

# MATRIX REIMPRINTING using EFT

Matrix Reimprinting advances traditional EFT tapping in a number of ways, drawing wisdom from:

- Neuroscience
- Quantum Physics
- Trauma research (in psychology, sociology) particularly regarding Post Traumatic Stress Syndrome and the affect of the fight-flight-freeze response.

As a result you can “rewrite your past, transform your future” and thus manifest the dreams and goals you desire.

It all starts in the MATRIX and understanding that everything is ENERGY (as Albert Einstein proved).

## WHAT IS “THE MATRIX”?

Quantum physicist Max Planck first coined the term “matrix” in the 1940s.

Now, in the 21<sup>st</sup> century, THE MATRIX is a buzz word used by many new-science thinkers like Lynn McTaggart, Bruce Lipton and Gregg Braden who refers in his book “The Divine Matrix” to **a place that “bridges time, space, miracles and belief.”**

## REIMPRINTING

**Reimprinting refers to the way we use pictures, color and strong emotion to erase and override** the effect of fearful or traumatic memories imprinted in the past.

We reimprint new positive empowering memories, running them through the:

- brain (pictures)
- heart (feelings)
- body cells (telling them that the threat or trauma is over) and finally ...blasting them from the heart into the Matrix to begin resonating in our “field”.

## MATRIX REIMPRINTING AND GOALS

In Matrix Reimprinting we change the pictures in the Matrix so they vibrate a new resonance to change our reality.

In terms of the Law of Attraction, by changing our vibration we change our reality and our world.

We also change the ease and certainty with which we break free to achieve our GOALS.



## HOW IT WORKS WITH GOALS

So you use EFT-Matrix Reimprinting to **Get Clear** on Goal Success in two ways:

1. You begin EFT tapping on the PRESENT DAY SELF to reduce anxiety and tune into the block you are facing with your goal.
2. This leads to a past memory where you first encountered these feelings and set up a belief as to why you *don't deserve, are not worthy or cannot for some reason achieve your goal.*

I call this the “goal trauma”.

## TAPPING ON THE PAST ECHO

During an EFT-Matrix Reimprinting session you step into the past memory to help your past self (often a younger you or inner child) to feel supported and loved instead of isolated and fearful.

But there's one step more – and this relates to mastering your goal success!

You give your ECHO or Younger Self a brand new positive and empowering memory that

- a) Makes her feel good
- b) Changes her belief about herself and life
- c) Flips the old sad memory/story into one of joy and possibility

End result...

THE LAW OF ATTRACTION begins to vibrate within you at a **higher faster positive level** to manifest your dreams and goals with more ease and grace.

In the next Lesson (Video + Worksheet) I will show you how to apply this new understanding to your goals in an even more profound and exciting way with **Matrix Goals and Future Self Reimprinting.**