



THE MATRIX ENERGETICS EXPERIENCE

WORKBOOK

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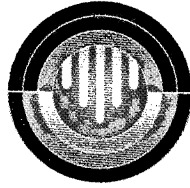
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INTRODUCTION

to The Matrix Energetics Experience

I am Dr. Richard Bartlett, and I've designed this workbook to help you immerse yourself in the experience of "Matrix Energetics." Matrix Energetics is something that came to me in 1996 while I was studying for my naturopathic degree at Bastyr University in Seattle. It is based upon an experience I had, which I discuss at length in the audio portion of this program, where I saw a three-dimensional hologram of Superman while working with a child who suffered from a lazy eye. This experience led me to a new way of thinking, and subsequently to a new energy and possibility. I called this new technology of consciousness Matrix Energetics. During the years since, I have used it to heal people around the world—starting with that child with the lazy eye.

In our society, this kind of healing is often called "a miracle." I believe that the state of the miraculous is something each of us can access at any time—so right from the start I wanted to know whether Matrix Energetics was something that was repeatable, verifiable, and accessible to others. I figured if Matrix Energetics was something only I could do, it wouldn't be particularly useful. If, on the other hand, it was something that *anyone* could do, then it could affect real change in the lives of countless people.

In order to understand the science behind the phenomenon, I studied quantum physics, subtle-energy physics, and different types of “healing.” In the end, I came to the conclusion that the technology of Matrix Energetics was not just a gift meant for me. It wasn’t about me being a healer or being able to do something that nobody else can do. I believe that Matrix Energetics represents foundational skills that every one of us possesses. In fact, we have engineers, children, and people from all walks of life attending Matrix Energetics seminars, and I would say that at least 97 percent of participants are able to “learn” this consciousness technology. It’s not a small minority; it’s the majority.

I want to explain why I call Matrix Energetics a “technology of consciousness,” rather than a healing technique. There are countless healing techniques available. I’ve mastered more than 40 of them myself, so I don’t have anything against techniques. But when you think of something as merely a technique, you define it and limit it. Matrix Energetics does not purport to be a technique for healing. It *can* heal you. It can change your life. It can transform your expectations of what is possible in your universe; it can transform your relationship to the universe. But it is designed in an open-ended way so that whatever you bring to it applies. Whatever you know, whatever you have experienced, whatever your fields of expertise are—they apply directly to your ability to play in the field that I call Matrix Energetics. That’s why everyone’s experience of Matrix Energetics is different, and why some of my students have developed abilities that even I’ve never dreamed of having.

Matrix Energetics is designed to free you from the limitations of your conscious mind. When you free your mind, you open yourself up to the limitless potential and processing power of your right brain. When the power of this unconscious awareness is tapped, you can begin to *play with the universe*. To play is to loosen the sense of struggle that comes from trying to *do* something. It is to engage the universe with a sense of

joy and childlike wonder, without a particular goal. That's why I call Matrix Energetics a consciousness technology rather than a technique—because it is about engaging in meaningful play. Meaningful play has a purpose, but no particular expected outcome. Entering into play to achieve a particular outcome would work against the sense of magic and surprise. The type of play I'm proposing creates outcomes that are observable, functional, and practical. When you make play practical—not in a limited, left-brain way, but in an expansive, right-brain way—it can become your job, it can become your life, and it can transform your expectations of every aspect of how you live.

In the audio sessions, I speak at length about the findings of quantum physics and what quantum physics can tell us about technologies of consciousness and the possibility of transformation. I believe that quantum physics help to explain some of the results found in Matrix Energetics, but these explanations have another use as well. They give the left brain something to focus on, so it can get out of the way and allow the right brain to do the work. Now, I don't have anything against the left brain. As a doctor, I relied on my left brain to get me through medical school. Each of us do countless tasks each day at which the left brain excels, from planning our activities to driving a car. But the left brain is a serial processor, like a computer, and this kind of processing power can't lead to new answers and unexpected results. The right brain is a parallel processor, operating outside the usual rules of time and space. It's this freedom that allows instantaneous change to occur.

One of the real challenges in teaching something like Matrix Energetics is that you don't want to over-define it. As soon as you define it, you've confined it. Our fears, hopes, and beliefs about what is possible all affect what can happen in the next instant. They affect not only our experiences, but our *ability to experience*. Each of us have a set point, like a thermostat, which determines what we are willing to believe, what we are willing to experience in the next moment, and what we can actually sense in the world. This

definition limits your experience, because you may get what you expected and you may not. If you don't get what you expected, you say "nothing happened" or "it failed."

All we have to do in order to go beyond the limitations of the model is to realize first that the model itself—like any model—has limitations. Again, we have to embrace the idea that change could be instantaneous, and not try to define it.

Instead, we go to grace. Grace is the limitless potential for literal miracles to happen. Miracles happen between the spaces of conscious awareness. Our consciousness utilizes the left brain to arrange our experiences like slides. We have, say, 12 of these experiences per second, and these frames flash by so rapidly that they form what appears to be a seamless show; it's like watching a movie. A movie is just a bunch of slides on film, but when you quickly flash them in sequence they blend into what appears to be one continuous activity. This is what our brain does. It takes fields of light and information and reconstructs them into a series of slides, based on our model of what we expect to see and thus are able to experience. This "movie" creates our reality in time/space.

Once we realize that it is simply a matter of switching to a model that transcends the limitations of time/space, new and unexpected outcomes can occur. The first task is to transcend the limitation of time. To do this, you say, "In the next moment, anything can happen"—and then you really *feel* that possibility. Now, if you say, "In the next moment, anything can happen," and you are in your head, you'll run up against your old limitations. But if you drop down, out of your head and into your heart or the field of energy around you, something new can happen. For example, you can create an intent, such as "I would like to have this or that"—almost like writing a letter to Santa Claus. Then you let go of the intent and just let the ripples spread out, as if your intent were a pebble dropped in a pond. Then change can happen in the blink of an eye.

The exercises that follow are designed to help you experience Matrix Energetics more deeply than if you simply listened to the audio and watched the DVD. After all,

this program is called *The Matrix Energetics Experience*, and, as I said earlier, almost everyone is capable of exploring this technology and achieving results. They might not happen right away, but there are no right or wrong experiences. If you continue to engage these practices, without rules or expectations, you will enter a new relationship with the universe, one in which massive change can happen instantaneously.

The first section of the workbook, “Learning to Play with the Universe,” contains practices that can help awaken new ways of looking at the world. The second section shows you how to apply the “Two Point”—that’s the part of Matrix Energetics that is sometimes mistakenly referred to as a “healing technique”—in a variety of situations. The third section explores the 21 Frequencies, which are healing frequencies you can apply in daily life in a wide variety of ways.

Keep in mind that there are no rules as to how you use the practices, what order you do them in, or how often you make use of them. Feel free to follow your intuition as you begin to work with Matrix Energetics. You may wish to do certain practices multiple times; the results are likely to be different each time.

