



Matrix Reimprinting

using EFT

**REWRITE YOUR PAST
TRANSFORM YOUR FUTURE**

Karl Dawson & Sasha Allenby

Matrix Reimprinting Using EFT

**By Karl Dawson, EFT Master
& Sasha Allenby**

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FOREWORD

The book you're now holding opens a doorway to a new reality. It is far more than a practical manual for a powerful new healing technique based upon EFT. It also offers a cutting-edge approach to understanding health and disease - drawing upon the work of leading scientists in quantum physics, the new biology, epigenetics, trauma theory and new-paradigm medicine. Matrix Reimprinting offers a whole new dimension in energy psychology, which takes us far beyond classic EFT. Gary Craig, founder of EFT, often used to say that EFT is the 'ground floor of the new healing high-rise'. Matrix Reimprinting takes us several floors up that skyscraper, so we can gaze at the stars.



I still remember the incredible thrill, back in 2001, of watching asthma being healed in a minute, on the introductory DVDs on EFT. I immediately trained in EFT, and spent the next six months re-thinking everything I 'knew' about emotions, consciousness and bodymind healing! As we know, these one-minute wonders only happen occasionally with EFT; more often, it takes time to ferret out the underlying issues and specific events which underlie emotional or physical dis-ease. Nevertheless, EFT and energy psychology work at lightning speed in comparison with the 'talk therapies' that I trained in, thirty years ago, as a clinical psychologist - or even the shamanic healing techniques that I learnt a decade or so later.

Since training in EFT, I've trained in a plethora of other energy modalities - from TAT, Emo-Trance and Advanced Psych-K to Matrix Energetics, Reconnection Healing and The Lifeline Technique. All of them have a lot to offer. Yet when I came across Matrix Reimprinting, I felt a huge surge of excitement. Here is an approach which integrates so much about the psychoenergetic nature of our reality, the trauma theory of disease, and the latest research on the bodymind system - and which offers a tool for healing which is simple yet profound, elegant and imaginative. It is easy to practise on your own, or to give your clients as follow-up homework. It is creative and fun. And crucially, it works!

I've always loved inner journeys and sub-personality work - using Gestalt therapy, dream interpretation, voice dialogue, shamanic journeying and other-

hand techniques at my workshops and with clients. As I learnt more about trauma, dissociation and disease - from the work of Peter Levine, Robert Scaer, Bruce Lipton, Stephanie Mines, Ryke Geerd Hamer and others - I saw that these sub-personalities are often frozen, dissociated parts of the self which are holding traumatic memories, unresolved conflicts and negative beliefs, and which need healing and love. In shamanic terms, soul retrieval is required. Thanks to Matrix Reimprinting, I now believe that much of what I've done in the past is mere 'talk therapy' with these other parts – which is slow and ineffective!

Matrix Reimprinting enables us to work with split-off aspects using energy psychology. Instead of merely talking to these frozen parts (or ECHOs), we can melt what was frozen in the timeless eternity of the subconscious – that is, in our energy field - so that the ECHOs warm up, relax and move on. By freeing them from their feelings of isolation and powerlessness, they can now make a *positive* contribution to our morphic field.

As Karl and Sasha make clear in this book, the real 'client' in Matrix Reimprinting is the ECHO. We are healing those frozen, traumatised parts of the self which suddenly decided that the world is dangerous, or they are unloved, or there is something wrong with them, or that they have to be good/perfect/special in order to be loved – or which set up a strategy for survival which might have been appropriate at age 3 or 5, but is self-destructive and limiting at age 30 or 45. Once you see the real client as the ECHO, an advantage is that the present-day client is no longer the one that needs help; they can take the higher vantage point of their Witness consciousness, instead of identifying with the distressed or frozen parts. This makes the risk of abreaction or re-traumatisation minimal, and helps clients tap into wiser and more loving aspects of the Self. Since the ECHO is seen as carrying its own wisdom, it also makes the role of therapist relatively easy – since you simply need to guide your client in listening to their ECHO, and following its lead.

By healing those parts of the self which have been 'frozen in time', mostly before the age of seven, we can free ourselves and our clients from stuck and limiting patterns which can block our prosperity, relationships, success and happiness – and which lead to anxiety, depression, phobias, addictions and other emotional problems. Since the new biology shows that the mind controls our biology – and even our genes - healing our ECHOs can also prevent or even heal physical disease.

As I understand it, the vast majority of disease comes from resistance, or incoherent energy – that is, holding thoughts which are not aligned with our higher self. (The only exceptions are the 5% of people born with genetic disorders – and even those can potentially be helped with energy healing.) Physical symptoms can be seen as helpful mirrors of what has become ‘frozen in time’ in our psyche - our patterns of resistance - which need to be brought into the light and warmth of consciousness. Poor diet and environmental toxins can affect our health, and viruses or bacteria can lead to symptoms - but only when the body is already weakened by emotional stress. As molecular biologist Bruce Lipton points out, 95% of illness comes from stress - *and 100% of stress comes from faulty beliefs*. And Matrix Reimprinting would suggest that every one of these ‘faulty beliefs’ can be traced back to frozen ECHOs who are in need of healing.

When I trained in Matrix Reimprinting with Karl, there was some discussion about whether our ECHOs need to be re-integrated. In his liberating style, Karl said there aren’t any rules – you do whatever feels right to the client and the ECHO. In my view, our inner selves are rather like a family. In a healthy family, love and communication flow freely - yet there are clear boundaries and separate identities. Everyone contributes; everyone feels free; everyone thrives. In a dysfunctional family, by contrast, trauma leads to a breakdown in communication, and the flow of love and emotion is blocked. Some selves might be repressed, controlled, criticised, excluded, ignored or scapegoated. Patterns then become frozen in time, and are often passed down the generations – until someone challenges the old pattern, and breaks the ‘chain of pain’. Matrix Reimprinting restores a healthy energy flow, so that dissociated selves can be welcomed home again. As in Hellinger’s model of family constellations, love then flows freely. In this view, we simply need to reconnect with (rather than reintegrate) ECHOs – to bring them into our awareness and love - and help them to move out of their frozen state. The ECHOs of our past can then become assets, rather than liabilities.

