



**KARL
DAWSON**

WELCOME
TO MATRIX
REIMPRINTING
MAGAZINE



**LYNNE
MCTAGGART**

SEEING THE
WHOLE



**BRUCE
LIPTON**

THE WORLD
ACCORDING
TO NEW EDGE
SCIENCE

MATRIX REIMPRINTING

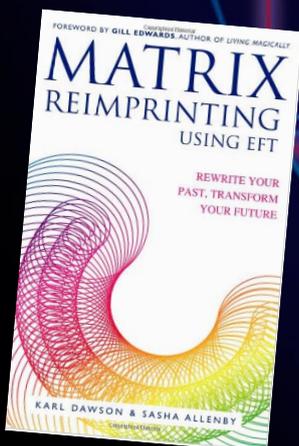


GETTING CONNECTED! SUMMER 2012

Bruce Lipton
on the evolution of humanity

Lynne McTaggart
our Bond, the space between and the
common humanity that binds us together

Life-Changing Stories
from practitioners around the globe



MATRIX REIMPRINTING USING EFT

Whatever your background, you will find this book invaluable for its excellent layout, clear explanations of the theory, thorough guide to practice, comprehensive background information and numerous fascinating case examples.



KARL DAWSON

Karl is one of only 28 EFT Masters Worldwide. He is an international EFT trainer and was a presenter at the London, Dallas, Denver and Australian EFT Masters Conferences.

Karl is also the creator of the evolutionary new EFT techniques Matrix Reimprinting and co-author of the new Hay House book '**Matrix Reimprinting using EFT**' released in August 2010

WELCOME TO THE FIRST EVER MATRIX REIMPRINTING MAGAZINE!

Over the last few decades a group of 'super-techniques' have emerged and are increasingly gaining in popularity. Coming under the umbrella term of 'Energy Psychology', based on ancient wisdom, these techniques engage the mind and body simultaneously to create rapid personal transformation on both a physical and emotional level.

One such, Matrix Reimprinting, has been catapulted into the limelight, following the release of the book '**Matrix Reimprinting Using EFT**' by publishing giants, Hay House.

Matrix Reimprinting is a collection of new cutting-edge techniques created by EFT Master Karl Dawson. They combine EFT with understandings from the new biology, epigenetics and quantum science, to create RAPID personal change.

Karl, one of only 28 EFT Masters worldwide, has trained thousands of people globally in EFT and Matrix Reimprinting. He has presented at energy

psychology conferences internationally, including the United States, Asia, Europe and Australia.

He was also a presenter at the Hay House **I Can Do It Conference** in London, presenting alongside Louise Hay, Dr Bruce Lipton, Gregg Braden, Caroline Myss and other leaders from the self-help industry.

In 2007, a shift in awareness enabled Karl to gain a new understanding behind the causation and resolution of trauma. This new awareness, gained from extensive observation and experience with many, many different cases of emotional trauma and physical disease, has led him to create Matrix Reimprinting. Since then the technique has grown and developed.

Matrix Reimprinting is based on the understanding that we hold in our energy fields the traumatic life events that have gone before, not just as memories but as specific energy bodies, which Karl has named Energetic Consciousness Holograms or ECHOs.

Similar current life experiences re-activate the old memories, bringing the thoughts, feelings, emotions and beliefs of the original trauma flooding back into the body and mind, causing stress and eventually leading to physical and psychological illness

Matrix Reimprinting works directly with these ECHOs, not only to resolve the negative energetic charge around them but by also creating positive memories in their place.

This changes our relationship to our past, and affects our emotional and physical health in the present.

Matrix Reimprinting also goes hand in hand with other healing modalities such as life coaching, hypnotherapy, counselling, psychotherapy, all types of bodywork and energy work, and so on. Whatever techniques you use in your practice, having a tool that helps you to quickly transform life traumas enables the body to return from a state of stress so that healing can take place.

The theme of this month's magazine is connectivity; that most basic of human needs – our desire to connect with other people.

The documentary '**What the Bleep**' heralded a new breed of film by connecting scientists, self help experts and new age Gurus together to take spiritual and cutting edge scientific concepts to the masses, followed by the likes of '**The Secret**' '**The Living Matrix**' to the latest science/spiritual documentary '**Thrive**'

Such is the awareness now of a new dawn of understanding, and the ongoing change in human consciousness, that these new concepts are not out of place on today's prime time TV.

For example, '**Touch**', the latest hit drama from the US, starring Keither Sutherland, focuses on his Autistic son, Jake, who has the ability to see patterns in numbers. Although unable to speak, Jake communicates these patterns to his father, helping connect people through apparently random events.

Synchronicity and the law of attraction; two of the cornerstones of the new consciousness being the theme of a major drama series on mainstream TV – times are changing'.

All the articles and videos in this month's magazine centre on this theme of connectivity.

Dr Bruce Lipton talks about how the future of the human race at this very important evolutionary time will depend on our ability to connect at a global level.

Lynne McTaggart shares an amazing story of 73 year old Texan Don Beck and the work he did in the 80s to help bring the people of South Africa together.

Rabbi Immanuel Yosef is currently training a whole team of care professionals in Matrix Reimprinting and EFT in Israeli city of Tzfat to help resolve tragic events that happened to the city in the 70s and since

We will also share with you several Matrix Reimprinting client accounts, demonstrating how wonderful these techniques are for resolving trauma, letting go of the past and allowing a renewed feeling of connectivity with people in our lives.

We will hear a charming story from Erik and Helen and how their work with Matrix Reimprinting not only helped with their health and financial issues, but also brought them together to find love.

But global transformation starts with the individual. We'll hear from Adam in Australia and Tina in the UK, and how working with a Matrix Reimprinting practitioner helped them once again feel connected to people rather than living in isolation and fear.

We hope you enjoy these wonderful stories and articles, and please feel free to contact Karl with any comments at karl28dawson@yahoo.com

http://youtu.be/dvQ_qjYZ-7A

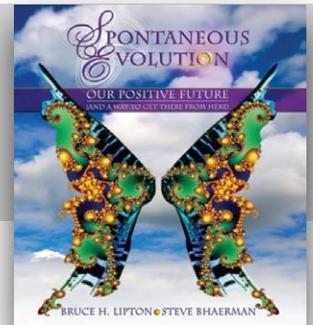




BRUCE H. LIPTON, PH.D.

