

# Health & recovery

THE NEWSLETTER ABOUT INTEGRATIVE MANUAL THERAPY

ISSUE 7



## WHAT IS Matrix Energetics?

### And How Can It Help Me?

- by Ralph Havens, PT



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Here's the deal. Used to be, I would ask a client if a treatment took away their pain. Since tapping into the world of Matrix Energetics, I no longer ask that question.

What I do ask is, "What do you notice that is different?" You may say "So what?" Well, have you ever heard the expression, "Don't look where you don't want to go?" It's like when you are riding a motorcycle on a windy road on the edge of a mountain. The one place you don't look is over the edge where you could fall.

Many times when injured, clients will dwell on the injury, testing to see whether it's still there, upset when it is, and worried if it will return when it's better. I know I've done this many times in the past. This puts us in a duality, a fight against the problem. Problem is that's "looking where you don't want to go." And what happens when we fight something? It persists. Think of the war on terrorism or war on drugs or war on poverty. Please tell me a war on something we've won lately! It's hard to find.

With Matrix Energetics we utilize the

unlimited healing potential of \_\_\_\_\_. The reason I leave a blank is that once you name it, \_\_\_\_\_, it's not that. If you did want to name it, you could call it grace, the field, God, the zero-point field, or any other name; but once you name it, you limit it, and it's not that. In fact it's no thing, and every thing.

Sounds confusing, doesn't it? If it does that can be a good thing. It leaves a little "wiggle room." This allows for the potential for the universe or grace or whatever it is to slip in and transform.

These are not new ideas, but have been alluded to and described throughout time in various traditions from Christianity, Buddhism, Yoga, and Quantum Physics

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perspectives. Even Yoda alluded to it when he said “There is no try, only do.” He didn’t get it totally right according to Dr. Bartlett. It’s more like “Just Be.” Kinda like the bible verse that says, “Be still and know that I am God.” What this says to me is, “Be Still,” and what happens when I’m still? “I know.” And what do I know?..... “God.” And what is God? Definitely something we can’t explain or put in a word. While I’ve studied many methods, it wasn’t until I met Dr. Richard Bartlett that I saw how it can be tapped into in order to allow healing and transformation on a real and quantifiable level. Dr. Bartlett was given a gift and shown a powerful way to access that healing space and has been able to teach us how to access it as well. He deserves credit for the way I’m explaining this now.

What I’m talking about is not only healing the injury someone comes in to fix up, but also changing in ways that we could not predict or even imagine.

For example, I recently had a client tell me she was grateful for having had a shoulder injury because she would not have found us and the other changes in her life would not have happened if she had not had a reason to come in. This client now has significant changes in long standing hand and foot numbness, improvements in her relationships, improvements in her mood, and a real sense of peace for the first time in her life. She even reported no longer fighting with her significant other. Her shoulder is also no longer hurting or limited.

Now when we ask, “What’s different since the last treatment,” we get answers that continue to amaze and inspire us. And we know that we didn’t do it. How could we make changes like that? We can’t. But we can now access the space that allows for healing to occur. And healing can happen on all levels.



**What I’m talking about is not only healing the injury someone comes in to fix up, but also changing in ways that we could not predict or even imagine.**

Danielle, Kyoko, Brandon, Kim, Jen and I are excited to have this to offer people and want to share it. We are available for group demos or a short individual demo session. Please contact us, and we can set up a time to experience Matrix Energetics.

## Quotes from Richard Bartlett

**Matrix Energetics is an amazing healing and transformation modality that works in the expression of subtle energy physics and the concepts and laws of quantum physics, superstring theory and Rupert Sheldrake’s Morphic Resonance. It was invented by Dr. Richard Bartlett, D.C., N.D., who is both a chiropractor and a naturopath.**

*“What people need to be able to do is access their own magic that makes them special and then they just release that into the world. And that is the power of the universe, right there.”*

—Dr. Richard Bartlett, Matrix Energetics founder

*“I believe we all have abilities that we haven’t unfolded because we never consider the possibility of what would happen if we did!”*

– Dr. Richard Bartlett, Matrix Energetics founder

**Matrix Energetics begins with the assumption that our bodies are made of nothing but light and information. Therefore, it is possible to create extraordinary healing effects upon the body, very simply, if you can suspend your disbelief and open your mind up to new possibilities within the morphogenetic field.**

*“There are miracles that happen every day, in fact, they happen in between the blinks of our eyes,”* Dr. Bartlett explains. *“But we miss them because we are only paying attention to what we are normally paying attention to.”*

*“When you let go, you are done. There is nothing to do. There is nothing to be,”* says Dr. Bartlett. *“Drop down, place intent and let go. The let go is the most important part. That’s where things happen!”*

Although this process may sound complex, it is intended to be simple and direct. It is also meant to be a fun and enjoyable experience for all.