The final element of this program is the cards, divided into two sets. One set contains information about the 21 frequencies, while the other contains contemplations from my Matrix Energetics seminars. Both sets of cards can be used in a variety of ways, detailed in the exercises that follow.

My hope is that engaging in these practices will make the universe a more magical and joyful place to be—for you and for all people.

Richard Bartlett
Seattle, Washington
August 2008



SECTION ONE

Learning to Play with the Universe

During the 18 years of my medical practice, I've noticed that expectation can be both our worst nightmare and our greatest friend. Perhaps you have an expectation about coming to see me as a patient—that this weird doctor or shaman (as I have been described by some) is going to heal you. That expectation can provide the impetus for you to transcend the limits of your body conditions, your mindset, and your emotional circumstances, so that anything is possible in the next moment. If, on the other hand, you believe that transformation is impossible, then your expectations will create that reality. For example, if you have a cut and you're invested in the belief that it will take the skin two weeks to fully heal, the cut isn't going to vanish overnight.

Learning to play can help break down our expectations, which are just the unconscious rules we apply to reality. They aren't reality's rules; they're our own rules, based on our experiences, cultural conditioning, etc. When you enter into play, you're no longer thinking about outcomes, because the play is its own reward. You're totally engaged in the present moment, which means you're also outside of time.

Play happens when you completely forget yourself—forget time, forget space, forget that you are even human—and instead become occupied with a moment. You might

even call it bliss. I've seen pictures of saints and yogis who appear to be very serious but they have a twinkle in their eye, a little smile that says, "I get the joke." The joke is that the universe isn't "real"; it's just playing with us. The saint is saying, "I am playing back, and I am having more fun than you are." Do you think Jesus enjoyed playing with the universe? Do you think the universe liked playing with Jesus? The scriptural evidence suggests that the universe obeyed Jesus when he spoke to it. If that's the case, then it doesn't come from Jesus trying to control the universe in a left-brained way; it comes from Jesus being so attuned to the energies of creation that whatever he spoke was a command.

When I talk about play, I'm not talking about running around for 15 minutes because your doctor said you need more exercise. That's not play; that's therapy. I'm talking about losing yourself so fully in whatever you're engaged in that your sense of time and even your sense of self begin to change. The people who are most successful in life actually make their work into play. They have the most fun doing what they do naturally; work and play are both a natural expression of who they are. Since play is an extension of who you are, it shows up differently for each person. When you play, you are in effect accessing the creative potential of your right brain, a part of you that is undernourished and overlooked and underutilized most of the time. The right brain is what geniuses like Einstein and Tesla used to solve problems in ways no one had ever thought of before. Play can become a meditative tool; it can be a work tool. It can be the paint you use to color your reality.

Play can literally be anything that springs to the mind in what I call a sense of "innocent perception." Jesus said that unless we become like little children we will not enter into the kingdom of heaven. It's this childlike sense of wonder and possibility that we want to cultivate. If we cultivate strong beliefs and ideas, we will not be open to possibility and instantaneous change. Let's say, for example, that I had painfully sprained my ankle. If I were to look at my ankle and see a wound that would take six to eight weeks to heal,

I would be creating an inflexible reality that would not allow for healing to happen in the next moment. If, on the other hand, I were to cultivate the state of innocent perception, I might look at my ankle and see something unexpected—feathers or a frog or a bouncing tennis ball or whatever shows up, unbidden by my conscious mind. I would literally escape the trap of my left brain's rational awareness, and in that next moment my ankle could be transformed and the sprain could be healed. That is the value of play.

One of the best ways to cultivate healing in a given situation is to ask a simple childlike question: What would it be like if things were different right now? The cultivation of asking useful, open-ended questions for which you don't necessarily have an answer creates a welcoming response from the universe. This process actually sends your brain on a search for meaning. The left brain does not understand the context of the question, because it is open-ended and has no answer, so the right brain then takes over.

The right brain has access to what scientists have called the Zero Point energy field. The Zero Point energy field is the point beyond time and space, beyond the rules, beyond the physical laws of the universe—where there is a pure reservoir of untapped potential as energy. If you can let go of your rules and expectations, you can reach into that field. In that moment you can pull some of that pure, universal, unlimited energy into your world, which can change your physical conditions right now. Miracles are possible in the next moment, and anyone can access that potential.

Of course, the idea of imaginative play can be a problem for the left-brain conscious mind. Sometimes the way the conscious mind reacts is a benefit, and sometimes it's a hindrance. Sometimes the conscious mind will simply not pay attention to the play you're engaged in, so it goes away and you're able to experience a different outcome. But the conscious mind may also discount the results of play and limit your outcome.

We need to learn to play in a way that has an observable and reproducible outcome—so that the conscious mind has to pay attention, even if it doesn't know what's going on.

This is accomplished by transitioning from imaginative play to virtual play. In imaginative play, you essentially make things up. You might imagine a particular outcome without actually experiencing it; maybe it will happen, maybe it won't. With virtual play, you tap into a greater foundational reality and allow for an outcome that's actually *different*—not merely *imagined* to be different. When your play becomes your reality, your every breath becomes a foundational exercise for transforming everything that you believe, see, feel, and experience. When you go beyond just seeing or imagining to actually experiencing or feeling an outcome in your body, you have engaged in virtual play.

The exercises that follow will help you develop the ability to experience virtual play for yourself. After each exercise, you'll find a space in which to record your observations and experiences.

Imagine Your Front Door

This is a great practice to start with, because almost everyone can do it successfully. Thus, it's a great starting place for experiencing virtual imagination, as it allows you to experience an imagined object that feels "real" instead of simply "made up." Close your eyes and imagine your front door in as much detail as possible. Reach out and run your fingers over the surface. Is it rough or smooth? Is the paint peeling? Can you picture any unique characteristics of the hardware, such as spots of tarnish on the lock or handle? What colors do you see? Is the surface of the door warm or cool to the touch? Are there dents or scuffs around the frame?

Write down your observations, capturing as much detail as you can. You may wish to compare your notes to the actual door, but remember there are no right or wrong answers. You may also try this exercise several days in a row, noticing what changes each time.

Finger-painting with Color

This exercise helps attune you to subtle sensations in the body. Take your index finger and dip it in a can of imaginary paint. The first time you do this practice, try dipping your finger in blue. Now imagine this blue color emanating from your fingertip, so that you can focus it like a laser. Take this beam of blue light and run it slowly down your shin, noticing any physical sensation you experience. Perhaps it feels warm, perhaps cool, perhaps you can feel the line of your intent as you move the blue laser up and down. If you don't feel anything, that's fine too. It's okay to make it up. It's okay to imagine your experience until you actually start experiencing something.