Spontaneous Evolution is a book written by biologist Bruce H Lipton Ph.D. & philosopher Steve Bhaerman which focuses on epigenetics, quantum biophysics and fractal

geometry and what this means to the future of humanity. Following is an excerpt which resonates with the basis of Matrix Reimprinting



THE WORLD ACCORDING TO NEW-EDGE SCIENCE

What does science say about this mind over matter stuff? The answer depends upon which science you ask.

The science of conventional medicine tries to reassure us that none of the phenomena we just described actually exists. That's because today's biology textbooks and mass media describe the body and its component cells as machines made of biochemical building blocks.

This perception has programmed the general public to accept the belief in genetic determinism, which is the notion that genes control physical and behavioural traits. This sad interpretation is that our fate is inextricably linked to ancestral characteristics determined by genetic blueprints derived from our parents and their parents and their parent's parents, ad infinitum. This causes people to believe that they are victims of heredity.

Fortunately, the Human Genome Project (HGP) has pulled the rug out from under conventional science's beliefs concerning genetic control. This is ironic because it set out to

prove the opposite. According to conventional belief, the complexity of a human should require vastly more genes than are found in a simple organism. Surprisingly, the HGP discovered that humans have nearly the same number of genes as lowly animals, a finding that inadvertently reveals a fundamental myth-perception underlying genetic determinism. Science's pet dogma has long outlived its usefulness and needs to be mercifully put to sleep.

So, if genes do not control life . . . (pause to formulate a mind-blowing question) . . . what does?

THE ANSWER IS: WE DO!

Evolving new-edge science reveals that our power to control our lives originates from our minds and is not pre-programmed in our genes.

This is great news. The power for change is within us! However, to activate the amazing power of mind over genes we must reconsider our fundamental beliefs-our perceptions and misperceptions-of life.

Our first serious misperception

occurs when we gaze into the mirror and see ourselves as singular, individual entities. In reality, each of us is a community of 50 trillion cells. While this number is easy to say, it is almost unfathomable. The total number of cells in a human body is greater than the total number of humans on 7,000 Earths!

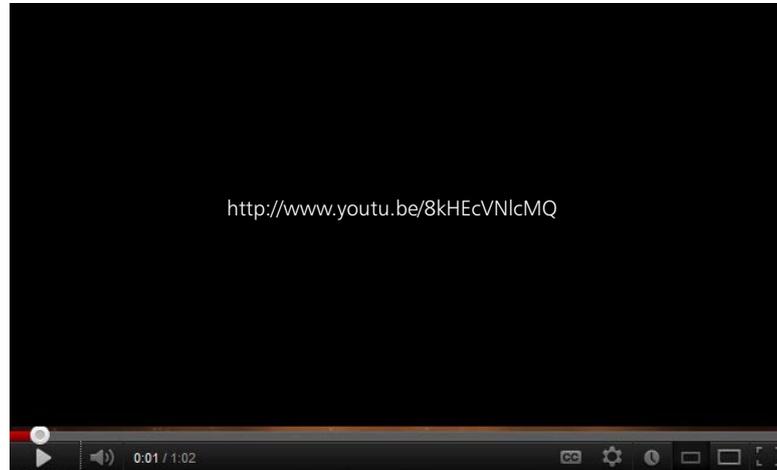
Nearly every cell in your body has all of the functions present in the entire human body, which means that every cell has its own nervous, digestive, respiratory, musculoskeletal, reproductive, and even immune systems. Because these cells represent the equivalent of a miniature human being, conversely, every human is the equivalent of a colossal cell!

As we will come to see, our mind represents a government that coordinates and integrates the functions of the body's massive cellular civilization. In the same manner that decisions by a human government regulate its citizens, our mind shapes the character of our cellular community.

Insights into the nature of the mind, how it influences us, and where it lives, offer an opportunity for us to fully realise

our true powers. An awareness of this knowledge allows us to actively participate in the unfolding of our individual lives as well as contribute to the evolution of our collective world.

For more information on Bruce and Steve's work, please visit: <http://www.bruceIPTON.com/>



THE EVOLUTION OF THE BUTTERFLY

A four-minute short by filmmaker Abraham Heisler, features the renowned cellular biologist Dr. Bruce Lipton narrating the process of a caterpillar transforming into a butterfly over footage Heisler shot of the early stages of Occupy Wall Street. Like a caterpillar, which must change its form to survive, our society birthed a revolutionary movement when it became evident that the system the 1% built was no longer sustainable for humanity. After society broke down and went into its metaphorical cocoon (triggered by the economic collapse), unique individuals came together, carrying with them the blueprint for a beautiful new structure, mirroring the cellular process of the caterpillar as it takes on a new form.

"Large scale social movements

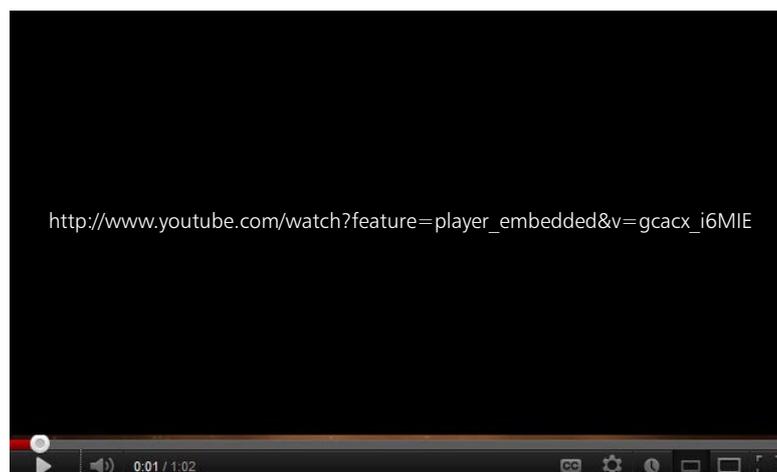
like #OWS are bringing together imaginal cells to create the blueprint of a new society," Heisler said. "We see it in general assemblies and the hope and inspiration found in the process of direct democracy and social justice."

This film is an elaboration on the ideas of Dr. Lipton, who believes that "humanity is on

the brink of a spontaneous evolution."

This enlightened thinking is the next phase of our evolution as a species. As "the butterfly is an evolutionary advance over the caterpillar," so the Occupy Movement is an advance over an economically unjust society.

Credit: Steve Bhaerman and Bruce H. Lipton, Ph.D.