Anything can happen when you start meeting your ECHOs, and see where they lead you! In one of my first Matrix Reimprinting sessions, my 4-year-old ECHO urged me to talk to my father, who then took me to a moving scene from his own childhood. I found myself tapping on my father’s 8-year-old ECHO, and doing some intergenerational healing. In another session, I was led by my ECHO back to my own birth, and then into a past-life death on a battlefield which mirrored the same underlying theme. Another ECHO took me dancing along

the yellow-brick road in the land of Oz, hand-in-hand with the good witch Glenda.

Since I began Matrix Reimprinting, I have revisited many traumatic memories from my past which I had already ‘dealt with’ using EFT. As a result, a personal issue which I had worked on for nearly 30 years has shifted profoundly in a matter of weeks. After working with my ECHOs, I found myself handling a potentially traumatic situation with lightness, grace, acceptance and ease. And in a way which feels both subtle and profound, I feel more whole and present and alive.

EFT can remove the emotional charge from painful memories, yet it often leaves a void in its place. The memory is still there, but it no longer bothers us. By contrast, Matrix Reimprinting heals and resolves the past memory, and leaves a new memory in its place – so that conjuring up the old memory now brings up a joyful energetic imprint. We get whatever we send out into the Field, according to the law of attraction, so holding these positive new images not only feels good, but also means we are creating a whole new future. Since we are all ultimately One, this healing also sends ripples out into the cosmos. By healing our clients, we are healing ourselves. By healing ourselves, we are healing each other. By healing our past, we are healing our future – personally and collectively.

As you learn about ECHOs and Matrix Reimprinting, you stand on the threshold of a new adventure in healing emotional or physical dis-ease, and releasing our vast human potential. Enjoy this book – and above all, *use* this wonderful new tool. For yourself. For your clients. And for our world.

Gill Edwards, September 2009.

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CHAPTER 5 - INTRODUCING MATRIX REIMPRINTING

In this chapter we will explore what Matrix Reimprinting is, how it came about, and how it draws upon cutting-edge information and research from the New Sciences. We will present the basic premise of Matrix Reimprinting to you, and explain how it differs from traditional EFT. We will also highlight the many benefits of this powerful and ground-breaking technique.

What is Matrix Reimprinting?

Matrix Reimprinting is an Energy Psychology technique which was created by Karl. It involves a way of working with our past traumas. It also draws on much of the research from the New Sciences that was presented in Part 1 of this book, including the fact that we are all connected by a unified energy field, and also that our beliefs affect our biology.

As information and research from the New Sciences emerged, it was inevitable that new techniques would be created to meet our changing view of the world. There have been lots of advancements in our understanding about the Law of Attraction and quantum physics, but very few existing techniques work directly and intentionally with this unified energy field. However, Matrix Reimprinting does just that. It works to directly change our health and wellbeing and also what we attract into our lives, by changing the pictures that we hold about our past in the Matrix. Changing these past pictures transforms our reality in the present. We will explain how this is the case as this chapter progresses.

Matrix Reimprinting is also grounded in popular psychotherapeutic theory about trauma. When we experience a trauma part of us splits off and blocks the memory so that we are protected from it, and another part of us experiences it over and over again. It was originally assumed that these parts are buried deep within the brain. But we believe that the part that splits off to protect us from the trauma and the part that relives it over and over again are one and the same. Furthermore, we believe that this part of our consciousness goes directly into a different dimension in the Matrix, and we can work with it there to release the trauma that it is holding for us. In Matrix Reimprinting we call these parts that have split off due to a trauma 'Energy Consciousness Holograms' (ECHOs).

More about ECHOs

For trauma to occur all we need is a situation where we feel powerless and there is a threat to survival. This threat to survival is relative to our age and our ability to deal with the specific situation. For an adult it may take a major event like a car crash, or physical or sexual abuse to create an ECHO. To a young child being told by a parent that they are bad, stupid, ugly, lazy, and so on, has the potential to traumatise.

At the moment the trauma occurs, if we can't fight, we can't take flight, we feel isolated, and there is no way out, we simply freeze. Our chemical responses protect us biochemically from being emotionally and physically overwhelmed. As our consciousness freezes, part of us splits off energetically. At this point, the ECHO is created.

When the ECHO splits off it is held in the Matrix. The ECHO contains all the information of the traumatic event. It creates the effect of amnesia. The event is numbed out from consciousness as if it never happened. But it lives on in the images of our subconscious and dictates our response to future situations.

Creating an ECHO is one of nature's amazing programmes. It helps us deal with the trauma at the time the event occurred and subconsciously warns us to avoid similar events in the future. Problems occur with ECHOs when the subconscious response to a situation is inappropriate to the perceived threat. And as long as trauma is held by the ECHO, similar events will trigger a similar response. In these circumstances we suffer stress, anxiety, phobias and so on, which affect our interactions in everyday life and eventually take their toll on our physiology.

A further problem is that it takes lots of energy to hold all this information in the Matrix, especially for people with lots of trauma who get triggered often by everyday life. You may have noticed how when you were younger the traumas and stresses that you experienced didn't affect you like they do now you are an adult. As we age it gets more and more difficult for the ECHOs to hold these traumas at bay.

Another issue is that on a cellular level these pictures are real life memories happening now. Memories are only memories to the conscious mind. To the subconscious mind they are current events, as it does not know the difference between past and present. You may want to begin asking yourself what your specific 'current events' (or in other words, past traumas) are keeping you from healing and happiness?

With Matrix Reimprinting we can dialogue with ECHOs back at the time of the trauma. When we help the ECHO to release the energy of the

trauma, resource them and help them move safely through the memory, the subconscious can let go of the trauma and feel safe. Matrix Reimprinting offers a gentle and highly effective way to do this and creates a permanent healing effect.

The way we work with these ECHOs is to imagine tapping on them using similar points to those that are used in EFT. We will explore exactly how this is done as the book progresses, but before we do, let's look at how Matrix Reimprinting came about.

History of Matrix Reimprinting

In 2006, Karl was teaching EFT in Australia. While working on one of the course participants, he was making little progress. So he asked the participant "Can you see that little girl, your younger self, as a picture in the memory?" The participant replied "I can see her so clearly, I could tap on her." So in a moment of inspiration Karl encouraged his participant to tap on the little self in the memory while he continued to tap on her. She had amazingly quick resolution, and Matrix Reimprinting was born!

For the next couple of years Karl experimented extensively with the technique. At this stage it had no name, and it just involved the practitioner tapping on the client while the client tapped on their younger self in the picture while dialoguing with them, enabling them to release the trauma.