Write down what you sensed (or imagined sensing). You can try the same color on the same part of your body for several days, noticing what changes. You can also try different colors and move the colored laser over different parts of your body, each time simply noticing the sensations you experience with open curiosity.

Tracking Subtle Changes with the Contemplation Cards

Pull one of the cards at random from the set of contemplation cards. Say you select the card that reads, “The less you think, the more powerful the outcome.” Now, holding the idea expressed in the card, ask yourself a series of open-ended questions. They can be directly related to the card content. For example, “If my mind stilled, what would I be aware of that I’m not aware of now?” But they can also be more general questions, subtly informed or flavored by the card content. For example, “What would it be like right now if things were different?” or “What do I feel in this moment that I didn’t feel in the last moment?”

The point is not to achieve some particular “correct” experience. The point is simply to become more adept at tracking subtle changes, such as the changes that occur when you encounter a new thought or idea. These changes may occur in the body, in the mind, or in your feeling state. I simply want you to track these changes, and describe them in as much detail as possible.

Imagine You Are a Superhero

Imagine that you're a superhero. What special powers or abilities do you have? How do these powers change the way you perceive reality? Are the sensations powerful, confusing, subtle, calming? How has your body changed as a result of your powers, and what new sensations do you experience in the body?

It doesn't matter whether the superhero you imagine appears as Spiderman or Donald Duck or some new creature that no one has ever heard of before. What matters is that you pay careful attention to what you feel and picture, without expecting any particular outcome. Take a few minutes to practice imagining yourself as a superhero and write down your experience.

Back to the Future

The basic laws of physics work equally well when moving backward or forward in time. Imagine that time is running backward, and the things you do today are not causes but outcomes of future actions. How does this change the way you see the world? Let me give you an example. In forward time, you and your partner had a great date last night, but today an argument erupted over something trivial, and you both ended up yelling at each other and storming off. What would that look like in backward time? Instead of separating, you come together. At first you yell, but then the conversation grows calmer. The argument resolves into nothing, bringing you together so that you can enjoy your date.

Now pick an experience from your own life, one involving a partner, a friend, a co-worker, or even changes in your own thoughts or feelings. As long as the experience undergoes change, you will be able to track it backward as well as forward. What does it *feel* like to experience your actions as a result of something that, in your own forward timeline, hasn't happened yet? How does it feel when the cause becomes the outcome, and vice versa? Do you enjoy looking at your actions from this perspective? Is it liberating, distressing, confusing?

Try to bring your thoughts back to this perspective of backward time at various points throughout your day, and notice what happens.

The Rules of the Universe

An Indian mystic once remarked that the rules of the universe are more like suggestions. We don't expect to be instantly transported from our house to the top of the Himalayas because that's outside the rules of our experience, but quantum physics suggests that there's always a possibility, however remote, that something like this could happen at any given moment. When you hold the idea that the rules of the universe are more like suggestions, what happens to how you perceive "reality"? Record any thoughts you have about this new perspective.

The Quantum Jesus

In John chapter six, Jesus says, “Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” He continues by saying, “For the bread of God is that which comes down from heaven, and gives life to the world.” He is obviously not talking about physical bread, but rather to the life force that sustains all creation. Imagine Jesus was a physicist who knew all the secrets of matter, and that the manna he referred to was that extraordinary source of energy we call the Zero Point Field. Now imagine you have access to that same source of energy right in this instant. What changes? How do you experience the world—and yourself—differently?

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The Field of Enlightenment

We think of ourselves as separate and solid, but we are all just patterns of energy condensed in a liquid crystal form. Thus each of us has access to *all* information, *all* the time. This information includes the morphic fields of all the great saints and masters, which are continually accessible to us. Imagine that you are able to access the morphic field of enlightenment. How does that feel, and how does it change your relationship to your perceptions? What happens if you say out loud, “I am an enlightened being”? How does the world change? How do you change?

Invite a Miracle

The key to unlocking the space of grace and miracles is to not put any limits on the universe. This includes not defining how a miracle shows up and what it looks like. An illness that disappears may be a miracle, but so is having a parking space open up right in front of you.

Invite a miracle into your life. Ask yourself, “What if a miracle occurred?” The question is an invitation, like a pebble dropped into the field of possibility. Don’t hold an idea of what your miracle will be or how it will show up, just put out the invitation and trust it will unfold. Wait. What happens? At the end of the day, take a look at any events that could have been a response to your invitation. Was there a moment that felt like an answer to your open-ended question?

Embracing Confusion

Embrace your confusion. Learn to celebrate the feeling you get when you don't understand something. This may be a mental confusion, such as not knowing how to program the remote. It might be an emotional confusion, such as trying to understand a partner's point of view. Often, a sense of confusion triggers an emotional reaction of anger or frustration, but confusion can just as easily trigger curiosity or deeper focus. How is your experience transformed when you embrace confusion?

No Expectations

At the start of the day, say to yourself, “Today I have no expectations. I’m just a conduit for whatever unfolds.” Repeat this whenever you want throughout the course of your day. Without the expectation of any particular outcome, do the events of your day take on a different flavor? Do you experience a different pattern, one bigger than the normal scope of your individual life? At the end of the day, write your observations down.

Changing the Story

Identify a negative script or story you have told yourself for a long time—“My mother abandoned me,” “I let my golden opportunity slip away,” “I wasn’t there when someone needed me,” etc. Try to see the story clearly, and to sense the ways in which that story has had an impact on how you act and feel. What would reality be like if that story weren’t true? Dream up a new story that might replace the negative one. Try that new story on for a day and see what changes. Maybe you’ll feel transformed by the new story; maybe the change will be subtle. In either case, changing the story is a practice that can help you notice more and subtler effects, in yourself and in the world. As I said before, at its heart, Matrix Energetics is simply about *paying attention*.

Shifting the Energy

Ultimately mind, body, and emotion are all made of the same stuff: the basic quantum-level building blocks of the universe, which comprise everything from molecules to stars to works of art like the Mona Lisa.

What happens when you think of body, mind, and emotion as *the same thing*—just an expression of energy? Take a problem you think of as an emotional issue—anger you’ve felt toward someone, a regret, or sadness—and now let it just be energy. Next, focus on some physical issue; it can be something as simple as the tingling when your foot falls asleep, or an itching sensation on your leg. Let it just be energy. What shifts? Note how your relationship to the feeling or sensation changes when you experience it as energy.



SECTION TWO

Working with the Two Point

The purpose of the Two Point section in this workbook is to help you experience the ability to observe and measure reality as it changes instant-by-instant. When you practice Matrix Energetics, you are creating and transforming reality at the quantum level and observing the macro effects of that change. Matrix Energetics is a pathway for transformation, not merely a healing technique; however, you'll likely find that practicing the Two Point will transform your beliefs about healing, disease, and the nature of reality. This new paradigm gives you instant access to new states of awareness that make it possible to interact with the material world and transform it, affecting change connected to past traumas, injuries, and emotional patterns.