LYNNE MCTAGGART

Lynne McTaggart, a world expert on the science of spirituality, is the award-winning author of six books, including the worldwide bestsellers **The Field**, **The Intention Experiment** and

The Bond. As editorial director of **What Doctors Don't Tell You** (www.wddty.com), she also publishes one of the world's most highly praised health publications and runs highly popular health and spirituality teleconferences

and workshops. Lynne is also the architect of the **Intention Experiments**, a web-based 'global laboratory', testing the power of intention to heal the world theintentionexperiment.com

SEEING THE WHOLE

Don Beck is convinced that, if he'd been alive in 1860 and had a conversation with Abraham Lincoln, he might have been able to prevent the Civil War. A former professor of social psychology at University of North Texas, Beck, a florid 75-year-old Texan, is most known for a system he has developed called Spiral Dynamics, which identifies the fine gradations of belief systems and their level of complexity of any given society.

He considers his work a continuation of his doctoral dissertation, which examined the polarisation of Americans just prior to the Civil War. Beck discovered no less than eight positions about slavery — from those in favour of unpaid servitude to those desiring full abolition.

When the moderate position disappeared from both sides, he says, the country polarised and the war began. "If we had done certain things in 1860, we would have ended slavery and we wouldn't have lost 700,000 people," says Beck. "And we wouldn't still be fighting the Civil War."

As a political consultant on resolving societal conflict, Beck calls himself a human "heat-seeking missile," drawn to the world's hot spots: South Africa, Palestine, Afghanistan, Israel. His current work attempts to break up the thinking that fuels us-versus-them prejudice by

showing people on one side that those on the other side are not all the same. In Beck's experience, what often polarises people or pulls societies apart is a simple lack of appreciation of the spectrum of different beliefs that exist in cultures outside their own.

"We don't have the language of difference, so we tend to stereotype," he says.

During his sixty-three trips to South Africa in the 1980s, Beck became known as a bridge builder between the country's black and white populations; as a consequence, he played a behind-the-scenes role in helping to smooth the country's transition from apartheid to democracy.

In his dealings with the business community, he began to realise that many of the pro-apartheid Afrikaners, the dominant white group, were unable to differentiate between various black tribes, while members of the African National Congress, the party led by Nelson Mandela, also had difficulty distinguishing between different types of Afrikaners. Beck began delivering presentations all over South Africa to educate whites and blacks in the fine distinctions between the many different Zulu tribes and white groups.

"I was able to break up," he says, "the definitional systems that fueled prejudice."

In your own life, you can begin to develop this kind of "aerial vision" by fine-tuning your ability to notice the detail about people and cultures that are different from yours, which eventually helps you to refrain from thinking that traps you into an "us" and "them" mindset. You learn to question your automatic assumptions about the neighbours you don't know, the people of a different ethnic or religious persuasion, the countries and people beyond your borders.

Aerial vision also enables you to hold opposing ideas in your head without being judgmental because you recognise the whole that ties everything together. You detach from your own vantage point and your own prejudices in order to entertain several viewpoints and stop taking your own side.

When you see and notice the whole, you allow for and respect more than one version of reality.

Aerial vision also allows you to transcend your tendency to always look to your own vantage point for solutions to problems. Recently, Don Beck attended a large investment conference in Bethlehem, where a number of western multinationals were recommending high-tech investment in Palestine.

To their astonishment, Beck insisted that they invest in a



cement factory. The potential investors were alarmed by the idea of investing in Industrial-Age technology until Beck convinced them to look through Palestinian eyes. The refugees were living without permanent homes; what they needed most was not computers or mobile homes, but materials for housing, predictable, blue-collar work, an industry with a constant market and a source of building materials inside their own borders.

It was Beck who first came up with the idea of using South Africa's entry into the World Cup rugby play-offs in 1995, depicted in the film **Invictus**, as a means of creating nation-building euphoria, in order to unify a country emerging from apartheid. Beck had a special fascination with the psychology of premier-league games, and through his experiences working with the Dallas Cowboys and the New Orleans Saints, he had developed a belief in the power of sports as a peacemaker.

This was a bold idea, given that the Springboks, the South African rugby team, were the very symbol of apartheid. Rugby was considered a white man's sport. Virtually all players were Afrikaners, the white pro-apartheid minority; rugby coaches even shouted out plays in Afrikaans. English-speaking or black players seldom made the team, and consequently, the

black population in South Africa actively boycotted the sport.

In 1995, Beck presented Kitch Christie, the Springbok's coach, with a paper entitled *Six Games to Glory*, which detailed a series of psychological strategies that would help transform the team from underdog to world-class contender in the games leading up to the World Cup. Besides the strategies for winning the game, Beck's paper included ways that the Springboks could stand as a focal point of pride for the fledgling country and connect the township blacks with the Afrikaners.

Psychologists call this a superordinate goal – a goal only achieved by large cooperative teamwork of two or more people. Engaging in sharing and teamwork tends to transcend differences, because it emphasises the very heart of humanity — we are all in this together. And if we are all in this together we are no longer competing for scarce resources.

Beck's document offers many strategies that can be used to create superordinate goals in other areas. He suggested that the Springboks adopt a collaborative or common identity — the green and gold colours of the team shirts, and a sports crowd song, with a Zulu drum to lead the team and arouse the crowd. He advised Christie to have the team sit together and watch films such

as **Hoosier** and **Chariots of Fire** to help establish the sense of a "mystical brotherhood" – the sense that the team stands together as one family, with a blood bond greater than their loyalty to themselves, and a cause to fight for.

Beck arranged for the team to visit Mandela's tiny prison cell at Robben Island, in order to emphasise their larger role in their country's destiny. Above all, his exercises were to help develop a sense that each member of the team faced a life-defining moment requiring that they pull together as one.

As the games progressed, Beck's superordinate goal began to infect the country; young blacks from the township tore down anti-rugby signs and hung photos of their Springbok heroes. During the World Cup, which the Springboks went on to win, Mandela was persuaded to appear in a Springbok green and gold shirt — the colours that had always symbolised his oppressors — as a tangible sign of unity and forgiveness.

To Beck, creating a superordinate goal is one of the best ways to achieve peace in areas of political conflict. In his work, Beck often meets with both sides in an area of conflict and shows them a positive vision of future possibility, but one that requires that both sides work together and use their common geography and

resources to create a solution for all who live there.

Recently, he presented the Arabs and Israelis with a plan to make occupied Palestine "the Hong Kong of the Middle East," an affluent society with both sides

sharing resources for services such as education and health care. Presently, he is consulting with both sides to work out the details and timeline of how to achieve this kind of society within thirty years.

