



What in the Bleep is Matrix Energetics? By Jennifer Buergermeister

Newtonian Physics, out... Quantum Physics, in! With movies popping up into the mainstream theatres such as **The Matrix**, **The Butterfly Effect** and **What the Bleep Do We Know**, no kidding, how can we escape the latest shift in our thinking about discoveries in energy, reality, the body and our existence. After traveling across the United States to meet “two *wild* and *crazy* guys” (I mean this in the best sense) in Seattle, Dr. Richard Bartlett and Dr. Mark Dunn, I have to ask myself what in the bleep is going on here in what they call “**Matrix Energetics: A total system of transformation based in the laws of subtle energy physics, consciousness and focused intent.**”

“And everyone can do it.”

With the greatest compassion and love for their work, Dr. Bartlett and Dr. Dunn captivated the room with their insights on transformation through movement, light touch, intent and the power of the imagination. They are truly two loving spirits destined to help others realize their healing and transformational potential.

Dr. Bartlett said, “Matrix Energetics is a previously undiscovered, intent driven, universal, expression of energy which is harmonious with the concepts and laws of quantum physics. All physical structure has an energetic template upon which it is based and is an interface between physical reality and the quantum energetic hologram.”

The matrix of the body consists of endless pathways at the cellular level. Communication becomes interrupted and impaired when the body experiences trauma, disease or an injury or disorder. Matrix Energetics reestablishes the flow of communication in the body into a balanced state.

But I tell you, after spending a weekend with these two spiritual doctors, scientists, and energy transformers, I soon began to understand that laughter and play are two key elements in quantum healing and instant transformation in the body’s matrix. If everything is energy and our bodies are and contain energy frequencies, then why can’t we change our frequencies instantly into a healthy and balanced state, and become simply illness free through intent, playful imagination and feeling with focus? Dr. Bartlett and Dr. Dunn have joined an ever growing league of doctors such as Deepak Chopra, Dr. Eric Pearl, Dr. Bernie Siegel who agree that energy systems and emotions play a fundamental

role in miraculous healing. If I had any ailments before this seminar, surely they have been laughed right out of my system. I guess sometimes we just need a good “laughsitive” for “jestive relief.” It’s “FUNdamental” in our “dysFUNsional” society.” (Swami Beyondananda in Duck Soup for the Soul)

Get out of the way and allow yourself to play ~ Dr. Bartlett.

People were transforming, physically, in front of my own eyes. And Dr. Bartlett and Dr. Dunn said it was simply a game with the universe, using the power of intent, and using light touch as starting points for the body to shift. As a facilitator of change, you are free to make up the rules as you go along. And sometimes they showed it is as simple as finding hard spots in the body, then imagining them linked and balanced. For example, one “game” for the spine was imagining railroad men working to put together the spine’s new “railway.”

“Imagination is more important than Knowledge.” ~ Albert Einstein

Is your head spinning yet? I guess anyone can do it. Here is my first experience with Matrix Energetics:

When I returned from Seattle, I visited a Starbucks next to **The Good Space Pilates and Yoga Studio** off Woodway. One of the “baristas” took my order and she was complaining of an old back injury from two years ago. She was in pain so I asked her to try and remember three years ago when her back felt well. She laughed at the possibility but with seriousness, I asked her again to remember a special day three years ago and access that state of how her back felt *before* the accident. I noticed by her eye patterns that she accessed kinesthetics (an NLP term used to identify and access states) or feelings, and that cued me to anchor and tap her head to awaken her neurological system to that memory. Then I tapped her on the chest so that she would neurologically store the feeling while remembering her back’s healthy state. She was very receptive to the “facilitation.” Moments later she said out loud that her arm was tingling, and within two minutes her back pain was gone. She began screaming out to the patrons and the universe that her back pain had disappeared while swaying her hips back and forth in a dance, completely joyous of what she had just experienced! I was just as surprised. During her moment of accessing the memory of a healthy back, I had also imagined her body expanding out like a hologram while simultaneously holding the intent that it would reorganize itself into its previous healthy state. We played a game with the holographic universe. And it worked! I went back several weeks later and she said her back pain was still gone.