Karl began to connect working in this way with all the emerging research from the New Sciences and quantum physics. Already a leading specialist in working with serious disease using EFT, Karl had been applying the science of Bruce Lipton to his work for some time. What he started to realise more and more was the fact that these negative life traumas, especially in the early years, form our beliefs in the present day. The part of ourselves that has split off to protect us from the pain of the trauma is not only holding the trauma for us, but is also holding the beliefs about life we created in that moment. And in turn these beliefs are affecting our biology.

Karl also began to realise that it wasn't only "big T" traumas that created negative beliefs and disease. In fact, some of the "small t" traumas which gave us the message that we weren't good enough, clever enough, special enough, pretty enough, bright enough, loved enough, and so on, sometimes created more far reaching negative core-beliefs than the "big T" events, especially in the early years.

What Karl began to understand was that to change the beliefs of his clients in the present, it wasn't enough to simply release the information that the ECHO had taken on about the trauma using EFT. The picture itself had to be changed. This is not denying the past event happened. It is simply transforming

the picture in the field, as the picture is what creates the negative feeling in the body.

Karl had also studied popular research on the Law of Attraction, such as *The Secret* by Rhonda Byrne, *The Field* by Lynne McTaggart, *The Divine Matrix* by Gregg Braden, and so on. He began to realise that these pictures very much related to the Law of Attraction. If you hold these negative pictures of your life experiences in your field, you will keep attracting more of the same. This is because as you continually resonate with them, you will continue to vibrate at the same frequency, and attract other experiences of a similar frequency. So as he started to help his clients and trainees to change the pictures in their fields, their life experiences started to become more positive too.

After listening to a talk by Rupert Sheldrake, Karl also started to realise how Sheldrake's work on morphic fields and morphic resonance fitted in with his own work. He was particularly fascinated by Sheldrake's assertion that the morphic fields were habitual, and were increased through repetition, and how repeating behaviours strengthened the fields. He began to see clearly how we continue to sabotage ourselves by repeating unsupportive behaviours due to the power of behavioural morphic fields. Furthermore, Sheldrake highlights the possibility that memory is held in the Matrix, and this tied in with Karl's theory about ECHOs going into the field.

An idea along a similar theme was also highlighted by Dr Bruce Lipton in his DVD *Fractal Evolution*. Dr Lipton highlights that cells don't have the consciousness to hold memory, but the cell wall has antennae that tune into the 'self' in the Matrix. This confirmed to Karl that ECHOs could be stored in the field. And eventually our cells and DNA adapt and change to misperceptions of these unconscious ECHOs in the Matrix. We label these changes as physical and mental dis-ease.

Karl also studied the research from the HeartMath Institute, and was particularly fascinated with how the heart's fields can be measured 10 feet from the body in all directions, and how the heart communicates with the Matrix. He started to realise that if the heart communicates with the Matrix in this way, then it could also be utilised to send out new pictures into the Matrix.

Furthermore, Matrix Reimprinting was also influenced by META-Medicine[®] – a diagnostic tool for pinpointing the exact emotional cause for a physiological illness (see chapter 3). With confirmation from META-Medicine[®] that each disease is caused by specific trauma conflicts, Karl realised that locating the ECHOs and helping them resolve trauma at the time of the conflict, would assist in creating the healing of physiological disease.

Further influence came from the work of trauma specialist Dr Robert

Scaer and his research around the freeze response (which we also explored in chapter 3). Of particular significance was the fact that most humans do not discharge the freeze response. Dr Scaer also talks about trauma capsules, created during the moment that the freeze response occurred.¹ This ties in with Karl's view that ECHOs are created in the moment of trauma.

At first Karl was calling the ECHO the 'inner child' as this term was one that many therapists were already familiar with. However, while media producer Karin Davidson was over from the USA filming one of Karl's trainings, she pointed out that 'inner child' was an inappropriate term, since the dissociated parts of ourselves exist in the Matrix and weren't always children. So the term Energy Consciousness Hologram was born.

Karl then developed the title Matrix Reimprinting. Matrix was his preferred term for the unified energy field that connects us all. Also, as imprinting is the system by which children take on the characteristics of their parents by observation and imitation, Reimprinting is recreating new programmes in the place of old ones.

Over the next couple of years, Karl experimented with and developed these techniques with his many trainees. Having trained over 800 practitioners in EFT during his time as a trainer and EFT Master, Karl had built a community of practitioners who frequently returned for supervision and further training, and so was able to share his developments with them and teach the basics of Matrix Reimprinting.

Karl was used to getting brilliant feedback from his trainees about the effects of EFT, and life changing experiences were commonplace. However, the results that his trainees were experiencing with Matrix Reimprinting were tenfold, and even more far reaching and remarkable than he had ever witnessed with EFT alone. Many of Karl's trainees were reporting that during almost every EFT session, there was a call to use Matrix Reimprinting, and the results for practically all Karl's trainees were consistently phenomenal.

One such trainee was Sasha. Having overcome CFS/ME and bipolar affective disorder using Matrix Reimprinting, Sasha was working intensively using Karl's technique in the field of serious disease and childhood trauma, and witnessing amazing results. Despite a vast array of qualifications and a varied career background which had included teaching therapeutic drama to teenagers with severe behavioural difficulties, lecturing in colleges, and running a private practice in coaching and shiatsu, Sasha put all her other qualifications aside to focus on Matrix Reimprinting. She was determined to support Karl in getting Matrix Reimprinting into the mainstream. She recognised that as Karl's time was so devoted to innovating and training, there was little time left to write about the techniques. So after Sasha finished writing her first book, the suggestion was

made that they should co-author this one.

The book has helped to shape and identify the techniques and protocols for Matrix Reimprinting, and has also influenced the contents of the Matrix Reimprinting course. At the start of writing the book in July 2008, there was only one Matrix Reimprinting technique (Matrix Scene Reimprinting). There are now two foundation techniques, but also an array of protocols for working specifically with trauma, relationships, phobias, allergies, and so on. In addition to helping to define and refine these protocols, Sasha has also added and developed her own protocol on working with addictions.

Since then other Matrix Reimprinting specialisms have started to emerge. Sharon King contributed the Matrix Birth Reimprinting protocol, from her training in this area. Others have started to follow suit.

Matrix Reimprinting continues to develop, grow and evolve. It has dramatically changed over the past couple of years. Below are the basics of the technique as it stands while writing this book, although it is likely to continue to evolve and change further over the coming years.