Once you begin to see the whole, you can see past your own assumptions and beyond differences to our Bond: the space between and the common humanity that binds us all together.

THE POWER OF EIGHT

Economists have traditionally claimed that we do best for society by looking out for number 1. But the latest science clearly demonstrates that we all do better by choosing what is best not simply for ourselves but also all the people around us. Every success story for resolving conflict shares one thing in common: an ability to harness the fundamental human need to connect, or Bond, and to move past 'every man for himself' to 'we're all in this together.'

In fact, people who fire together wire together; evidence shows that whenever a group works together for a common goal, the brains of all parties begin to get on the same wavelength, strengthening the Bond within the group. A common and larger purpose creates instant closeness in any social setting and offers an excellent tool for maintaining cooperation in your office or neighbourhood.

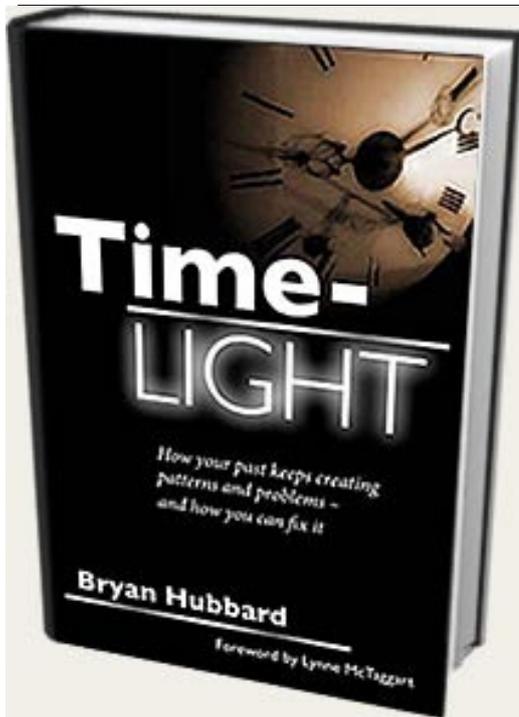
In my work, I've seen what I call the 'Power of Eight': the extraordinary power of small groups to transform into a 'superorganism' of instant closeness and potent healing. During my many workshops, I have witnessed powerful stories of emotional or physical healing among both the senders and receivers.

The feeling of oneness reported by the members of the workshops and the Intention Experiment community is an example of **The Bond** – the resonance effect of pure connection. The simple act of belonging and spontaneously giving within a small group of strangers is so powerful and so satisfies our deepest longing that it heals both the healer and the recipient.

Here's how to create your own Power of Eight:

- 1 Assemble a group of between 6 and 12 likeminded friends who are open to the possibility of healing and intention.
- 2 Ask if any one of the members of the group with a healing challenge of some sort (emotional or physical) would like to be the target of the healing intention. Allow the person nominated as the recipient to describe his or her problem in detail.
- 3 Spend a few moments talking over and designing the intention statement that you will all hold together.
- 4 Gather around in a circle. Either join hands or place the nominated subject in the middle of the circle, as all the rest of the group place one hand on him, like the spokes of a wheel.
- 5 Begin by having each member of the group close his eyes and concentrate on inhaling and exhaling. Each should clear his mind of any distractions, then hold the intention statement in his mind while imagining, with all five senses, the intention recipient as healthy and well in every way. All members should then send out the intention through their hearts. The intention recipient should remain open to receive.
- 6 At the end of 10 minutes, each member may come back into the room and begin to share experiences. First ask the intention recipient to describe how he or she feels, and if he has experienced any changes, positive or negative. All the other members may then take turns sharing experiences. Take note of any feelings of palpable oneness and also any improvement in the condition of both senders and receivers.

For further information on Lynne's article, please visit: www.thebond.net



TIME-LIGHT

BY BRYAN HUBBARD

You will be familiar of the name Bryan Hubbard if you know the work of What Doctors Don't Tell You. He is the founder and editor, so knows a thing or two about mainstream health vs. alternative solutions. Well, not before time (no pun intended), Bryan has written this gem that can really help in all areas of your life.

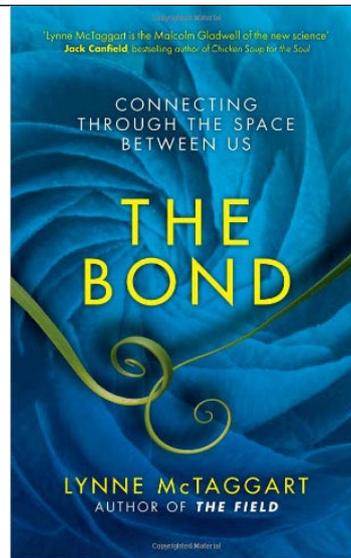
Time-Light is a philosophy, a therapy, a self-help method - and yet it is greater, and deeper, than the sum of its parts. It is a new way to see yourself, the world and the purpose of life.

Time-Light tells you who you really are. It takes you on a unique voyage of discovery as you uncover that 'you' are made up of three selves, or time bodies. As you age, you become time-heavy as experiences you never fully understood begin to weigh you down.

Time-Light is a theory and a practice that includes a 21-day programme that helps you become time-light as you were when you were a child and you could see the world as it really is - an unfolding miracle in the present.

Time-Light includes a Foreword by best-selling author Lynne McTaggart (The Field, The Intention Experiment and The Bond). She describes Time-Light as "one of the most plausible theories I've ever read about what it means to be human."

To explore further, check out
<http://www.time-light.com>



THE BOND: CONNECTING THROUGH THE SPACE BETWEEN US

BY LYNNE MCTAGGART

We are in crisis because we live a lie. We believe we flourish because we compete and fight - personally, as a nation, and as the dominant species. But we succeed only because we share, we care and we're fair, as Lynne McTaggart's latest, profound and life-altering book proves. The Bond demonstrates that we are in constant relationship with everything and everyone. Pulling together a vast array of cutting edge scientific discovery, McTaggart demonstrates that the idea of 'us against them' is one of the most fundamental misconceptions we make.

Lynne McTaggart is the Malcolm Gladwell of the new science, whose superbly written book, a blend of frontier discovery told in compelling stories, offers hope but also an action plan in these troubled times. Read this book and change your life and the life of everyone around you - Jack Canfield, Bestselling Author Of The Chicken Soup For The Soul Series

Once in a very great while, a book comes along that shifts our sense of reality, or extols a new way of living. Lynne McTaggart's extraordinary new book, The Bond, does both - Deepak Chopra, Bestselling Author Of Reinventing The Body, Resurrecting The Soul)

For information about this book, and further reading please visit:
<http://www.lynnemctaggart.com/>



RABBI IMMANUEL YOSEF LEGOMSKY

Our work is all non-profit and we need budget to continue this essential life restoring work, which is a model we will replicate in urban

populations in cities worldwide. Please visit IsraelTraumaCare.org and contribute to our work online!