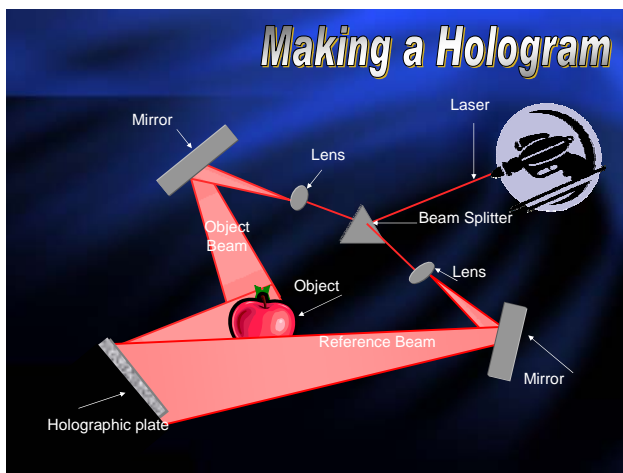
At a subatomic level, we are no different than a mountain, a chair or a river. We are dancing particles each with our own recipe for matter “casserole.” There are no two of the same recipes, just group similarities in form. All life forms have a genetically coded map by which it follows. And in that map is a blueprint for balance and harmony in an organism’s frequencies. Einstein said, “Everything is emptiness and form is condensed

emptiness.” If you were to look through a subatomic lens, the world would look like particles floating in emptiness or space, a timeless reality.

To change our emotions and unhealthy physical states, we need to alter our perceptions so that we blow the boundaries of anything negatively stored in the body to promote change and transformation. Be in the NOW! There is no place like the present moment. We have to start thinking BIG and realize that there is so much more going on in the universe than what meets the eye. Reality is not two or even three dimensional and according to quantum physics, time is an illusion.

Time becomes an illusion because past and future are connected to the present as possibilities. Our reality and the universe is a hologram and at any instant, consciousness is the totality of the coherent signaling within the living matrix, including wave fronts reflected from specific information-containing structures maintained by our choices on a moment to moment basis shaping our experiences of the world. We each have valuable roles in the *big picture*...the matrix. Everything is connected to everything else, somehow holographically.

Consider that in the making of a holographic image, no matter how many times we cut pieces of, for example, an apple, it always projects the entire apple. So the entire tree is in the seed. And our bodies are a part of something else “out there” that is whole? How in the bleep does this happen? And who or what is the projector of this reality?



Neurophysiologist Karl Pribram said, “The human nervous system is a hologram of the universe. At any moment when you think about it, no matter what you think you are, you are always more than that.”

All of this information about The Matrix and quantum physics left me with one question: If the universe is a hologram, and our bodies are holographic, what are we exactly a hologram of? Is this where science and spirituality finally meet? I’ll let you decide.

Richard Bartlett, DC, ND graduated from Parker Chiropractic College in 1987 and has been in private practice for 16 years employing over 30 techniques including master track NLP practitioner and developed the nationally recognized Master Energy Dynamics system which addresses the testing and correction of functional physiology. A personal family trauma led him to study over 30 techniques in healing. This sparked him into his life's work by developing Master Energy Dynamics (MED) and then in 1996, he noticed that light touch with focused intent could dramatically change the body's anatomy, and disease patterns were disappearing. Also, he saw that he could teach others the same skill. Matrix Energetics was born. For more information visit their website at www.matrixenergetics.com or call 206-367-9161.

Mark Dunn, ND received a degree in physics and exercise science and then went on to graduate from Bastyr University in 2000. Doctors Bartlett and Dunn work together in Washington State.

Jennifer Buergermeister is a public speaker and author on various esoteric subjects. She is currently a candidate in an Esoteric Studies Ph.D. program. She began her graduate studies at The Institute of Transpersonal Psychology in Palo Alto, CA after completing her undergraduate work at the University of Houston, graduating with honors in Psychology and Journalism. Jennifer is a counselor specializing Mind/Body therapies such as Body Talk, Clinical Hypnotherapy, Neuro Linguistic Programming, Time Line Therapy, Matrix Energetics, Therapeutic Massage and Yoga. She teaches yoga at The Houstonian, The Jewish Community Center off S. Braeswood, The Good Space Pilates and Yoga Studio at 5757 Woodway in Houston, Texas.

She can be reached at 713-TEX-YOGA or through her website at www.inner-realms.com