Basic Principles of Matrix Reimprinting

The following is a basic outline of the main principles of Matrix Reimprinting:

Negative pictures

Matrix Reimprinting is all about changing the pictures in your field. So if you have negative life pictures that are holding you in your past, then you can change them for positive ones. The replacement of these pictures creates a permanent healing effect.

Working with ECHOs

The way we change the pictures is to work with the ECHOs, who have been holding the trauma for you since the moment that the picture was created. In Matrix Reimprinting the ECHO is the new client. So we thank the ECHO for holding onto the trauma for you and imagine tapping on the ECHO to help them release the trauma that they are feeling. At the same time, the points are physically tapped on your own body.

The outcome of the memory can also be changed by bringing in new resources, inviting someone else in for support, and saying or doing what wasn't said or done at the time. We can also prepare the ECHO for what is about to

happen.

This is not denying what happened. It is simply changing the old picture to affect the well being in the present. It is also not planting memories. It is just replacing old and negative memories with new and positive ones. From a quantum physics point of view we have endless possible pasts and futures. It is just like tapping into a different past while still acknowledging the lessons learned from what you have been through.

Positive pictures

When all the stress and trauma of the incident has been released, a new and positive picture is created. The ECHO may go to a new place of their choosing or stay where they are but with a new and positive outcome. There are no rules here, but as a guide, if there has been severe trauma, the ECHO often chooses to go to a new location, such as a beach or a hillside. However, if the trauma had been something like falling over on stage, for example, the fact that the memory has been reimprinted with a positive picture of giving a great performance usually means that this is more appropriate for a new and positive picture.

Creating community

When we make a new and positive picture one of the aims is to create a sense of community for the ECHO. On his DVD presentation *Trauma, Transformation and Healing*, Dr Robert Scaer highlights the need to create bonding in order for trauma to heal. This is because of how the brain responds to trauma. When there is a threat, the anterior cingulate gyrus in the brain evaluates the severity of the threat. If it is not serious, it dampens the amygdala, which is the part of the brain that assesses the emotional content of a situation. This keeps the threat in proportion. When a person has experienced a great deal of trauma their sense of threat is often out of proportion. But, if we create a sense of bonding and the amygdala is inhibited, the traumatised brain can heal.²

So in Matrix Reimprinting the ECHO is invited to create community in the new picture. They can bring in: family and friends, respected figures, religious and spiritual figures such as Jesus, Buddha and angels, pets and animals, and so on, to create healing. In a vast majority of cases the client's older self is enough to create this healing.

Bringing the picture into the mind

The picture is brought into the mind so as to reprogramme the mind with the

new information. We believe that this stage makes new neural connections in the brain when the new information is received, and that this creates a healing effect. Although to date there has not been any research carried out to prove that this is the case with Matrix Reimprinting, there is lots of related evidencing of how we can influence our body with our mind in this way. The most comprehensive book on this subject to date is *How Your Mind Can Heal Your Body* by David Hamilton.

When we take the image into our minds, the colours in and around the image are intensified. It has been said that colour is the language of the central nervous system, and heightening the colour in and around the image will intensify the way that the image is perceived by the senses. Also, any positive emotions that are associated with the image are highlighted, so as to reprogramme the emotional responses in relation to the image.

Sending the image to the cells

With Matrix Reimprinting we send a signal to the body that the trauma is over. From the work and research of Bruce Lipton PhD, we already know that our cells are influenced by our thoughts. So sending a signal in this way reinforces the positive work you are doing with this technique, and may influence health and wellbeing further. If there is a diseased organ which may be related to this trauma - for example, if the session started by working on a stomach ulcer, and this trauma surfaced in relation to the ulcer - then the positive image is also sent to the diseased organ.

Taking the new image into the heart

The new image is taken into the heart and again, you can intensify the colours and the positive emotions associated with the picture.

Transmit the new image from the heart

In Matrix Reimprinting we see the heart as the transmitter. We discussed in chapter 2 how the heart is a powerful transmitter which communicates with the Matrix.

The Difference Between Matrix Reimprinting and Conventional EFT

Matrix Reimprinting is an Energy Psychology technique and it involves the

meridians as EFT and TFT both do. The difference is that while with EFT we clear the negative energy from past traumatic events, with Matrix Reimprinting we actually transform what happened.

Tapping on ECHOs

One of the main differences between traditional EFT and Matrix Reimprinting is that EFT doesn't involve working with ECHOs, whereas Matrix Reimprinting does. With Matrix Reimprinting it is the same tapping principle, but with a new and important client, the ECHO. Traditional EFT also does not tend to view the past memories as being held in the Matrix. Instead they are seen as being held in the bodymind.

Filling the void

For a number of people, simply clearing the negative energy and not replacing it with anything positive using EFT, can leave a void. Some EFT practitioners have developed visualisations as an addition to the protocol, to fill this void. Others have filled it with reiki. For some, PSYCH-K[®] (an Energy Psychology technique used to reprogramme the subconscious mind with positive beliefs) has been favoured. With Matrix Reimprinting there is no need to employ another modality to fill this void, as it is filled with the new picture.

Benefits of Matrix Reimprinting

The Matrix Reimprinting techniques are easy to use. They are also very gentle. They enable resolution on a whole range of traumatic experiences without re-traumatisation. The following outlines the further benefits of Matrix Reimprinting.

Resolving core issues and instilling positive beliefs

With Matrix Reimprinting you can quickly find and resolve core issues. In traditional EFT when someone expresses a belief such as "I must be perfect to be loved" you would find the earliest memories relating to this belief and resolve them. With Matrix Reimprinting you not only resolve the memories which contributed to the core issues, you can also instil new supporting beliefs and experiences. This in turn affects and transforms your current belief system in the present moment.

Preconscious trauma

Matrix Reimprinting also locates preconscious trauma, even trauma that has occurred before the first six years. Very few therapies or practices have tools for working with preconscious memories, yet the research of cell biologist Bruce Lipton indicates that this is when most of the damage is done to our perceptions of self. With Matrix Reimprinting you can interact with yourself as far back as in the womb, and access and resolve preconscious traumas.