Matrix Energetics shows us how we can consciously choose to observe in a different way. As a natural extension of changing your way of perceiving, your old reality collapses and new possibilities materialize instantly. Physical and emotional conditions can be resolved with the speed of thought. People affect verifiable, observable changes instantly.

How does this transformation occur? You could say that the Two Point technique is the vehicle for transformation, and imagination is the fuel for that vehicle. That's

why I began this workbook with practices to help you develop virtual imagination. Now I'd like to describe how to practice the Two Point technique, which at its most basic is simply a measurement tool allowing you to feel a connection and take a soft measurement between two points, and give you a taste of the scientific research that supports its limitless possibility for transformation.

According to modern physicists, all reality can be described as vibrations and waveform patterns. In other words, *everything* is light and information. The vibrations and waveforms in this matrix can be changed, meaning that anyone can collapse the current reality such as an injury pattern, some stuck situation within the body or emotions, and introduce one of many new, more useful possibilities.

Disease may be defined as a disruption, cessation, or distortion arising in the matrix of these information fields. Physical and emotional injuries impair communication at the cellular level. The application of the Matrix Energetics field re-establishes the flow of biological information so that the body can better respond to stimuli in its internal and external environments.

Practicing the Two Point allows you access to this field. The Two Point is a measurement tool that helps you become more attuned to the possibilities reality offers at every moment. Whether you're applying it to yourself, another person, a pet, an object, or even a feeling state, the basic method is the same. With one hand, find a location to which you are drawn, or where the energy feels stuck, hard, or rigid. This can be a spot on your own body or on the person or object you're working with. In fact, that sense of physical touch can be useful as you begin to work with these Two Point practices. As you become more adept at intuitively sensing energy, you may find that your hand is drawn to a place that isn't directly on the body, and that's fine, too.

Once you've located your first point, take your other hand and locate a second point on or in the vicinity of whatever you're working with. As an example, let's say

you're Two Pointing yourself, and the focus is on an ankle injury. The first point will likely be on the injury itself. The second point you want to locate is one where another possibility exists. If point A is *injury*, then point B is *not-injury*, a reality in which the ankle is *already* healed. Once your two points are chosen, you simply feel the connection between the two points—what I call taking a weak measurement—and simply let go, then observe what happens. The idea isn't to try to achieve an outcome; the idea is to find a reality in which the outcome naturally occurs.

I have witnessed many miraculous healings occur instantaneously through the Two Point. In other cases, the changes may not be noticeable at first, but instead play out over time. Let me give you an example of how this might work when Two Pointing an illness. Your health condition is the first point, and the second point is not-condition; if you'd like, picture the injured ankle scenario I gave earlier. The magic is in between condition and not-condition; that is the open space that allows for transformation. Transformation can happen in the blink of an eye, but the rules of your reality may stipulate things like *change happens slowly* or *if I didn't feel it then nothing happened*. Those global beliefs about how things work and what's possible do not necessarily affect what occurs, but they affect your ability to observe it occurring. In this case, you may experience relief over a longer term, even though complete healing was available instantaneously.

It's very important to understand that the Two Point is not about placing an intent for a particular outcome and then trying to control what will happen in the next instant. The key is simply to pay closer and closer attention to what you experience; that's what the practices in this section of the workbook are designed to do. In fact, the less you *do*, the more powerful the outcome. When you are *doing* something, you're wasting the potential of the universe. All you need to do is to invite the change; I'm pretty sure the universe knows better than you how that change should manifest.

Doing less to achieve greater results may seem counterintuitive, but modern physics points us in this direction. Heisenberg's uncertainty principle suggests that it is impossible to know both the location and velocity of an elementary particle. The act of looking changes what's observed. If we measure velocity (the wave function of the object), then we can't know location (the particle function of the object). The harder we look, the more our looking affects the outcome.

That's why, when we do the Two Point, we want to take a weak measurement. We don't want to collapse the wave form of possibility into a specified outcome, because then we're back in left-brain territory again, calculating the odds of a miracle occurring at any given moment.

But bodies have no meaning at a quantum level, and atoms are not things; they're more like verbs. They're a process. On the quantum level, everything—including you—is in a continual state of becoming.

By taking a weak measurement—by feeling the connection between point A and point B, between illness and not-illness, or sadness and not-sadness, or whatever the two points might be—you create an arc of contact. Instantly, whatever you've imprinted on this field can create a shift so that a new possibility can occur. You don't make it happen; you let it happen. You invite the possibility of change, then drop the pebble of that intention and let the ripples spread through the field.

Often you will see and feel a wave-like motion when Matrix Energetics is applied, as the person being worked on—yourself or another living being—experiences a smooth wave of transformation and the body seems to drop in a completely relaxed wave instantly. When you're choosing your two points, you're using subtle clues to identify the places or the parts of the body where the Matrix Energetics “wave” will yield optimum results.

There are no barriers to the expression of this energy and there are no limitations for it. The limitations are in your own mind, and with practice you transcend those

limitations. It is like learning a new language or acquiring a new skill in a sport, where first you have to think about all the rules, and then, at some point, you begin to think in the language itself or act fluidly with skill.

In Matrix Energetics, massive change can occur in the blink of an eye, but you don't want to focus too much on the change. If a miracle occurs, it's just a signpost pointing toward non-ordinary reality, which is what we're trying to cultivate. Non-ordinary reality is the *point*; the miracle is impossible without the access to non-ordinary reality.

If you've already watched the DVD accompanying this program, you may have wondered why so many people fall down or have other physical reactions when they experience the Two Point in Matrix Energetics seminars. We're all just photons and patterns of information, and when a Matrix Energetics practitioner observes or interacts with someone at this level through the practice of the Two Point, I believe it changes the actual spin or velocity of their protons, which changes the resonance of the entire field.

Now, the conscious left brain can only track physical reality, and when you transcend the laws of physicality, even for the blink of an eye, the left brain can no longer track what's happening. The right brain takes over, and the right brain interacts spatially and has no awareness of time. It expands out, and the conscious mind can't keep up. At that point, people tend to go into bliss or unconsciousness or laughter, or they begin to see colors or hallucinate a frog on the floor next to them or any number of things.

But these outward expressions of consciousness are not the point, and *not* experiencing them doesn't mean that change didn't occur. At a recent seminar, I had a banker who simply stood still when I two pointed him, and nothing appeared to happen. But when I asked him about it later, he said he felt his whole body disappear and he experienced the limitless void.

When we measure and let go, we are accessing the Zero Point Field, which represents a huge amount of potential that doesn't have a fixed polarity or charge. It's

a boiling sea of energy in a continual state of transformation, and the way to access it is simply by noticing what's different and letting go. The following exercises will help you begin to experience the Two Point. After each exercise, you'll find a space in which to record your observations and experiences.

