

What is Matrix Reimprinting:

Matrix Reimprinting was developed around 2010 by Karl Dawson in the UK. Karl developed matrix reimprinting as a way of using EFT for specific trauma relief.

When we experience trauma our bodies go from fight of flight mode in to “freeze” response. A part of us splits off to contain the unbearable feelings; a survival mechanism.

In the face of eminent danger our body/minds go into shock. We dissociate from our body . On one hand we never fully experience the trauma and on the other hand the splintered off part of us never stops experiencing the trauma.

As an adult it is a memory , the ECHO or younger self never stops experiencing it .

Your younger self is also called your ECHO which stands for **Energetic Consciousness Hologram**. It is an energy that lives in our local fields as part of our quantum field.

Even though the ECHO has no physical body it does have an independent consciousness. The consciousness of the time and space when the trauma occurred, The ECHO never ages. No matter how many life experiences/learning experiences you’ve gone through the ECHO stays trapped in the original event.

When something in your life now triggers that old memory, we often access the feelings of our younger self . we can experience intense emotions that don’t make any sense . Often feelings of anxiety or being frightened when there isn’t anything dangerous happening now.



In Matrix Reimprinting we work with your ECHO directly. We collaborate to access and communicate with the younger self.

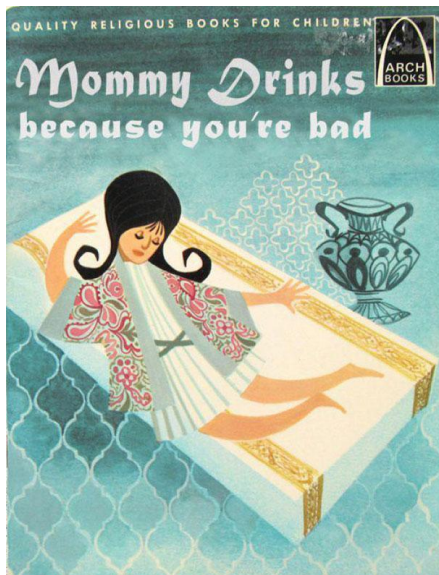
ECHO's are real! Our ECHO's are frozen in time ,many years ago. Our ECHO/younger self often has access to memories that our conscious self has forgotten.

When we connect to the ECHO on a specific memory, we ask a few specific questions:

“what are you feeling?”

“What did you decide in this moment about yourself and about life?”

I will then lead you through tapping on your younger self. This is done in your imagination – you imagine tapping on your ECHO as you or I tap on your physical tapping points . EFT is very effective and even more effective if you go to the root cause of your issue.



Helping your ECHO release its stress is only the beginning.

We often form our core beliefs in the ECHO experiences. What did we decide as real in those moments. These core beliefs we form in those times are filters that can really mess us up !

One of my clients as a 5 year old boy was playing in the basement when the furnace kicked on and his cat attacked him from nowhere. He took on the belief that “being next to the furnace was unsafe.” For years even though he consciously knew the furnace wasn’t going to attack him he was very nervous about going down stairs and getting next to it.

Children are hardwired with the survival mechanism of taking on responsibility for everything that goes on around them. “If it’s my fault that daddy beats momma maybe if I’m a nicer kid daddy will stop.” This means children often make self-destructive decisions that are very harmful to the:

“ I’m unsafe nobody has my back”

“People I love don’t love me back”

“mommy doesn’t love me”

“ I’m unlovable”

“It’s not ok to relax and play I always have to be on guard“

These negative core beliefs wreak havoc on our lives often derailing us as we try to attend our long-desired goals. We are always looking for confirmation that our beliefs are true. We often reenact the same bad experience all through our lives thus confirming the unhealthy core beliefs.

With Matrix Reimprinting we tap away the distress of our ECHO , we ask them “How would you like this picture to change?”

Often the adult client is very surprised at how the ECHO would like the picture to look. This new picture always reverses the negative decision that the ECHO had originally made.

For example, the ECHO says “I want mommy to let me be me.” I ask my client “Can you picture that for your ECHO?” If the answer is yes then BOOM goal met. If the client says “No! I really can’t see that!! Mom always made me do only what she wanted.

We then have to speak to mom in that memory – allowing her to voice her reasoning for her behavior, often things that were unknown to the ECHO, things from mom’s past usually when she was a little girl that makes her act the way she did. Once the discharging of the trauma is complete and the ECHO has formed a much better picture we reimprint the new picture. This is done by imprinting the new picture in the client’s mind, body and heart and then sending it out to the matrix.

Changing the picture for your ECHO is very real.

We're not denying that the actual event happened. As adults we can access the original event if we wish, the difference is that the emotional distress will be gone. The ECHO is no longer trapped!! All the disrupted energy around that event has been smoothed out. The ECHO doesn't have to try to reenact the horrible memory or remain stuck there. This new lovely picture can transform us.

When I encountered Matrix Reimprinting I profoundly transformed myself. I now have the honor of helping others experience life-changing relief which allows them to reach their goals and the freedom from the painful memories from the past. If you'd like to try it out for yourself, please let me work with you .