Reframes and cognitive shifts

Another benefit of Matrix Reimprinting is that it commonly produces reframes and cognitive shifts (see page 57). If you are working with this technique as a therapist, one of the great benefits is that most of the work comes from the client (although if they get stuck at any point, guidance is needed from the practitioner). As the client leads the process, they decide what is best for them, in order to resolve the energetic disruption around the trauma. As the power is with the client, they are much more likely to reframe the situation themselves or emphasise their cognitive shifts. As practitioners we are well aware that these shifts indicate that resolution and therefore healing has taken place.

Forgiveness

Similarly, Matrix Reimprinting often leads to a place of forgiveness, particularly to the perpetrator of the traumatic experience. There are a number of schools of thought which believe that the purpose of any therapeutic intervention is to reach the point of forgiveness. This is not something to be forced or feigned, and there is often a sticking point in traditional therapeutic practices where a client will say they have forgiven their perpetrator consciously, but will not have forgiven their perpetrator on a subconscious level. Matrix Reimprinting leads the recipient naturally to a place of true forgiveness.

Psychological reversal and secondary gains

Matrix Reimprinting also elegantly locates psychological reversal (subconscious holding onto the problem). By interacting with the ECHO we can begin to understand exactly why they are holding onto a problem or an issue for us which is keeping us stuck in an old pattern of thinking or behaviour. The ECHO is

most often trying to protect us, or filtering its understanding through the perceptions of a child. As adults we continue to respond to our own worlds through those same childlike perceptions, until the energy around the memory is resolved. This creates more self-understanding when we can pinpoint the current self-destructive behaviours to early memories, and replace them with more supportive beliefs and behaviours.

Dissociated clients

Another great benefit is that Matrix Reimprinting works on dissociated clients who have no SUDS levels (clients who have no feelings or emotions about issues that are still unresolved for them). For an EFT practitioner this client group is one of the most challenging to work with. And if you fall into this category, you may not have had any positive experiences with EFT as yet. Matrix Reimprinting works perfectly with people in this group because when the client works with the ECHO the technique is even more effective when the client is dissociated (or in other words, doesn't bring the feelings of the ECHO into their body).

Trauma resolution

Matrix Reimprinting is very valuable in its ability to send a message to the body that the trauma is over. It ends the trauma cycle where the trauma is constantly being replayed over and over in the Matrix. This enables the body and the cells to respond in healthier ways, and begin to heal.

Resolving the irresolvable

With Matrix Reimprinting you can also resolve issues which have previously been irresolvable. This is particularly beneficial if you have lost family members or loved ones and not had a chance to say goodbye or resolve your differences. Using Matrix Reimprinting you can release the emotions around unresolved relationships and let go of the ties which hold you in the past.

Law of Attraction

A further benefit of Matrix Reimprinting is that it utilises the Law of Attraction. As mentioned earlier, when we have traumatic experiences and hold them in the Matrix, we continue to attract similar experiences. With this technique, once we resolve the trauma, we change our point of attraction and begin to draw more fulfilling and life-sustaining experiences.

Tipping point

When we collapse lots of images or memories in the field, there is a tipping point. Just like the Generalisation Effect in EFT (see page 58), when we start to change the pictures in the Matrix, we sometimes only need to change a small number before similar pictures no longer hold any resonance for us. The positive pictures are many times more powerful in resonance than the negative pictures (just as your positive thoughts have a higher vibration than your negative thoughts). So placing new pictures in the field can create a tipping point of attracting positive experiences in your life, even if you haven't changed all negative pictures on the same theme.

Summary of Chapter 5

Introducing Matrix Reimprinting

- Matrix Reimprinting is a powerful tool to change the pictures of life traumas
- It is based on the New Sciences
- The way that we change these traumas is by transforming the pictures in the Matrix
- We work with these pictures by tapping on ECHOs – the dissociated parts of ourselves which occur through trauma and which we hold in our fields

History of Matrix Reimprinting

- Matrix Reimprinting was developed from and influenced by:
 - Emotional Freedom Techniques (EFT)
 - Current information and research on the Matrix, quantum physics, the Law of Attraction, the New Biology and epigenetics
 - Cell biologist Bruce Lipton's research on how beliefs affect biology
 - META-Medicine®, and the evidence that specific traumas create particular diseases
 - Rupert Sheldrake's theory of morphic fields and morphic resonance

- Research from the HeartMath Institute
- Research from Dr Robert Scaer on trauma and the freeze response

Basic Principles of Matrix Reimprinting

- Matrix Reimprinting involves:
 - Working with negative pictures
 - Working with an ECHO to release trauma
 - Transforming the outcome of what happened by bringing in new people and/or resources
 - Creating community for the ECHO
 - Creating new pictures
 - Sending the new pictures in through the mind, around the body and out through the heart into the field

The Difference between Matrix Reimprinting and Conventional EFT

- EFT works with what has happened, while Matrix Reimprinting changes what has happened
- Matrix Reimprinting fills the void left by traditional EFT

Benefits of Matrix Reimprinting

- Resolves core issues
- Resolves preconscious trauma
- Creates reframes and cognitive shifts
- Creates forgiveness
- Resolves psychological reversal and secondary gains
- Creates positive beliefs
- Works on disassociation
- Changes our point of attraction
- Creates a tipping point

BONUS MATERIAL – 3 CASE STUDIES

The following are 3 of the many case studies from other Matrix Reimprinting practitioners that are featured in the book. They highlight the power and simplicity of this technique. The names of clients have been changed to protect identity.

Jenny and the Coffee

Practitioner – James Robinson - www.matrix-illumination.com

In this session, Matrix Reimprinting practitioner James Robinson helps his client to resolve a rare and life threatening coffee allergy in one 30 minute session. Please note that although the client insists on testing her allergy, hers was an unusual circumstance, and we do not usually recommend testing an allergy of this severity.

Jenny had been suffering from an exceptionally rare and life threatening coffee allergy for many years. The allergy was so extreme that even the slight smell of coffee would send her into a complete state of paralysis. She would be rendered completely speechless, unable to move any part of her body and would lose all control of her bowels and bladder.

Jenny's allergy caused her huge amounts of social unease because it restricted the consumption of coffee of everyone around her. If she went to a restaurant with friends, they would not be able to order coffee and she would have to hope that no one nearby did either. At work no one was able to drink coffee near her or even speak to her after drinking it. Even walking down the high street and passing a cafe was potentially dangerous.