Experiencing Two Points in Space

The following exercise is designed to help you experience awareness beyond your physical body. First take your left index finger and hold it out at whatever distance from your body feels right. Next, take your right index finger and find another location in space. Now gradually move the right finger closer to your left finger. As you move your right finger, be aware of any sensations or changes you feel in your field of awareness. Ask yourself, "Do I feel something?" Stop when either your hand stops by itself, or when you feel something.

This exercise allows you to start to feel the space around your physical body. This in turn begins to encode a new kind of perception, shifting from a "real" or concrete view to an observational or "virtual" view. Once you perceive from an observational view, you can then expand the circumference of your awareness even more.

If you are not sure you are feeling something, slide your right finger back toward its original position, then slowly approach your left finger again. Do this a few times, as if you're moving an imaginary slider or controller back and forth on the line between your two fingers. You will begin to notice a subtle change as your finger moves along this imaginary line. Perhaps you'll feel resistance, or lightness, or a certain texture to the energy between your two fingers. See if repeated practice makes it easier for you to access this new perception, in which you're aware of energy outside your body.

Extending the Body

This basic exercise can help you experience how the Two Point can have a direct effect on a physical level. Take one arm and reach out behind you as far as the arm can comfortably travel without pain. Let the place where your hand stops be the first point of reference. Now create a second point behind you, further than you were initially able to reach without pain. The two points form an arc—from point A, where your hand has stopped, to point B, where you would like it to go. Move the hand again, and see how many degrees further it can now travel. You have created a reference point and then all you have to do is move the point of your awareness to your desired outcome.

This same approach can be used with any bodily movement—the rotation of your neck or ankle, how far forward you can bend when trying to touch your toes, etc. Try this repeatedly with a variety of movements and record your observations.

Two Pointing a Pet

In my experience, pets respond well to the Two Point—perhaps because they're not carrying rules and expectations saying that instantaneous change isn't possible! First, let's look at how you might work with a pet that has a specific health condition—a lame foot, for example. For your first point, find an area that feels energetically stuck, hard or rigid, or that simply attracts your attention in some way. It can be the area where the pet is injured, or it can be someplace else, as long as you notice a rigidity in the energy of that spot.

Next, find a second point not related to where the animal is hurting or where the problem is. The second point becomes your reference for the change. The second point could be anywhere, within the pet's body or not. It could be on a chair. It could be a different part of the body. It could be in the air in front of you. The first point represents the condition, such as a lame foot. The second point is not-condition. As I've said before, you're not trying to make something happen; you're not trying to heal the foot. You're simply finding a second point where the condition doesn't exist, making a soft measurement between the two points so that you feel a connection between point A and point B, and then letting go.

You can apply the same approach to your pet's emotional issues. Perhaps you have a pet who is nervous or high-strung. Once again, find a place you're drawn to on the pet's body, a place where the energy feels hard, rigid, or stuck. Then find a second point elsewhere on the pet's body or in the surrounding space. Feel the connection between these two points, and then let go.

Take note not only of what you're feeling and experiencing, but also of any response or reaction from your pet. Record those observations.

Two Pointing an Object

I own a lot of guitars, and I've found that they're a good place to start when learning to Two Point an object. Musical instruments work well in general, because it's easy to validate your experience by playing the instrument to see if you notice any changes. For example, strings that buzzed may have stopped buzzing, or the instrument may simply play more easily. This same approach can be used with any object, however. Again, we are looking for measurable, repeatable effects, so it's best to choose an object that allows you some way of measuring the outcome.

Here, I'm going to talk about the guitar example. Every instrument has its idiosyncrasies, from physical issues like warps in the wood to energetic ones, like the energy of the previous owner. Maybe it frets out in places or doesn't have a resonant sound. In order to work with the Two Point, simply pick some point on the body of the guitar that feels stuck or hard and rigid, and place your hand there. Then move your other hand up the neck until you find a second place; maybe this second point will simply resonate with the first point, or maybe the second point will present itself as an openness or new reality. The key is that you can feel the relationship between the two points, an attraction like that between magnets. Once you've connected these two points, you simply let go. In my experience, you can feel the instrument literally seem to unwarps, or move beneath your hands. Try this Two Point exercise on an instrument or some other object where the results can be verified through your experience, and record your results.

Two Pointing Houseplants

This exercise is somewhere between working with your pet and working with an inanimate object. For your first point, find a place on or around the plant where the energy feels stuck, hard, or rigid. Find a second point that your attention is drawn to, either on or in the space around the plant, and feel the connection between the two points. Once you've become aware of that connection, simply let go. Over time, observe any changes in the plant. If you want to take a more scientific approach to this process, purchase two identical plants. Use the Two Point on one of the plants on a regular basis, but not on the other plant. Observe how the two plants begin to differ over time, and record your observations.

Two Pointing Emotions in a Relationship

In every relationship, emotions come up. Let's say you had an interaction with your partner that left you with feelings of anger. For the first point, simply locate the anger. It could be a place in the body that feels stuck, hard, or rigid, but it could also be somewhere outside the body—for example, an arm's length away and up above your head to the left. Once you've located the anger, find a second point where there isn't any anger; feel the connection between the two points, and let go. Ask yourself, "Where is the anger now?" Try to locate the anger. Has it moved? Has it dissipated?

The question itself opens to a response. In quantum consciousness, the question *is* the answer; they are one and the same. Quoting the Biblical prophet Isaiah, "Before you have asked, I have answered." That is quantum consciousness. The actual asking of the question automatically transforms your relationship—with the problem, the pattern, the condition, the reality. So your first response is stuck; your second is open. That is a Two Point. Somewhere in between those two is where the magic occurs; it happens where you can't notice. That is why I say when you notice something and then you let go of it, it is in the letting go that the change occurs.

Try working with an emotion that has come up for you. Record your observations.

Two Pointing Your Future Path

The practice of two pointing your future path can be done either internally or externally. In other words, you can find a point on your body and a second point somewhere outside the body, or you can simply allow your question to be the first point and whatever answer might come to be the second point.

Begin by formulating a broad question about the future or the direction of your life; for example, ask yourself “What is my true path?” or “How can I make a difference?” or something of that nature.

After asking yourself the questions, then discard all the answers that come until you get to one that seems to come from left field, outside yourself, and totally surprises you.

Explore the answer you receive by asking open-ended questions, such as “What would my life look like if it were true?” Record your experiences.

Meeting Your Guides

I mention in the next section of this workbook that I have received information from a voice in my head that I sometimes call the “voice of my guides.” That doesn’t mean that I think such guides are real. In fact, if everything is energy, then guides are not real, but, then again, neither are our own bodies, as everything is made up of light and vibration. That doesn’t mean guides aren’t useful. Everything is a shifting matrix of quantum possibility, and what can appear in the next moment is limitless. What I’d like you to do now is to meet your guides. If necessary, you can use your imagination to picture them. Ultimately, though, it will be more useful if you can get past “making it up” and begin to experience them as energy and as sensation. Picture your guide or guides. What form do they take, how do they communicate, what do they say? Give them permission to take a new form and describe what happens next. The key here is tracking the subtle changes in energy as you interact with your guides. It’s also perfectly all right if they change form from day to day, or if the way they show up confounds your expectations. Try this exercise on various days throughout the week and note here how the experience changes each time.