FIRST EVER MODEL CITY PROGRAMME FOR PREVENTING AND RESOLVING PTSD TRAUMA AND IT'S EFT & MATRIX REIMPRINTING BASED!

By Rabbi Immanuel Yosef Legomsky: Director of Israel Trauma Care & EFT Trainer of Trainers and Matrix Reimprinting Trainer

Tzfat, is the highest city in Israel, located about 45 kms south of the Northern border with Lebanon and Syria. Geographically, Tzfat is one of the 3 most strategic military targets in Israel so it has many bases in the surrounding area. With 30,000+ almost entirely Jewish people, as one of the 4 Ancient Jewish Holy Cities, Tzfat is known as the place where both Kabbalah and Jewish Law were cognised and codified in the late 1500s, and also has a world renowned cultural quarter which attracts many leading artists from around the country.

Tzfat has a history of earthquakes and other devastating events, for instance, the 1929 Muslim programme to massacre the Jewish Quarter. In 1974, 102 local teenagers on a weekend outing were taken

hostage by invading Muslim terrorists from Lebanon while sleeping in a school at 3 am in nearby Ma'alot. After 12 hours of brutality, which included using these children as human shields to barter with the Israeli Army for the release of terrorists from jails, the terrorists began firing machine guns and throwing hand grenades at the children, who were in a small second story classroom. 18 girls and 4 boys were massacred and 68 injured in what was called the Ma'alot massacre of Tzfat teenage school children. The survivors are now Tzfat's leaders along with their children.

Tzfat was bombarded in July-August 2006, the 2nd Lebanon Missile War by more than 500 deadly Hezbollah terrorist Ketusha missiles. The terrorists intentionally added ball bearings, rusty screws, metal

and poison to the missiles to cause maximum carnage.

The youngest Mayor in Israeli history, Ilan Schochat, is himself named after his 15 year old Aunt who was killed in the 1974 Ma'alot massacre. The Mayor recognised Israel Trauma Care's unique effectiveness of using EFT and Matrix Reimprinting to resolve a number of survivors' 38 year old traumas from this massacre.

In September, 2011, he officially gave us a mandate to train all of Tzfat, according to my unique systems approach to training whole cities, and making Tzfat the first Model City for PTSD Trauma urban-wide for prevention and treatment. In November, 2011, he gave us a designated office in a municipal education building for our work.



We began training supervisory staff of Special Education Supervisors and Teachers, with an expansion plan for all schoolteachers, school children, emergency paramedic 1st responders, nurses and then security, medical, and mental health staff, including the hospital and new medical school.

We have also had famous visiting trainers here such as Karin Davidson and Alina Frank. Currently, we are still mainly teaching EFT Practitioner Trainings to various staff, and using Matrix Reimprinting extensively in private treatment. Soon we will begin introducing our locally trained EFT Practitioners to become Matrix Reimprinting Practitioners. We are networking these staff into diversified teams that will each service different sections of the city for all traumatic issues. The threat of trauma is a constant reality with Tzfat being just seconds away from huge arsenals of missiles and weapons of mass destruction at the nearby Syrian and Lebanon borders. Destruction and terror is a real everyday possibility that hangs over everyone in the region, and denial doesn't make it go away.

In this iconic photo of the Ma'alot Massacre, Tzipi Maimon-Bokris is being saved, unknowingly, by her own brother after a grenade lands next to her once she jumps from the Netiv Meir school building in Ma'alot, Israel, May 15, 1974. (Courtesy Their Eyes Were Dry)

We are constantly seeing miracles on a daily basis where even lifelong traumas are being totally resolved –often in just 1-3 Matrix sessions. It's clear that this resolution occurs in moments on all levels; physical body sensation, emotions, thoughts, socially and spiritually. Matrix is remarkable and wondrous. To observe the client actually joining their younger traumatized self, and hand in hand, they reconcile the stuck trauma and learn new lessons together for a unified progressive future, is amazing. We are blessed to regularly succeed in facilitating easy and uniform Matrix successes on issues for which nothing else seemed to have worked. Our most common examples with Ma'alot Massacre survivors and anyone who was here in the 2006 Missile War are: releasing the survivor guilt, overcoming the common triggers of fireworks or missiles, sirens, microphones, loud and unfriendly Arabic voices and screaming children.



JANICE THOMPSON BSC WWW.JANICETHOMPSON.CO.UK

Janice has her own personal training business and has worked as a lecturer in sports science and psychology at sixth form and undergraduate levels. She now also works as a master META-medicine health coach,

an EFT & Matrix Reimprinting practitioner and trainer. She is one of only a handful of Matrix Reimprinting trainers in the world. She is a member of the Register of Exercise Professionals, Association of

Crystal Healing Organisation (ACHO), and Association of Advancement of Meridian Energy Techniques (AAMET), International META-medicine Association (IMMA).

HOW MATRIX REIMPRINTING CAN HELP WITH SELF CONFIDENCE

"I was completely lost, had no self-confidence and feared rejection... there were so many things I was afraid to do or say", these are the words spoken by one of my clients when they first came to see me. When I first met Tina I was aware of her warm nature, but it seemed squashed, she was lacking in confidence and would constantly ask me to tell her how to deal with a situation, she really didn't trust anyone. Although Tina does not want me to go into great detail about her situation, it is reasonable to say that she had been in a very negative relationship which left her fearful and scared of rejection and she desperately wanted to feel better and to change her life. After just one session of Matrix Reimprinting where we worked on a very upsetting and frightening childhood experience, she contacted me to say that she was surprised by just how much more confident she felt. It may sound odd that from her issues of a negative relationship we worked on a childhood memory, but this is normal in the world of Matrix Reimprinting (and if you want to understand why

then please read Karl Dawson's book). This first session was the beginning of Tina's personal transformation.