Jenny's life outside of her home was very much a minefield and she had to carry an antidote with her everywhere she went in case of a reaction. This looming fear of an allergic reaction had haunted Jenny for a number of years and she had tried every form of conventional and alternative healing in an attempt to resolve it, with no success. When Jenny came to me for a session it was for the experience of something she had never tried or even heard of before. She had given up hope of receiving any real help for her allergy, and was instead seeking something that might ease her distress a little.

I started off by tapping slowly on Jenny and asking her questions about when the allergy had started and what was happening around that time. Almost

immediately a memory came to the forefront. Jenny had been in an extremely abusive relationship, and a prominent memory that came to mind was when her partner had beaten her up and verbally abused her while she was naked, which had then created a huge fear of getting naked in front of anyone since. I asked how she felt in response to this memory. She replied "I feel really f**king angry." We tapped on the anger with conventional EFT and I encouraged her to vent her wrath whilst we did so, until some of it had dissipated.

I then guided Jenny into Matrix Scene Reimprinting, at the point in the memory where she was naked and being beaten. I asked her to approach her ECHO to tell her who she was, then to give her a huge hug, telling her she loved her and that she had come to help her. I suggested that Jenny asked her ECHO what she was feeling, and she replied 'anger', so Jenny tapped on her ECHO for the anger. Jenny then asked her ECHO what she needed. Her ECHO replied that she just wanted someone to beat her boyfriend up, so that he would know how it feels. Jenny chose to bring her brother in to help her retaliate, and I gave her time to do this.

Next I asked Jenny if there was anything her ECHO would like to communicate to the abusive partner, for instance how he had made her feel and the effects his behaviour had had on her. She was very keen to do this and Jenny's ECHO spent some time expressing her feelings with rage and anger.

When she had finished I got Jenny to check how her ECHO was feeling and she replied that she felt great now; the anger had all gone and there was a sense of peace. Jenny took her ECHO to a new place and the image was sent through the mind, around the body and out into the Matrix in the usual way. I then asked her to revisit the original memory and let me know what was there. She told me that there was nothing there anymore, apart from a sense of peace.

I felt that this wasn't the basis of the allergy but that it may have been a contributing factor, so I asked Jenny to question whether this was the root cause of the coffee allergy. I slowly tapped on her as she contemplated this. She then realised that the coffee allergy stemmed from her being sent to a safe house to protect her from the continuing violence of her partner. In the safe house lots of people continuously drank coffee. The smell of coffee was subconsciously taking her back to the fear and trauma of that time period.

I asked her to look for a prominent memory from the safe house, and when she had a good clear vision of herself, the surroundings and the other people involved, I guided her into a further Matrix Scene Reimprinting session.

While tapping on her I asked Jenny to walk up to her younger self, to tell her who she was and that she had come to help her. I then guided her to give her younger self a big hug and tell her that she loved her dearly, that she completely understood everything she's been through and what she's going

through now. I also told her to let her younger self know that she didn't have to suffer alone now because Jenny was there to help her and would do everything she possibly could to make her feel good.

Jenny asked her younger self how she was feeling as she tapped on her. She replied that she was feeling scared, so we tapped on the fear. Jenny then asked her younger self what we could do to make her feel safe, and whether there was someone we could bring in to protect her. She wanted to bring in her father and brother, who both gave her a huge hug, and let her know she was safe.

I suggested to Jenny that we grant some wishes for her younger self. She wished to leave the safe house and go for a walk in some beautiful meadows she used to play in, far away from the safe house. I reassured Jenny to take her time and enjoy the beautiful walk with her younger self and when they had reached some kind of plateau to let me know so that we could take the next step. When this part of the process felt complete for Jenny, she gave her younger self a huge hug again and told her that she loved her. This new memory was taken in through the mind, around the body and out through the heart in the usual way.

When she was ready I asked Jenny to return to the original memory and tell me what she found. She replied that all that remained was the new memory of the meadow, which was happy and positive. To test the memory, I asked her how she felt about smelling coffee now. Amazingly she told me she felt fine about it. I asked her to visualise herself smelling the coffee, looking for any kind of physical reaction. There was absolutely no reaction. This was very unusual as normally just the thought of coffee would trigger a reaction.

Jenny was keen to test her progress. This contradicted the guidelines on my Matrix Reimprinting Training, which clearly state that such a severe allergy should not be tested. However, Jenny wanted to take responsibility for testing her reaction, as she pointed out that her allergy dominates her every moment anyway, and she frequently encounters the smell of coffee. She got her antidote ready, and instructed me on what to do if she went into paralysis. I then got a brand new jar of coffee and got her to hold it and look at it. I was ready to treat any reaction with conventional EFT. However, unusually, there was still no reaction.

Next Jenny wanted me to hold the jar, which was still closed, below her nose. I constantly monitored her for any signs of reaction, but there were none. I then took the jar back and removed the lid. Jenny was still feeling fine. I showed her that the foil was still on and explained that I had to test that there was no reaction first before we opened it. She still felt fine.

After I was completely sure she was ready, I pierced the foil in front of her while sitting at some distance away. I then gradually moved the jar closer and closer while she inhaled through her nose. With every movement towards her I was constantly checking with her for signs of a reaction. I got slowly closer and closer, and then unexpectedly she grabbed the jar from me and held it right under her nose, inhaling deeply! She had a huge smile and couldn't believe that she could actually smell it and feel completely fine.

Jenny had no desire to drink the coffee, but her life had completely transformed now that she could smell it without going into paralysis.

Jenny says:

I came in for an extremely serious coffee allergy, I have been paralysed on many occasions and hospitalised twice from the smell of coffee. I wanted to feel generally more comfortable, but I didn't really expect anything, and I definitely didn't expect that I'd end up smelling coffee!

It is so profound that I can now hold a jar of coffee with the lid off, under my nose and breathe it in deeply! There are also no physical or emotional effects. This condition was life-threatening, and now I feel totally at peace.

Furthermore, I have not been comfortable taking my clothes off in front of anyone, due to my ex-partner beating me when I was naked. I now feel that after the work we did, I am ready to be seen naked.

I also think that James was very brave to allow me to test the work that we did, and I am profoundly grateful.

Claire and the Twin Towers

Practitioner Susie Shelmerdine - www.eftmidlands.co.uk

In this session Matrix Reimprinting practitioner Susie Shelmerdine helps resolve her client's depression resulting from the 9/11 terrorist attack. This session was carried out over Skype as Susie's client was in the USA. Please note that this case study contains graphic descriptions of the 9/11 attack. Please do not read if you are sensitive in nature or easily upset.