Experiencing Sacred Space

Any space can be sacred space; it's how you show up, and how present you are, that makes the difference. Certain spaces, such as cathedrals or mosques, may be easier to recognize as sacred space, because they carry a morphic field that has been created by the intention of many people over time. But the experience of the sacred is not simply inherent in the place itself; instead it's an interaction between two points, the observer, and the external reality. If you threw a pebble through the front door of Notre Dame Cathedral, would the pebble experience sacred space? Probably not. So the experience of sacred space is a relationship between something inside and something outside. What would it mean to experience this as a Two Point? When you're at the bank or the gym or some other place that doesn't carry a big morphic field of sacred, how could you experience it as sacred space? When you find yourself in this situation—say, waiting in line at the bank—first find a point on your own body that you're drawn to, and place your hand there. Next, move your other hand away from your body until you find an energy that resonates or simply feels different. Holding these two points, how does your experience of your surroundings change?



SECTION THREE

Working with the 21 Universal Frequencies

One day several years ago, I walked through the door of the medical office I shared with my colleague, Dr. Mark Dunn, and I heard a voice say, “Today we are going to learn about the 21 universal frequencies that govern healing and disease in the human species.” I thought, uh-oh. Over time, I have learned to trust that voice, because there have been a number of occasions when my life has been saved by its guidance, which tends to come from a space above me and to my left. Again, this is what I call “the voice of my guides,” because it sounds much different than anything inside my head. When that voice comes, I just respond. I trust, I let go, and I obey.

So when that voice started to describe these 21 frequencies, I got a bunch of paper and I started writing them down. Within a week I had recorded descriptions of all 21 of these frequencies, but it took me a while to figure out just what they were and how they could be used. At first my colleague and I thought the frequencies might be a resonant energy phenomenon, similar to Reiki, in which a practitioner draws energy from above, brings it down through the hands, and channels it into something. We labored under that delusion for about a year, before we started to suspect there was more to it than that. At that point, we threw an office party and invited various

clairvoyants and sensitives we knew. Everyone gathered in the office, and I activated and held the energetic state of each frequency in turn. We would concentrate on the frequency and comment on its energy and its properties, until we felt we had a solid foundation for describing the properties and uses of each. We set down our observations as guidelines to help others—such as the people who attend the Matrix Energetics seminars—begin to work with these frequencies.

Since then I've continued to work with the frequencies, and I've come to believe that they represent a kind of self-healing or self-development program. They begin with a state of primal energy, and progress through the development of body, mind, and spirit. The final stage is a point of integration that allows you to pop into a unified field—an experience of oneness or Zero-Point-Field consciousness. This transition is made in your nervous system, your body, and your awareness. The 21 frequencies system is thus unique, unlike any other technology I have encountered or heard described.

Each of the frequencies has its own set of attributes and correspondences, based on what I and others have experienced. Frequency 21, for example, seems to be able to take people into shamanic or out-of-body states, enabling them to talk to spirits or even to have an experience of visiting the future.

Frequency 18 sometimes puts people into spontaneous bodily contortions that resemble yoga, T'ai Chi, or qigong. I've witnessed this many times while working with the frequencies at my seminars. We don't know why it happens, but I have a theory that this same frequency may have been responsible for the genesis of body-centered systems such as yoga. I believe that the monks practicing meditation hundreds or even thousands of years ago spontaneously activated what we call the force of kundalini—the magnetic field of energy buried at the base of our spine. When that happened, the movement of that energy up the spine activated the energy centers of the body, sometimes called chakras, which caused the body to contort into different positions as the energy was being

released. (Of course, chakras and kundalini don't *really* exist, since all of creation is light and vibration, but it can be useful to use such models as long as we aren't limited by them, thus placing limitations on what can and cannot occur in the next instant.)

Another frequency, frequency 16, is associated with dolphin and whale energy, as well as playfulness and unconditional love. When we bring this energy up in seminars, amazing things can happen, including spontaneous, uncontrollable laughter.

I'm often asked whether these are real, measurable frequencies. I know these 21 frequencies are not within the audible range, and it's possible that they're not in any range that can be measured directly. That said, they are certainly "real." It may be that they're frequencies of light. It could be that the frequencies transcend our ability to take measurements using the electromagnetic spectrum. In fact, we can only measure a small part of the electromagnetic spectrum; we have no clue what might be going on beyond our ability to measure.

There is, however, another way to measure. If we cannot take a direct measurement, we can measure something indirectly. An example is cosmic radiation—we measure it by looking at processes such as radioactive decay.

This indirect measurement approach gives us a way to work with the 21 frequencies: by measuring the effects they appear to have when we utilize them. Through practice, we can grow more attuned to the frequencies and experience their effects in a wide variety of situations. You can begin to have a tangible experience of the frequencies by learning to play with them—even if you have to "make it up" at first. In the same way a really good mime can make you believe they're touching a pane of glass, with time you can begin to see and feel the frequencies. At first you may have to pretend, which means using your imagination and asking yourself open questions, such as, "If I experienced frequency X, what would that feel like?" At a certain point, you'll cross from imagination to virtual experience, and you'll be able to feel the difference between the

frequency existing and not existing. At that point, calibration is possible, and calibration is the key to everything in Matrix Energetics. By calibrating, I simply mean that you can measure your response to the frequencies, quantify it, and then reproduce it, using a set of guidelines for how you notice its effects.

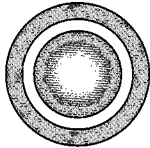
As I said earlier, by simply paying attention to what happens, you'll be noticing more than most people do. The practices that follow will allow you to begin developing your sensitivity to each of the frequencies. Using these practices in conjunction with the 21 frequency cards—and the fold-out control panel included with this learning program—will help you begin to experience the frequencies, calibrate your response, and generate repeatable effects. After each exercise, you'll find a space in which to record your observations and experiences.

Working with the Control Panel

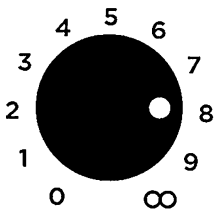
Following this practice, you will find a 21 Frequencies Control Panel. The panel is full of switches and dials, resembling a mixing board or something you might encounter in a cockpit. There are individual numbered switches for each of the 21 frequencies on your control panel. In order to begin to know what each of the frequencies feels like, you should work with this control panel as often as possible. The best way to begin is to work through each of the frequencies in turn; later, if you find that some of the frequencies are more accessible to you than others, you can fine-tune your procedure by practicing only those frequencies that you find harder to experience.

