

Notes from Matrix Level 1 & 2
San Diego, August 22, 23, 24th, 2009
including some comments in italics

There is a texture of logic and science behind Matrix Energetics. Dr. Richard Bartlett tells stories that demonstrates different morphic fields. His stories or parables, have internal references which can open up different fields of consciousness. Richard uses his experiences to access common states. This is "coherence." Different levels of perception allow us to choose different outcomes. This is called "de-coherence." This analogy of throwing a pebble into a pond is useful. The pond becomes a metaphor for the heart. Heart energy extends out twelve feet from the physical body. When we imagine that we are dropping a pebble into a pond, we are creating a wobble or an interference pattern. This alters reality. We are holographic beings and consciousness is relative. As we interact with one another, consciousness merges and our reality changes. *Two years ago I created a morphic field for Matrix Practice Sessions. I love this work. It's based on spiritual as well as universal principles. Group work teaches us and reinforces our tools which are based on knowledge, ethics, integrity and intent. We do a lot of community service. Recognizing our spirit guides we trust whatever comes up.*

Instructions: "Get out of your head. Get into your heart: Take a deep breath. Drop your shoulders and lower your consciousness to your heart chakra. Relax. Now go lower. Access the divine spark within. Know that you are unique and have come in at this time to do this work. Feel it! Believe it! *Go directly into your sacred heart. It's behind the physical heart. I often imagine a solid crystal shaped heart spinning.*

Matrix Energetics is Transformation, not Healing. Your clients will describe their symptoms. Place on an imaginary clip board. Know that some may be serving them. Symptoms may or may not disappear during your session. However everyone will have a shift or transformation. This can be immediate or may take several months. Physics limits us to the elegant boundaries modern science. *I talked to Richard about my loss of smell due to a virus I contracted in March. He said, "You are angry about this aren't you? (I was.) Let go of your anger." (I saw myself throwing ceramic plates against a brick wall.)*

"Now, Let go of your fear," he said. "I taught Matrix Seminars for six months with frozen shoulder! You will recover!" By September, my sense of smell had returned.

Time Travel. Time is not linear. You can advance a wave or retard it, moving back and/or forward in time. *I did not know you could go forward. I found this useful while working on a client who had made lots of money in the software industry. Now he is stuck. He cannot to pay his bills. I moved him back to a time when he was very successful and brought that earning energy forward. Then I moved him forward ten years suggesting he ask his future self how to proceed during these hard economic times. He passed out on my couch.*

Frequencies. I found Richard Bartlett's new slides on 21 frequencies helpful. Richard wrapped Frequency 5 (Emotional Intercellular communication) around his throat when he had a

bad cold and needed to conduct a workshop. This enabled him to speak clearly.

Skimming, Scanning and Windows. Use different fingers to detect or locate hard, solid or stuck places. Work on these. You can use fingers to move through windows or to count dimensions and/or parallel universes.

Archetypes. During one practice session I received gossamer wings, ribbons and jewels representing my gifts. In another with a beekeeper, I heard “Be kind. Be grateful. Be Honest, etc. . .” Little did my partner, a bee keeper, know about President Hinckley’s book, Way to Be!

I found answers to problems that were bothering me. Someone asked Melissa about the elaborate archetypes Richard Bartlett and Dr. Dunn come up with. Her answer: “Dr. Mark Dunn and Dr. Bartlett see unusual archetypes because they are always trying to outdo one another. Be satisfied with what-ever shows up for you.”

Practice Groups: One woman who had taught healing workshops in Austria, France and England. She recently relocated to San Diego. She was taking Level 1 & 2 in order to qualify for participation in a San Diego Practice Group. Dayna, from Israel, described a community service practice group in Israel. They energetically placed the Star of David around their flag and prayed for peace in the Middle East. *My practice group has also done global clearing. While clearing the energy around and under a condo in St. George, located on an ancient Indian burial ground, we resolved some issues for native peoples world-wide in an abundance circle. We did not plan to take it so far. It just happened.*

Matrix Level 1 & 2. This is the fourth time I’ve taken Levels 1 & 2. I enjoyed meeting people from all over the world. My understanding has increased exponentially. Richard’s work is evolving. Attending Matrix Energetics workshops takes time and commitment but it is well worth the effort. This is an example of a private session:

On March 13th, I worked on Tobias, a new born. His parents came to me because he was not nursing. His Mom had experienced this same problem with two other babies. As she is committed to breast feeding and dislikes pumping, she wanted the problem fixed. She held Tobias and hardly spoke while Dad monopolized our first session. I spent my time working on him. Dad experienced waves of energy, got archetypes, saw colors and fell down. The wife told me later that she left feeling depressed and angry as her husband had received all my attention.

The couple brought a very happy healthy five month old to see me on August 31st, 2009. They also brought me a nice gift. The wife explained that her husband’s control issues began to disappear after our March session. This continued through April and May. Consequently Tobias began nursing well and the entire family were enjoying each other more. Mom used a lots of ice and noticed that when her husband became stressed, the ice maker in her refrigerator quit working and Tobias refused to nurse. When Dad finally “chilled out,” the ice maker began working. Mom began asserting herself. She redecorating the living room and has made other improvements to the home. Her marriage and family life have also improved. This couple credits Matrix Energetics for a huge transformation and for resolving Tobias’s nursing problems.