Claire contacted me with regard to helping her with depression, with which she had been diagnosed after escaping the Twin Towers during the 9/11 terrorist attack. She had been referred to a psychologist for Cognitive Behavioural Therapy but was afraid to go for the appointment as she didn't want to talk

about what she saw or heard that day. Claire's friend suggested that she try Matrix Reimprinting first.

Claire informed me that she did not sleep, she did not go out and that her life seemed to be falling apart. She told me of a particular image that haunted her. It was there every time she closed her eyes. The image was of herself outside the Twin Towers. Claire had escaped from one of the towers and was outside when the shock hit her. At this point she didn't know what had happened. Claire asked if she had to step into the picture and I reassured her she only needed to do that when she was ready. Claire asked if she could have a pair of red shoes like the ones Dorothy had in *The Wizard of Oz* and if she clicked her heals she could come out of the picture. We decided to have a practice run stepping into the picture and stepping out of it, so that Claire could feel reassured that she could leave at any time. We did this successfully, placing the picture on freeze. The next time we stepped in, Claire could see her ECHO. I reminded Claire that she is there to help her ECHO with the conscious knowledge she has from today.

Claire introduced herself and immediately started tapping on her ECHO. Her ECHO was confused and distraught but when it was suggested that they go somewhere safe her ECHO refused to leave. We explained to her ECHO that the whole world was on freeze while we helped her and she was fine with that but wanted to remain there. Her ECHO kept repeating "It's all wrong. It's all so wrong." Claire continued to tap on her ECHO until she was calm. Claire then explained to her ECHO what happened that day so that she knew it was a terrorist attack and that the Twin Towers would collapse. The ECHO did not believe her and they tapped through her shock and her fear. Claire then brought in a newspaper from the next day to prove the facts of the attack to her ECHO. She continued to tap on her ECHO the whole time.

At this point the image was still frozen. We discussed taking it off freeze, and both Claire and her ECHO needed to tap on the fear of doing so. Claire and her ECHO held hands and reassured each other that they could get through. I reminded Claire and her ECHO that they could freeze the image whenever they wanted. Claire allowed the scene to unfold and her ECHO became very emotional. She clicked her heals and came out of the scene bringing her ECHO with her. It was the sound that had traumatised her as Claire said that she could hear the 'thuds' from people jumping from the towers. This sound had stayed with her. Claire went back into the picture with her ECHO and they tapped on the feelings that the sound created. As Claire and her ECHO tapped, Claire mentioned how the people jumping stopped help from getting into the building. Claire had a sudden reframe of the situation. She said "Oh my god, they

were angels. They stopped people from getting in, they may have saved someone's life, even though they couldn't save themselves." Claire then saw the people jumping from the towers as angels. She thanked them. She then clicked her heels to come out of the picture with her ECHO. She needed some time to reflect.

After a break, Claire and her ECHO returned to the picture. She said she could now see angels everywhere she looked. She said even though it was the worst day of her life she could see light in the picture that she had never seen before. Claire could now see the bravery and courage of people from that day: she had heard people talk about this and yet never recognised it before. Claire's ECHO did not want to go to a new place of her choosing. She wanted to join Claire in this new image of the attack: one that now represented courage, bravery and light.

After the session, Claire was completely drained. We spoke a few days later and Claire mentioned that the first night she dreamed heavily, but the two nights after she slept right through. She said she felt like she had more energy and felt more like herself every day.

Claire had a further session with me on her anger at certain events surrounding the attack. She is now off her antidepressants with her doctor's consent. She has decided to take some time to enjoy her life and her family.

Billy's Control Issue

Practitioner: Brett Moran - www.matrixmind.co.uk

In my role as Substance and Alcohol Misuse Support Worker, I get the opportunity to share Matrix Reimprinting and EFT with drug and alcohol users who are trying to resolve their addictions. I am often limited to a smaller number of sessions with my clients due to funding, so I don't always have the luxury of long-term intervention. In this case study I only carried out Part 1 of the three part Matrix Habit Reimprinting intervention, and still saw amazing results. So this case study shows just what can be achieved in three sessions.

Billy came to me with an issue around smoking cannabis. Lately, he had started to become concerned that his tolerance level was high and he was extremely dependent upon it. He informed me that he had been smoking skunk weed (an extremely strong form of cannabis) for over ten years and while at university his intake had been extremely high.

Billy had not come to me for Matrix Reimprinting or EFT and knew nothing about them. He had come to me to start the process of setting goals,

targets and a care plan which was part of my role as a key worker. However, as he was extremely anxious I was initially keen to help him settle with EFT. For the first session we simply helped Billy to reduce his nerves and to feel more comfortable about approaching his issues. I felt that this was paving the way for future Matrix Reimprinting work.

A week later Billy returned and informed me on arrival that he felt comfortable and at ease about today's session. He was still smoking as much cannabis as he was previously, as we hadn't addressed anything other than his nerves about the session. What had changed was that he really wanted to address his drug issues, which he admitted were really making him depressed. I informed Billy we would begin more tapping and we started off on feeling depressed and frustrated.

We completed several rounds of conventional EFT on these topics. However, as I carefully listened to Billy's language I noticed that he was playing a theme about not being in control of his feelings. My feeling was that there was a time in his life that he felt like he had lost control, and that this was still playing out in his subconscious. I began asking questions such as: "How long have you not been in control?" "When was the first time you felt like you lost control?" and so on.

Billy's SUDS level was extremely high, but it took a while to get him into a specific memory. We continued to tap on the feeling of being out of control for a while, and it turned to sadness. Once we started tuning into the emotion behind it, I knew we were getting somewhere. I asked Billy where this was and how it felt. He described it as a dark sinking feeling in his heart that hurt him when he thought about it. So I asked Billy when he first felt like this. He went back to a situation when he played football as a child and was laughed at on the pitch for doing something wrong. He said that he could not control his emotions back then and ran off the pitch.

We began Matrix Scene Reimprinting. Billy introduced himself to his ECHO, explained why he was there, and began tapping on him. "Even though you had all these emotions and felt like you couldn't control them, you're still a great kid." "Even though you felt silly and embarrassed and could not control your feelings..." "Even though you ran off and felt like you wasn't in control..."