When Karl explained to me that the theme for this newsletter was connection I immediately thought of Tina. Her journey through Matrix Reimprinting has enabled her to feel more connected with her true self in terms of honouring her own needs, listening to her heart and making positive choices about her own life. Perhaps the most inspiring connections were of that with her family. After a few sessions working through her fear of rejection she explained to me how she was going to see her sister and mother after 3 years of no contact whatsoever with them. It was something she realised she wanted to do; she wanted to forgive and enjoy being with them again. She described the feeling as "relief beyond my comprehension". She then contacted them and has enjoyed several months together. Her mother recently passed away and Tina was by her side. Her connection with people in general has also altered considerably, from "I got

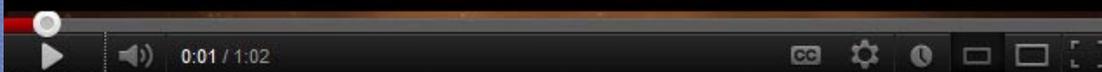
to the point where I couldn't go places if people asked me to" to "I have noticed how different I am around people now... people want to spend time in my company".

One of the most interesting aspects of working with Tina was how she thought that going back to some childhood issues would be so hard to do, too upsetting, she was very worried that she would re-live those traumatic experiences, but as you can see from the video, she says that was not the case at all. The beauty of Matrix Reimprinting is that you do not re-traumatise yourself, but you do address those negative emotions which can still be having a significant impact on your life today. In Tina's case she realised after her initial session how simple the process was, she was not only less worried about looking at upsetting events from her past, but actually found some sessions quite fun. If you are not used to Matrix Reimprinting this may sound a bit odd, but it does occur, obviously this is not the case for everyone but it certainly was for Tina.

Tina's introduction to Matrix Reimprinting was the beginning of a wonderful journey of self-love, trust, confidence building and the connection with so many new friends. I cannot possibly overestimate how much Tina's life has changed. Where she found it easier to stay in, she is now out socialising regularly. Where she doubted her own judgements, she is now confident to trust in her own feelings. Where she feared rejection, she now does what she feels is right for her without worrying about what others may think or say. Where she was not comfortable meeting new people she now loves making new friendships and finds people interesting. I could go on but I think you get the picture.

As you can see through Matrix Reimprinting Tina has made massive changes to her life, changes that she never believed could happen, but they have. In contrast to the negative words spoken by Tina at the beginning of this article I will leave you with her words now, "I feel confident, lighter, more able to say what I want, I have noticed how different I am around people. One of my favourite things is laughing at myself when I think I can't do something ". So come on, jump on the Matrix Reimprinting train and see how your life can change for the better, take that journey to change and connect.

<http://youtu.be/R6cDu9SNJz0>





CAROLINE PAULZEN

After a career of 30 years as a nurse, Caroline Paulzen is now pursuing her passion of personal empowerment and healing of others.. She is a Matrix Reimprinting and EFT (AAMET) Practitioner and

Trainer in Australia and the Matrix Reimprinting Trainer of Trainers for the Asia Pacific Area. Caroline is currently introducing EFT into schools and the corporate sector, and is working on a documentary film

about 'Eradicating Bullying', where Matrix Reimprinting and EFT is at the core as a strategy to achieve this. She also presents workshops on Personal Empowerment.

ADAM'S STORY

Adam's severe accident as a teenager lead him to feel isolated from the world. Matrix Reimprinting has helped him feel more connected with the world and himself.

THIS IS ADAM'S STORY:

When I was 16 I was rushed into hospital, squirming in pain following a very strange accident.

I spent the first few days in a haze of morphine and the effects of anaesthesia. Because of this I had no opportunity to process the initial shock of waking up in hospital with my stomach cut open. I felt angry that the doctors didn't explain what had been done and the potential ramifications. I felt very fearful of not being able to survive; my belief was 'I am very damaged for life'. I also experienced shock from loved ones being so alarmed at the sight of me.

I can't consciously remember it, but according to my family, my girlfriend broke up with me when I was in hospital. Feelings of anger came up in the Matrix Reimprinting session around that, which were resolved.

ISOLATION:

I spent two months with the colostomy bag at school, which was downright horrible. Neither the bag nor the accident itself was discussed openly except with a few friends. It would fart noisily in class and smelled so bad that no one could imagine it came from a human.

Some guys in class with low emotional awareness would say "Oh Yuck, that's disgusting... what's wrong with you?!" I had no respect for them so didn't mind what they said, but it was a huge shock to know that everyone in school knew my secret, and this lead to fears of 'being exposed' and not trusting the people around me.

The embarrassment and shame was so strong that for years I would react badly the instant the accident was mentioned to the few people outside my circle of trust.

Then came the prospect of returning to hospital for the reversal operation, knowing exactly how much pain and pathetic indignity was looming. I had already come out of the first one like a skeleton from not eating solid food for 7 days. Interestingly I was not particularly concerned about this at the time. I must have been in too much of a survival state. Matrix Reimprinting allowed a chance to feel and resolve these fears that had stayed with me for many years.

BELIEFS FORMED AS A RESULT OF MY EXPERIENCE:

'I'm damaged', from spending ten days in hospital with my stomach split open and sewn back again. I felt like a car after a crash that should be 'written off'.

'I am awkward' – not comfortable speaking in medium size social groups and often embarrass myself. Very aware of when people are watching me/judging.

'I can't be spontaneous' (as I was mucking around when the accident occurred)

'I can't make any mistakes, or my world will collapse'.

NOW FOR THE POSITIVE!!!!!!

I have had a number of Matrix Reimprinting sessions where I was able to address the following memories by using tapping to release the negative emotions at each stage, and then was able to change the negative beliefs I had formed at the time:

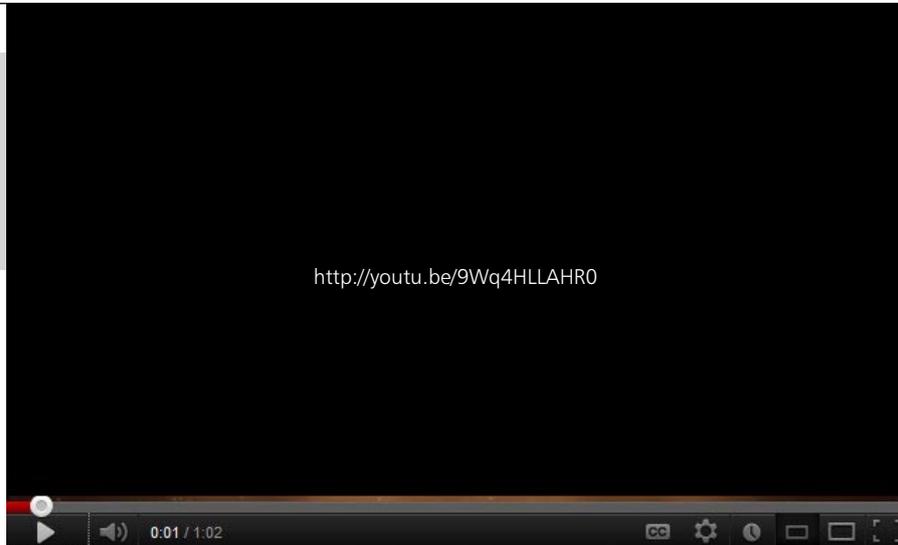
I was able to process the shock of waking up after the operation, seeing my stomach wounds and a colostomy.

