture with a 'new' family.

## How do you Decide which Method to Use?

Out of the four methods above, which one do you pick?

As always, it depends on the client.

The first choice is usually tapping on others in the memory and dialoguing with them, but if this doesn't work, the other tools come into play.

As always, use questions to ascertain the best course of action, and do not project what you think should happen.



## Questions to Ask

- What is she saying whilst he/she is being tapped on?
- Where did he/she get that belief from?
- Can he/she take you back to an earlier memory when that belief was formed?
- Who taught him/her that?
- Can we bring in the person that taught him/her that and start tapping on them and dialoguing with them?



## What if People aren't Compliant in the Memory?

We have found that most of the time, others in the Matrix are more compliant to work with than they would be in real life. This is because once you start the tapping, the energy starts to shift.

## Essential Component – TAP ON YOUR OWN ECHO FIRST

Although we have highlighted the importance of tapping on others in the Matrix, it is essential that you always tap on your own ECHO first.

Your ECHO is holding the trauma for you. Clear that trauma and you are going to be in a better space to help others in the picture, and less likely to be tuning into the energy of the ECHO.

Once you have cleared you, then you can clear others.



## Planning before You Go In

If you know there is going to be severe trauma in the picture, sometimes it is good to plan before you go in.

“OK, so when we go in we are going to freeze the picture and tap on your little self. When we have tapped on her and brought the trauma down, who do we need to go to next?”

You can then unfreeze them one at a time (particularly if it is a big trauma) and work with them one at a time.

## Who Taps on Who?

It is usually a good idea to give the others in the picture a choice of who they would like to come in and tap on them.

Sometimes they chose their older selves, sometimes a wise aunt or uncle, sometimes a friend, or sometimes a spiritual or religious figure.

If they don't know, then you can pick someone for them. This is our form of permission in Matrix Reimprinting.

## Does this Work make any Difference to the Others in the Picture?

YES!! I have lost count of the number of times I have heard statements such as I worked on a memory with me and my sister in it, and she has completely transformed.

My own story with my mum.

## Method for Working on Others

Plan (if appropriate or necessary)

Freeze picture - step into the picture and tap on your own ECHO first

Begin tapping on others in the picture, either one by one or bringing in other people to tap on them and tapping on them simultaneously

Dialogue with the others in the picture (e.g.) asking them why they behaved why they did

If necessary, clear family fields by working on their ECHOs/bringing in other generations into the picture

If it is not possible to heal family fields at this stage, suggest cutting ties for now



## Training Announcements

This year I will be training in:

Bristol – Feb

Germany – March

Bournemouth – April

Canada – May

Israel – June

Denmark – July

THESE ARE MY LAST TRAININGS!

## Volunteers for Next Week

Next week we are going to be working on **Workaholic – Overdriven**

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 37 – Workaholic - Overdriven'**.



*Questions*