Begin by placing your fingertips on the slider for frequency 1. Slowly move your fingers forward, as if to move the switch. As you move your fingers, what changes do you notice? What feelings or sensations are you experiencing in the body? What thoughts or images come to mind? If you wish, move your fingers as if to flip the switch back down, then slowly move it up again to find the positions that seem to create the

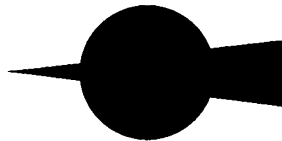
21 FREQUENCIES CONTROL PANEL



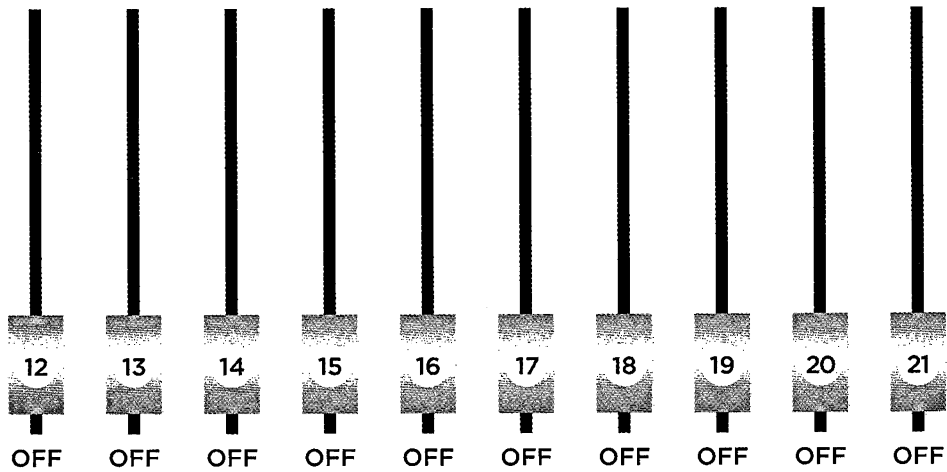
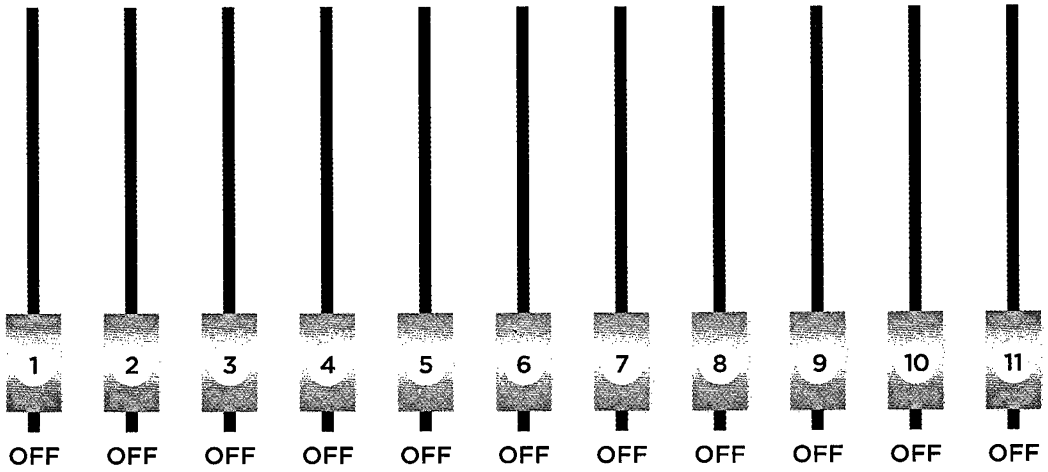
Power On



Intensity



Master Power Switch



Close Your Eyes and Feel the Frequency

Included in this program is a set of 21 cards that correspond to the frequencies. With your eyes closed, draw one card from the deck. Place your hand gently on or over the card and try to sense the properties of the frequency the card describes. Jot down your observations *before* looking at the card. Afterward, compare your observations to the information on the card to see how your experience corresponds to the information listed there. Don't be discouraged if at first your observations don't correspond closely with the card content; the point of this practice is to gradually increase your ability to sense and observe, not to get a particular outcome.

The Three-card Spread

Hold in mind a particular situation in your life. You might focus on your career path, an issue in a relationship, or some personal characteristic you want to change or overcome. Next, draw three of the frequency cards and lay them out in a line. Let the first card represent the part or the genesis of a situation or issue, let the second card represent the present or the current state, and let the third card represent the future or the outcome. Feel how each of the frequencies you've drawn might relate to the issue at hand. By sensing the relationship between the frequency and the question, you can become attuned to how the frequencies might operate in all situations you encounter.

Card of the Day

At the beginning of your day, randomly draw a card to represent the frequency you will work with throughout the course of the day. As the day unfolds, try to bring this frequency to mind. You might also choose a particular frequency you're drawn to on that day, and work with it in the same way. At various points throughout the day, ask yourself, "What would it feel like if I brought in frequency X now?" Once you've brought in the frequency, ask yourself, "What has changed?" At the end of the day, write down how introducing your daily frequency felt, and what you observed.

Holding a Frequency Card to the Body

Take a card from the 21 frequencies deck and hold it against some part of your body. It can be the place of a discomfort or injury, a place where your emotional state seems to be located, or any place that draws your attention (particularly a place where the energy is hard, rigid, or stuck). At first, I suggest you look at the frequency card and its attributes, then experience how those attributes are expressed as you hold the card against your body. The point here is to become more adept at tracking very subtle changes in your awareness. As you become more comfortable with the practice, you may wish to draw a card blind, then compare your experience to the attributes of that frequency to determine how your own experience matched the description.

Moving Frequencies over the Body

This practice is similar to the finger-painting practice from the first section of this workbook. Rather than imagining a color, this time imagine one of the 21 frequencies. (Note that you may, of course, see particular color as one of the frequency's attributes.) Imagine that your index finger works like an antenna, focusing the frequency so that you can move it over different parts of your body. I often use this calibration technique by moving the frequency up and down my leg and paying attention to the subtle changes I can feel.



APPENDIX

The 21 Frequencies and Their Attributes

Frequency One

Color: Red-gold

Attributes: This frequency enhances the energy of the body and vitalizes the body as a whole. It brings information into cellular structures; streamlines the flow of information in the energetic matrix; and also brings energy and enthusiasm to your thoughts, emotions, or situations. Frequency one is warm or hot and often intense in nature.

Frequency Two

Color: Electric blue or blue-white

Attributes: Electrical in nature, this frequency governs anything having to do with the nervous system and/or the adaptations made because of it. This works through the nervous system and the polarities and dualities of experience. By inverting the frequency, excess energy can be reversed or cancelled out. Inverted, this is useful for insomnia and ADD.

