



## WEEK 4 WEBINAR WITH SASHA ALLENBY

### AIMS AND OBJECTIVES OF WEEK 4

To explore **trauma**.

To learn to resolve **life issues**

**DISCLAIMER**

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

**FEEDBACK FROM WEEK 3 PARTICIPANT**

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## TRAUMA

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### “BIG T” TRAUMA

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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

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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.

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"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 hypnogogic, 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.



## LIFE ISSUES

## TECHNIQUE ONE - COACHING PERSPECTIVE

One way to go about transforming life issues is to ask the following life coaching question:

What's the one thing, that if you changed it, would make the biggest difference to you life?

And what's holding you back?

Use the answer as a starting point for your work.

(Brett and Sasha demo on each other.)

## TECHNIQUE TWO – LIFE ISSUE REIMPRINTING STEP 1 – CHOOSE A LIFE ISSUE

Another way is to look at your life in balance from a life coaching perspective:

Family and Relationships

Money

Home and Environment

Work and Career

Leisure and Fun time

Socialising

Spirituality

Creativity

Which area of your life is not working in to its full potential or is out of balance?





## STEP 2 – DETERMINE WHAT’S NOT WORKING

If it is **money**, is it that you spend it too quickly, you can't seem to make enough, you've always got debt?

If it is **relationships**, are you unlucky in love? Do you always pick an unsuitable partner? Are you self-devaluing in your relationships?

If it is **spirituality**, are you blocked spiritually? Do you see yourself as separate from the universe? Are you so spiritually oriented that you have challenges keeping your feet on the ground?

## STEP 3 – GIVE YOUR LIFE ISSUE A VOC LEVEL

Out of 100 per cent, how much is this issue affecting you – 100 being it dominates your life issue and 10 being it is a slight problem.

Giving the issue a VOC level will help to determine your progress.

## STEP 4 – FINDING EARLY MEMORIES RELATING TO THIS THEME

Your life issues, whatever their nature, have been determined by your life experiences. Your task is to identify which experiences created your issues, and resolve them with Matrix Scene Reimprinting and/or Matrix Memory Reimprinting.

Let's take money issues, for example. What was your family's attitude towards money while you were growing up? What did you learn about money and from whom? These are the experiences that have created your life issues.



You may have memories along this theme. If you don't, use the Matrix Recall Technique

## STEP 5 – RESOLVE THE RELATED MEMORIES

Resolve each related memory on this theme.



Each time you do, check your VOC level and continue until you have no negative emotional intensity around this theme, and it no longer shows up as an issue in your life.



Be aware that this is ongoing work, as our life situations can throw up new challenges and bring to light previous unresolved issues.



Don't be disappointed if you get your life in balance for some time and then a new situation throws it out of balance!

## STEP 6 – CONSIDER FIELD-CLEARING THE ISSUE

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If you have deep rooted existing patterns around a particular behaviour, you can use the **Field Clearing Technique** to create new patterns.



We are going to cover this in detail next week, so this step is here for your future reference if you are new to the Field Clearing Technique

## DEMONSTRATION – TECHNIQUE TWO – LIFE ISSUE REIMPRINTING

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## QUESTIONS

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## YOUR CHALLENGE FOR THIS WEEK

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**Swap with someone  
on the forum on a life  
issue.**

## VOLUNTEERS FOR NEXT WEEK

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Next week we are going to be working on the **Law of Attraction and Abundance**.

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 5 – Abundance and Law of Attraction'**.