We reimprinted the picture asking his younger self what he wanted to do and how he would want to do it. His ECHO replied that he did not want everyone to be laughing at him and he did not want to make the mistake in the first place. So we replayed the original memory but without the mistake.

When this was complete, I asked Billy if he and his ECHO wanted to stay where they were, or go to a different place of their choosing. Billy chose to

take his ECHO to a football stadium at the time that England beat Germany 4-0. Billy brought some friends and his brother into the scene and they all watched the brilliant match together. When it felt complete, this new picture was sent out into the Matrix.

Although we reimprinted this picture and did some really positive work I knew there was more to be done around being laughed at, not being in control and losing his power but we came to the end of the session. However, Billy informed me that he was eager to come back next week for a further session.

Upon his return I informed Billy that if he was really serious about giving up smoking cannabis then he would need to do some tapping while at home and back out there in the real world. I work with a lot of clients with severe issues, traumas and addictions and motivation is often low, so I feel if they are prepared to work on themselves at home then they are prepared for change. Billy was prepared to work on himself and informed me that even though he was still smoking he had used EFT on other situations over the past week. I showed Billy how to use EFT specifically for craving.

After our introduction we picked up where we had left off last week. We tapped around some of his issues and feelings which related to smoking cannabis, using appropriate humour to shift some of the negative energy that Billy was feeling. This helped us get straight to the point. As I tapped with Billy I asked him what size bags he bought his skunk weed in. There are various measurements such as 'a ten-bags-worth', 'an eighth of an ounce', and so on. He told me his ideal size so I asked how he felt about being controlled in circumstances where he had to buy a smaller bag. Straight away we were back into his feelings of not being in control and losing his power, which triggered sadness, frustration and anger.

With a few more rounds of tapping and intuitive questioning we pinpointed a feeling of anger deep in his heart. I asked Billy to remember the first time he felt this feeling. It took some time to tune into a memory, but eventually we found ourselves back in the school playground. His so-called friends had bullied him, pulled down his trousers and then proceeded to take photos of him. The perpetrators included girls and boys and it was severely humiliating for Billy.

Billy stepped into the picture. This was at the point where Billy was being sat on by a member of the gang, who was sitting on his chest while others were taking his pants down and further people were taking photographs. He needed to get his ECHO out of that situation straight away, so he froze the picture and freed his ECHO, while beginning to tap on him.

Billy needed to retaliate with some violence to readdress the disempowerment that he felt. Of course, I do not condone violence in the real

world, but on some level, Billy had been retaliating with violence in his subconscious since this event had occurred, so he needed to release this. So Billy did what he wished he had done all those years ago. He retaliated physically. He also told his so-called friends that what they did was wrong and what he thought of them for abusing him in that way. His adult self was there the whole time, and he felt the need to also tell them that he understood that they were just kids and sometimes they didn't think before they acted. Billy's ECHO felt fine about this being communicated, as it was done after he had released the anger.

After smashing the camera into millions of pieces and throwing away the film Billy felt that the picture was complete and I knew he was ready to go to a more positive place of his choice. This time he chose a beautiful beach resort in the sun with different friends, and sent this new picture in through his mind and out through his heart into the universe. Billy tested the old picture and it had transformed completely. That concluded our session.

I didn't see Billy for a few weeks but did get a text message from him informing me life was really great and positive and that he had stuck to his quit date and not smoked any skunk weed since.

And last week I was halfway through writing this case study and who should walk into the office but Billy! He had a big smile on his face and was looking a lot calmer. He informed me that life was really good and although there were still many things he would like to work on, his skunk weed addiction was under control. He told me that over the last month he had only had a few puffs of a joint and it really tasted horrible and he had not gone back to actively smoking. From my experience of working with this client group that is an incredible result, given that we only had one session of conventional EFT and two sessions of Matrix Reimprinting. I am sure we would not have achieved the same results with willpower alone.

What's more, Billy had been using the tapping in his everyday life. He was tapping in moments of stress and he informed me that he now has a much more positive take on life. There is also a new woman in his life and he feels more confident and comfortable than he had done previously in female company.

My personal conclusion is that Billy has conquered far more than just his addiction. Not only has he overcome a significant addiction in a short space of time, but he has got back his confidence, his self-esteem and his sense of control. One of the most amazing things I found with this case and other similar cases is that we empower the client to achieve what they desire. The clients whom I work with who are overcoming addictions are always seeking instant gratification from a substance. They use the substance to get rid of the feeling or emotion. So the substance is only the surface issue. Matrix Reimprinting and EFT help them

get to the underlying core issues – the reasons why they use the substance in the first place. Billy was a prime example of this, and I am delighted by his progress.

ABOUT THE AUTHORS

Karl Dawson

Karl Dawson is the creator of Matrix Reimprinting, a cutting-edge Energy Psychology technique which combines EFT with all the latest developments in quantum physics and the New Sciences.

As one of only 29 EFT Masters worldwide, Karl has been at the leading edge of the personal development industry since 2003. He previously created the EFT for Serious Disease training which has been attended by doctors, health professionals and lay people alike. He has also trained over 800 EFT practitioners worldwide.

Karl has presented at large conferences all over the world. He has also created a number of DVD sets including: *Matrix Reimprinting*, *EFT for the Prevention and Treatment of Serious Disease*, *EFT with META-Medicine*[®] (featuring Richard Flook), and *EFT Practitioner Training*.

Karl's website - <http://www.efttrainingcourses.net>

Sasha Allenby

Sasha Allenby has contributed much to the development of Matrix Reimprinting. She has helped to shape the techniques and protocols and in addition, has created her own. Sasha has presented at various events in the UK, including the 2009 EFT Masterclass. She has also made contributions to *EFT World Magazine*.

Sasha is a Matrix Reimprinting and EFT AAMET trainer, and over the years has worked extensively with clients who are overcoming long-term illness, serious disease and severe trauma. She now focuses almost exclusively on training and writing.

Sasha overcame two 'incurable' health conditions using Matrix Reimprinting and EFT, and her first book *Joyful Recovery from Chronic Fatigue Syndrome/ME – Accelerated Healing with Emotional Freedom Techniques* was released worldwide in 2008.

Sasha's website - <http://www.matrixreimprintingcourses.com>

To order this book visit:

www.matrixreimprintingbook.com

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www.matrixreimprintingcourses.com

ENDNOTES

¹ Scaer, Dr Robert. *Trauma, Transformation and Healing* [DVD], 2008

² Ibid.