Frequency Three

Color: Rose/pink/scarlet

Attributes: This frequency feels very enveloping and loving, with a magnetic or emanating quality. It is harmonizing and balancing, and it gives a sense of a rotation of energy. Its energy is perpendicular to the energy of frequency two, and together they join in a figure-eight relationship, creating electromagnetism.

Frequency Four

Color: Brown/black

Attributes: This frequency aids in the physical restructuring of muscle, bone, tendons, joints, and fascia. It can be applied to aches and pains like a salve, and it is also grounding. The color may manifest as dark and crystalline, like instant coffee granules.

Frequency Five

Color: Rose pink

Attributes: This frequency is a universal love essence, warm and personal like a mother's love. It affects intercellular communication, interacting with all the systems in your body, as well as your activities, thoughts, and feelings.

Frequency Six

Color: Clear with highlights of blue and green; also emerald green

Attributes: This frequency is related to the womb of creation, and it works on issues of ancestral healing as well as our own in-utero patterns and experiences. Comforting and soothing, watery and gel-like in appearance, this frequency is useful for dissolving longstanding emotional and mental traumas. It has been used to heal tumors, which are essentially embryonic tissue.

Frequency Seven

Color: Burnt orange/earth tones

Attributes: This frequency can be thought of as a life-force battery for depleted states. It is both grounding and detoxifying, and it affects the relationship between the physical body and the emotions. Useful for endocrine adaptations to emotion and regulation of hormones, and in transforming cellular memory of deep emotion, particularly fear. Related to kidney chi; warming.

Frequency Eight

Color: Iridescent/mother-of-pearl

Attributes: Eight represents the integration of the previous seven frequencies. On a personal level, it brings integration to experiences, activities, and understanding. Unity, balance, and flow are the keywords. This frequency moves long-term habits, personality, and emotional structures as they relate to soul evolution.

Frequency Nine

Color: Translucent

Attributes: Distinctly different from all other frequencies, frequency nine can be thought of as a “spiritual cleanser.” It cleans the spiritual essence of the body and defrags the spiritual hard drive. This energy is a fast-moving, intense, animated intelligence that clears the body of accumulated energetic interference patterns. It is used for clearing entities, aberrant mental thought forms, curses, and interpersonal energetic interactions.

Frequency Ten

Color: Translucent or metallic red

Attributes: This frequency is the mirror image of frequency five, representing protective

father energy. The warrior aspect of love, it is discriminating and dividing, and its love is like a shield. A powerful yet surprisingly gentle energy which gives strength and resolve, it permeates the aura, physical body, emotions, and mental body.

Frequency Eleven

Color: Woodland green

Attributes: Mothering and nurturing, like a tropical rain forest, this frequency is the antidote to living in a concrete jungle. It has the energy of a nurturing earth mother, and it helps drop blood pressure, regulate heart beat, and bring warmth to the body.

Frequency Twelve

Color: Oily black

Attributes: This frequency governs the repair of the body's energy centers, swirling into these vortexes to cleanse the chakras and remove debris from energetic patterns. It often appears as a thick, viscous fluid.

Frequency Thirteen

Color: Crystalline, like quartz

Attributes: Crystalline in color and feel, this frequency is a component of the DNA morphogenetic field surrounding organisms and species, with the DNA serving as the antennae that patterns information from the field into physical expression. This energy interfaces with a template just beyond the physical and restructures the fields that influence our genetic template.

Frequency Fourteen

Color: Obsidian black, moss green

Attributes: This cooling, soothing frequency is almost homeopathic in its effect, detoxifying the energy field and changing the vibrations of the physical cellular template. It works on the “basement” of the cellular matrix, evoking change from the bottom up.

Frequency Fifteen

Color: Vibrant emerald or teal

Attributes: This frequency governs the flow of information through hormonal and circulatory systems, and it rearranges the magnetic, electrical, and biochemical strategies of the body. Interfacing with circulation, the endocrine system, and cellular communication, fifteen clears the physical circuitry and can be very useful for balancing hormones and the states they produce.

Frequency Sixteen

Color: No color

Attributes: This is the frequency of unconditional love. When it manifests, it often involves the experience of dolphins and whales. It sometimes carries ocean shades of gray, blue, and green. This frequency is joyful, playful, non-judgmental, relaxing, calming, and grounding. It is useful for clearing inappropriate emotions and for working with emotional states, including depression and loss. Comforting, loving, and funny, it brings new perspectives and awareness.

Frequency Seventeen

Color: Golden, grid-like

Attributes: This frequency is used in the functional physiology, anatomical, and the biochemical processes of the body. It affects systemic processes of the body, and it appears as self-intelligent lattices of interlocking grids. This frequency moves the assemblage point. It may appear as self-intelligent golden interlocking grids.

Frequency Eighteen

Color: Red-brown

Attributes: This frequency can awaken involuntary yoga or T'ai Chi types of movements and contortions. It is linked to trance states, the rising of the kundalini, and crown chakra expansion. This pre-physical, primordial consciousness induces involuntary motions and recalibrates the physical body. Frequency eighteen often interacts with frequency seventeen.

Frequency Nineteen

Color: Luminescent gold or yellow

Attributes: Nineteen is useful for reigniting the divine spark and accessing soul communion. It brings profound inner rest and stillness, and it allows you to experience deep meditative states without the practice of meditation. It allows you to experience the unified field, inverts pathological patterns of information, and re-establishes divinity within patterns of disease.

Frequency Twenty

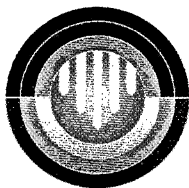
Color: Quartz white

Attributes: Crystalline in nature, this frequency contains quantum states of information. It cleanses chakras, meridians, spaces, and emotions, and it heals the crystal matrices of the body, reconnecting the heart and mind. It can instantly transform so-called negative vibrations. Programmable, with an independent intelligence, it may also be able to magnify other frequencies.

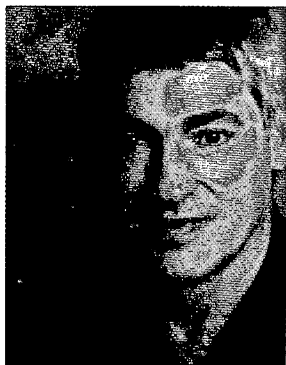
Frequency Twenty-One

Color: White

Attributes: Useful in exploring inner space, this frequency can bring instantaneous journeys, including lucid dreaming and travel to shamanic worlds. It is associated with multidimensional layers of consciousness, parallel universes, soul retrieval, and space/time travel. This frequency is helpful for retrieving information from the field and for communing with spirit entities.



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MATRIX ENERGETICS

QUICK START GUIDE

1. Begin by reading the introduction to the workbook for an overview about Matrix Energetics.
2. Listen to the six audio sessions and watch the Matrix Energetics DVD.
3. Use the exercises in the three sections of the workbook to begin your practice of Matrix Energetics.

