



Enter the matrix

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Meena Azzollini samples the revolutionary new meridian tapping therapy called Matrix Reimprinting.

IMAGINE that the power to heal yourself, take away stress, anxiety, even pain, and feel confident and free lies in your fingertips. Sounds like magic? In fact, it is a profound new therapy steeped in quantum physics, called Matrix Reimprinting (MR).

Founded by Emotional Freedom Technique (EFT) master Karl Dawson, this therapy is inspired by the traditional Chinese medicine system of meridians: an energy distribution system made up of interconnecting channels running through the body, carrying life force or qi. EFT combines tapping of acupuncture meridian points with the fingertips and psychology. Caroline Dawson, sister of Karl and an EFT and MR trainer, explains: “With tapping, you verbally and energetically tune into an issue – emotional, physical, spiritual or mental – and then tap on different acupuncture points while repeating a reminder phrase; this reduces the brain’s ‘fight-or-flight’ signal, and creates emotional and cognitive shifts. To use MR, you need to know how to use EFT first.”

Defusing fight-or-flight

In his New York Times best-seller *The Tapping Solution*, Nick Ortner writes: “The fight-or-flight response begins in a mid-brain component called the amygdala. Early negative experiences program the amygdala to raise the alarm whenever anything similar happens again – even the thought of a similar experience will trigger this response.” Studies at Harvard Medical School show stimulating certain acupuncture points actually decreases the amygdala’s response. Ortner adds: “Even though the stressful thought still exists, with repetition the amygdala learns not to trigger the stress response when you encounter or think about that negative experience again.”

Alison van Vuuren, EFT and MR practitioner and founder of Happsoul, says: “MR works with a person’s Energy Conscious Holograms (ECHOs), also called as inner child or sub-personalities, to transform past traumas, events and limiting self-beliefs by imprinting new pictures or scenes.” Enter *The Matrix*: developed by Max Planck, ‘the father of quantum physics’, in 1944, this is the concept of an energy field where the birth of stars, the DNA of life and everything in between – including the blueprint for our physical reality – originates. Popularised by writers like Gregg Braden and the films *The Secret* and *What the Bleep Do We Know?*, this energy field is also called *The Field*, *God*, *The Universe*, *The Divine*. “Essentially, it

is a universal energy field that is conscious of itself, connects us all, and contains our personal, cultural, and family fields,” says Dawson. “It is the same as the Akashic records – a dimension of consciousness containing a vibrational record of every soul and its journey, which are constantly being updated – all information, past, present and future, is stored there.”

How does MR work? Stressful life experiences are stored as traumatic memories in our ECHOs, which energetically split off from us and reside in the local biomorphic field around the body, instead of being stored in it. This local field is part of the larger quantum field – or Matrix – which surrounds us, connecting us to our past and influencing our present behaviour. MR resolves the negative energy charge around the ECHOs, allowing the person to heal and move on. Dawson elaborates: “With

“The levels of healing and forgiveness experienced when using this technique are indescribable.”

MR, it’s like being in a play: you step into the memory (the matrix) and talk to and work with younger parts of yourself in that memory. You learn how beliefs were made, tap on them to release the fight-or-flight response, and construct new and positive meanings and pictures from those events to reprogram the mind, indicating the trauma is over. For example, if a person lives with the self-belief, ‘I’m not good enough’, MR might establish a childhood memory of being bullied. Dialogue begins on on the ECHO – the younger self at the time of the event – and then tapping is used to release the trauma and to empower and transform the ECHO by imprinting a new, more supportive scene, perhaps introducing a pet, colour or energy field to protect and support them. The whole process informs the person that the past event is no longer relevant.” Van Vuuren adds: “It’s important to highlight that when we transform a memory, we aren’t denying what happened in the past – instead we are acknowledging it fully, before changing your core belief around it.” ✨

✨ What is MR good for?

From a multidimensional viewpoint, we have any number of past and future lives, and MR is a way to tune into any of them to help us cope and heal. Dawson says: “It’s helpful for anything you feel emotion about – being bullied as a teen, coping with a serious disease, money problems, or tough relationships. Our wellbeing is closely interlinked with our emotional health, which is why stressful events, deeply-held unconscious beliefs and habitual patterns can create disharmony and disease. But if we use MR to work on the energetic and emotional level to understand WHY we feel as we do, we can transform and evolve those emotions – and if we can be free with our emotions, we don’t need to fear anything.”

Van Vuuren, who specialises in post-traumatic stress disorder (PTSD), adds: “MR is key in addressing PTSD symptoms like depression, chronic fatigue syndrome (CFS), adrenal fatigue, hyperarousal, and recurring traumatic memories.” Adam Oldmeadow, 26, who suffered from CFS, says MR helped with a block to reading. “I could barely focus my eyes without having a strong stress reaction; MR also helped me overcome a fear of public speaking.” MR can be put to many uses. For example, Dawson is currently working with women who have experienced domestic violence, helping them to understand the confusing emotions of guilt and powerlessness. She is also running a pilot scheme in schools with SAFE Australia, using MR to help children deal with bullying. “Children love working in the matrix,” she says. “They just ‘get it’. They haven’t got the years of baggage that adults have, so they can shift quickly to a place of peace and forgiveness.”