



HEALING IN THE MATRIX

Did you know that your life now is almost entirely a print-out of your beliefs and thought patterns imprinted from birth onwards? Most people think of 'trauma' as car accidents, hijacking, muggings, child abuse or war. But even seemingly unimportant events, especially in early childhood, can have a huge impact on your beliefs, self-image, success and well-being. UK healing experts Karl Dawson and Caryl Westmore explain how revolutionary energy therapy EFT-Matrix Reimprinting can rewrite your past – and transform your future.

Fear is hardwired into the primitive part of our brain called the amygdala as a life preserver in times of threat or danger. But as latest research in trauma and PTSD (Post Traumatic Stress Disorder) shows – any event in the past that is emotionally charged, unexpected, intense or dramatic can be re-triggered to cause a lifetime of anxiety, depression, addictions, chronic pain and illness as well as feeling isolated, unsafe and unloved.

Says Sharon Johnson, currently completing a PhD in psychology, researching the effects of trauma, stress and burnout on school teachers in the Western Cape: 'We now know from latest research on the "fight, flight or freeze" response by experts like Dr Robert Scaer and Dr David Berceli of Trauma Release Exercises (TRE) how trauma can be frozen in our bodies causing long-term damage to our health and well-being. This needs to be released and my approach, which I call the three-brain model, addresses reptilian, emotional and cognitive brain responses with appropriate interventions – one of which is Emotional Freedom Techniques (EFT).'

'In Matrix Reimprinting we talk about big T and little t traumas,' says Karl Dawson, co-author of *Matrix Reimprinting Using EFT: Rewrite Your Past, Transform Your Future* (available from Hay House publishers).

'Let's say when we are three years old we see Daddy walking out on Mommy after fighting and violence. The

event is experienced and imprinted on the emotional brain as intense, unexpected, isolating and dramatic. Part of us splits off and freezes or buries the memory to protect us. But another part of us can experience it over and over again causing a negative impact on adult decisions, relationships and health. We call this split-off part an Energy Consciousness Hologram (ECHO).'

Once referred to by therapists as the 'damaged inner child', an ECHO more accurately refers to trauma at any age where it is compressed and held in the energy field or 'matrix' for protection, survival and avoidance of similar events.

GOAL SETTING

The beliefs and self-image set up at the time of such an incident can also affect our goals and success in life, says Caryl Westmore, an EFT-Matrix Reimprinting trainer who specialises in helping clients achieve their dreams and goals with Matrix Goals Reimprinting as described in her books *Goal Success EFT Tapping* (Amazon Kindle) and *10 Goal Stoppers and how to break free with Matrix Goals Reimprinting* (www.goalsuccessyes.com)

'Part of the process involves releasing past programming in the matrix and reimprinting vivid, positive pictures of success into the brain, heart and energy field of a future successful self,' she says.

MEMORIES STORED AS IMAGES

'Past memories are "frozen in time" in our local energy system as images,' says Dawson. 'A current sensory reminder of that memory – like a sight, smell or other environmental cues – re-activates the original memory, bringing the thoughts, feelings and emotions of the original event flooding back into the body.'

The body is triggered into high alert, responding at chemical, hormonal, cellular and DNA levels. In time, this causes physical breakdown of the immune system (ME, high blood pressure, cancer and allergies) or psychological dis-ease (like phobias, depression, addictions, anxiety and panic attacks, among others).

Results with EFT-Matrix Reimprinting can be swift and dramatic, dissolving the frozen memory and all associated negative beliefs like 'I'm not good enough' or 'life is dangerous' and resourcing the client 'in the matrix' for an empowering positive future.

Thousands of medical professionals, psychologists, hypnotherapists and therapists world-wide have become trained in EFT and Matrix Reimprinting and use it for themselves – and their clients.

ALLERGIES & PHOBIAS

Allergies and phobias demonstrate dramatically how it

works. Sasha Allenby, co-author of *Matrix Reimprinting Using EFT* describes how working 'in the matrix' was key to her healing ME and a host of serious allergies as well as bi-polar episodes which had originated from traumatic incidents in early childhood.

'What tends to happen with certain allergies,' says Dawson 'is that if a person is eating a food at the same time that something stressful happens, the body associates the food with danger or stress, and starts rejecting it as dangerous.'

He cites examples of a client who was eating oranges when she heard telephonically that her father had died, only to later develop an intense allergy to oranges, and another who had an allergy to cheese, which related back to when she was really unhappy at university and used to eat cheese all the time.

'Issues such as these are easily resolved with Matrix Reimprinting and the allergies disappear,' says Dawson. □

Karl Dawson will be running UK-accredited practitioner training courses in EFT and Matrix Reimprinting in Cape Town in March 2013.

Visit www.breakfreefast.com/south-africa for booking details – or see advert below.



EFT-MATRIX REIMPRINTING COURSES WITH WORLD EXPERT KARL DAWSON



VENUE: Erin Hall, Rondebosch - CAPE TOWN

Introductory talk Karl Dawson: Mar 2, 3-5pm R100
EFT 1 & 2 Practitioner: Mar 3/4/5 • R4 600
Matrix Reimprinting Practitioner: Mar 6/7 • R4 500
Matrix Reimprinting Advanced Protocols: Mar 8/9 • R3 600
10% discount for booking two or more courses

Matrix Reimprinting is a revolutionary healing tool for: *auto-immune diseases like ME and issues like *trauma *stress *relationships *addictions *phobias *grief AND fast effective transformation of limiting beliefs and blocks to success, abundance and happiness.

WHAT PEOPLE SAY...

<p>'I resolved severe addictions and allergies plus two major 'incurable' health conditions – ME and Bi-Polar disorder – with this outstanding technique.' – Sasha Allenby, UK</p>	<p>'I was diagnosed with ME / chronic fatigue syndrome. After one EFT session with Karl the pain in my legs vanished and after I attended his EFT training I was bouncing about energetically.' – Susanne Shelmerdine, UK</p>	<p>'I had suffered from high blood pressure for 40 years. In 2000 I was diagnosed as diabetic. Training with Karl transformed my life. My diabetes is now borderline and my BP has dropped to within 'normal' levels. Life is GOOD – thanks to EFT and Karl.' – Dave Able, UK</p>	<p>'I find EFT-Matrix Reimprinting invaluable as an extra tool which combines effortlessly with my hypnotherapy work.' Educational Psychologist, Gauteng</p>
--	---	---	--

**BOOK NOW! SHARON 072 2264 4140 or eftmatrixsa@gmail.com
www.breakfreefast.com/south-africa/**