The night before the morning operation, I was drugged up so I had no idea what had happened. This is why it was such a shock to wake up and see my stomach!

After the Matrix Reimprinting session my energy levels skyrocketed and I spent the next 10 days doing anything and everything I could like a madman.

As I have CFS (Chronic Fatigue Syndrome) this was unusual for me.

My reading improved and I



began to use weaker glasses; now I need no glasses at all and read without strain. (I realise now I had not wanted to see my damaged stomach).

I resolved the trauma of the accident; arriving in emergency, not being assessed as a priority and being examined (fear of major irreversible damage, even considering possibility of death).

I reimprinted the operation so that it went as smoothly as possible with minimal scarring. I also reimprinted the surgeon explaining what had happened and that it would eventually heal with no significant lasting effects.

After the Matrix Reimprinting session I felt light pains along the 'suture' (cut) line, which I never do normally – signs now of healing taking place about 6 years after the operation!!!

Within two weeks my stomach flattened out. Before I had a layer of fat covering/protecting the area when the rest of me was skinny.

I reimprinted my time at school. I got a good mate to gather up my friends and explain to them what had happened. I pictured my ex-girlfriend as a friend and an angel who gave me support (removed isolation).

I imagined that the accident was just a crazy dream, and all my friends rolling with laughter when I told them about it.

After that I even reimprinted again so that I didn't have to trudge around school with the colostomy and gave myself permission to take more time at home to recover. Usually I would just try and push through times when I was unwell.

Law of attraction – It seems that strangers perceive me differently after the Matrix Reimprinting sessions; girls at the counter of my local pool smile at me with their eyes, and when they say

'have a nice day' I can tell they mean it. I was not consciously acting or saying anything differently, and the first few times I looked behind me to see what celebrity/AFL champion was standing behind me! Of course this has only happened on a few occasions, but I don't remember it happening like that beforehand (even when I was fit and strong).

In regard to healing other areas of my life, I still consider myself a 'work in progress', but in general I feel more alive and connected to the world. Matrix Reimprinting allowed me to visit my worst memories with dignity in a safe and controlled environment.

Instead of having to push through confoundingly difficult times, things are becoming effortless.

Initially I really struggled using basic EFT. I would usually feel numb and tired within a few minutes. Using EFT in conjunction with Matrix Reimprinting helped discharge many freeze responses and led to the reconnection with my spiritual self.

EFT/Matrix Reimprinting has been very effective at accessing my pre-conscious memories and releasing freeze responses there.

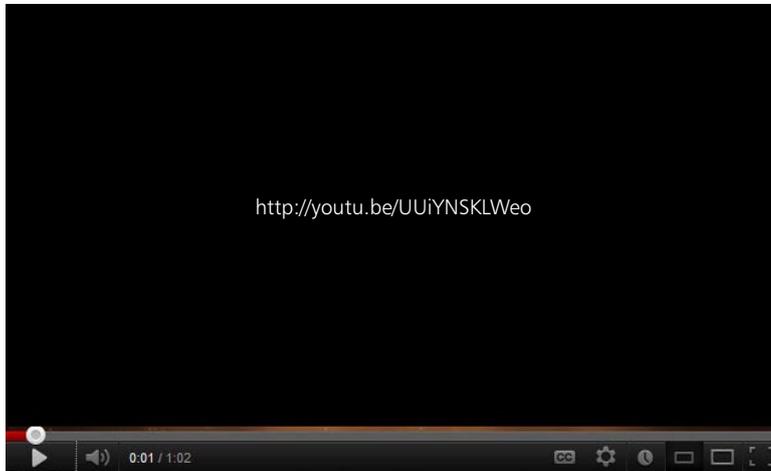
By clearing so many survival states, I must feel safe to be fully present in the world and hence don't feel as numb. Basic EFT is effective now.

Note from Adams Matrix Reimprinting Practitioner: Through the Matrix Reimprinting sessions we discovered that Adam's experience and feelings of isolation started just after he was born, prematurely, when he was placed in a humidicrib and tube fed for 12 hours.

With Matrix Reimprinting we were also able to take Adam back to that time also so that his 'baby' self was united with his mum straight after birth, and reverse the belief of 'I am wrong,' which he formed at that time.

CONNECTIVITY

HELEN JONES AND ERIK CORNISH



HELEN JONES – LIFE AFTER ME

For 15 years, I had successfully limited my connectivity with the world by coming down with ME/CFS. I was horrendously, massively, unbelievably exhausted and there appeared to be no help, no information, no way out. I was self-employed and living on my own.

By the end of 2009, I could barely get out of bed and needed to be looked after, which entailed moving to a part of the country I didn't know. By this time, the Matrix Reimprinting book had just been published. In 2010, I made a safe connection by working with a wonderful Matrix therapist. The healing began.

In February 2011 I did the 5-day training with Karl. I still had traces of the ME but during the course could not feel it at all – a wonderful experience of another massively powerful connection – that of mind and body.

All that year, I continued to heal. In December, I went to the Supervision Day in Studley, very keen to hear the talk on financial healing, which I

thought was a brilliant concept. After the talk, I connected with the speaker, Erik Cornish. I wanted to keep in touch with him, as I had unhelpful beliefs about money. He gave me a session, and the reimprint was phenomenally powerful. We kept in touch. We connected easily. One thing led rapidly to another (notwithstanding the left brain's occasional freaks), and we are now together and planning to get married!

THE SAGA OF ERIK CORNISH – FINANCIAL HEALER

This is a story of the transformation of an individual into a cosmic soul, starting in Bristol in 1951, born to parents who had been traumatised in Burma during the war and saw the world as a threatening place and life as a battle to stay alive. Then came the public school "stiff upper lip" education which locked the emotions up nice and tight. A move to London in 1969 started a life-time journey with meditation and the beginnings of connection to higher states of consciousness. Phrases such as "we are all one" became part

of the vocabulary and during the 70s an interest in all things mystical became a driving force. The theory of connectivity was already growing, but the first deep experience of this came in 2005 in a guided meditation when there was suddenly a sense of total unity with all of creation, and the phrase "I am all that is, nothing exists outside of me" flooded through every atom of my being. At that point it became clear I had to work with this concept of unified consciousness, and following training as a healer in 2009 I started Financial Healer. It soon became clear that all the traumas which people regarded as deeply personal were in fact the same trauma in different guises, which is the illusion of separation from the Absolute, and this has the effect of hiding the underlying joy of creation from the individual. Then the universe decided to turn life upside down, and at the end of 2011, after a talk I was giving in Studley, I got talking to a lady in the audience. One thing led very quickly to another and Helen and I got engaged on Valentine's Day 2012! She has opened my heart to the Universe and given me the space to love myself, something I have never been able to do before, and I am now able to create a beautiful and wonderful life free of battle, struggle and fear!

For more details about financial healing, please visit: www.financialhealer.org.uk or to contact Helen, email: helenj0111@yahoo.co.uk



THRIVE: WHAT ON EARTH WILL IT TAKE?

THRIVE is no conventional movie, it's like nothing you would have watched before and most likely it will change the way you think forever. Weaving together breakthroughs in science, consciousness and activism, **THRIVE** offers real solutions, empowering us with unprecedented and bold strategies for reclaiming our lives and our future.

Filmmaker Foster Gamble has gone the extra mile with **THRIVE** and has taken us down the rabbit hole and beyond. The website supports the **THRIVE** Movement with facts and figures, ideas and solution-based suggestions. If you want to see a better world, make life easier for all mankind, then you really may find this movie a valuable resource.

You can download the movie free online at:
<http://www.thrivemovement.com/home>

TESTIMONIALS

http://youtu.be/c9FDd6S_4Ng

ERIKA AND MAULINE

<http://youtu.be/cNAQKW3FX3I>

**COURSE PARTICIPANT IN
AUSTRALIA**

<http://youtu.be/B71XvwyZ2M>

**JACK CATHOLIC PRIEST AND
RECOVERING ALCOHOLIC**

<http://youtu.be/QdcB7oZZQ9I>

FEEDBACK FROM HONG KONG

http://youtu.be/y0bSu1i_Cog

**PAMELA BRUNER CO-AUTHOR
WITH JACK CANFIELD**

<http://youtu.be/1sMhr-Ckiy8>

**KARIN DAVIDSON ON MATRIX
REIMPRINTING**

http://youtu.be/l_QEYsthHlg

DR SPYDER WEBB

<http://youtu.be/mh5LPcBvj4c>

**BRETT MORAN
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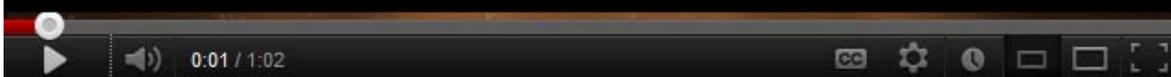
The Mercure Bolton West Hotel near Manchester

For all of Karl's Courses please visit www.efttrainingcourses.net

www.matrixreimprinting.com

Visit the home of Matrix Reimprinting at www.matrixreimprinting.com you'll find Events, EFT & Matrix Reimprinting Training courses, talks, speciality courses & Practitioners worldwide plus lots of great information on Matrix Reimprinting

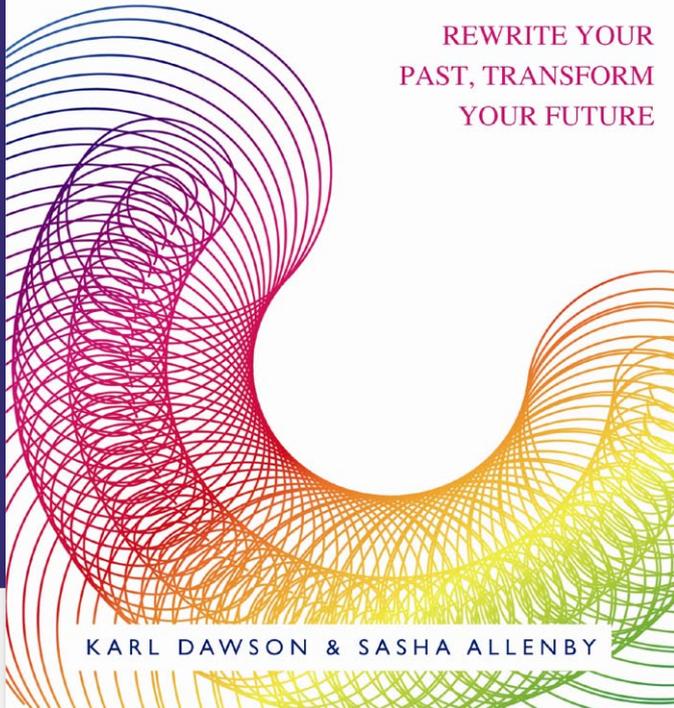
<http://www.youtube.com/watch?v=2YwlcNgoCDQ&feature=youtu.be>



FOREWORD BY GILL EDWARDS, AUTHOR OF LIVING MAGICALLY

MATRIX REIMPRINTING USING EFT

REWRITE YOUR
PAST, TRANSFORM
YOUR FUTURE



KARL DAWSON & SASHA ALLENBY

NEWSFLASH

Matrix Reimprinting
using EFT is to be
launched by
Hay House Publishing
in the US in
July 2012

Books are available in German and Spanish with translations in French, Japanese and other languages available soon.

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ASK YOURSELF THE FOLLOWING QUESTIONS:

- Are you interested in personal development and ready to take a quantum leap to accelerate your progress?
- Are you interested in EFT and ready to learn new protocols that will seriously enhance your practice?
- Have you been sabotaging yourself and are you ready to move into more self-supporting patterns?
- Do you have negative beliefs (such as you aren't good enough, clever enough, special enough, the world is a dangerous place, etc.) and would you like to replace them with positive ones?
- Do you feel like something happened in your past that you can't remember and would you like to surface the memory so you can resolve it?
- Have you been trying to implement the Law of Attraction without much success and are you ready to attract abundance in all areas of your life?
- Have you been challenged with a long-term illness or serious disease and do you want to accelerate your healing?

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- A whole host of brand new techniques and protocols
- New ways of accessing memories that are blocked or repressed
- Tools for working with long-term illness or serious disease

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