# FUNDAMENTAL LESSONS IN DUALITY

- by Richard Bartlett, DC, ND

*Adapted from The Physics of Miracles: Tapping Into the Field of Consciousness Potential, ©2009, Atria Books/Beyond Words.)*

You are consciousness. That is what you are. You have chosen to manifest the patterns of information that appear in your personal reality in the form of conditions, structures, families, or finances. At some level, you have chosen everything in your life. Sometimes we choose by not choosing. All too often, some of us choose by being in polarity with what we do not want. If we do not want to develop a state of disease, what do we do? We eat right for our health.

There is a hidden bomb in that concept, isn't there? If you eat right for your health, what might you be doing? At one level, you are eating to stave off disease.

If you are eating healthy foods in order to prevent disease, you are in an unconscious relationship with what you fear. If you are trying to prevent your cholesterol numbers from going up, you are in a struggle with cholesterol. If you are taking aspirin to prevent a heart attack or a stroke, you are in an unconscious and uncomfortable relationship with all of those things. You are in a paired spin with what you don't want. In such a configuration, if your fears spin up, your health can spiral down. When did "An apple a day keeps the doctor away" become "An aspirin a day keeps the doctor away?" Don't buy into all of the medical statistics so completely that you become one!

It is one thing to eat in a way that benefits you because you feel good when you do it. And eating in this manner might coexist with certain principles of eating right for your health. Your personal needs and your



energy, coupled with your beliefs, define what being healthy means for you. This is why diet is such an individual thing. A person can eat only bacon, lose weight, have a healthy heart, and have their insulin levels go down. That diet might actually represent good biochemistry for them. Another person could eat only raw salads and do just as well without any other kinds of food. A person from a different planet might consume only raw sunlight and be full of light and energy! However you decide to eat should be congruent with your personal and cultural references for what is healthy for you.

## WHY EATING RIGHT CAN SOMETIMES BE WRONG

Health and disease as mandated structures and norms are a bad idea. As I've already suggested, when you are "eating right for your health," you might, unconsciously, be in a relationship to, and a polarity with, disease. Bacon could be really great for your arteries. "All right Doctor, if you say so!" No, only if you say so!

You can say, "I love you bacon," and it could be just fine to eat it. I am being semi-serious. As a physician I strongly suspect that much of the nutritional research out there is questionable at best. Much of the so-called health research is actually sponsored and paid for by huge corporate conglomerates, including the pharmaceutical giants.

When the research generates data other than what is desired by these companies, it can sometimes become buried. If a study conflicts with the financial bottom line of the corporate entity, a new study will quickly be undertaken to shift the outcome in favor of the product to be marketed. As the villain in the Indiana Jones movie *The Last Crusade* stated, "I said to trust no one, Dr. Jones, not even me." The problem is that if enough people believe a stated conclusion, it then becomes a reality for those ideas that fall into that particular box. That is why I say there is a surprise in each box. What particular box of beliefs have you built around yourself, or allowed others to construct for you?

Do not do something just because the experts tell you to do it. Do it because in the moment it feels right and supports your physiology. Do it if it supports your need or belief system as it is showing up in the moment. Do you hear the flexibility in that?

*Richard Bartlett, DC, ND, is founder of Matrix Energetics, which C. Norman Shealy calls, "the essence of energy medicine." A chiropractor and naturopath, Bartlett travels extensively to teach this groundbreaking consciousness technology each year. He is the author of Matrix Energetics, The Matrix Energetics Experience, and the newly published The Physics of Miracles. For more information about Matrix Energetics, visit the website at: <http://www.matrixenergetics.com>.*



# BENDING THE RULES OF THE UNIVERSE:

An Interview with Richard Bartlett

Richard Bartlett's Matrix Energetics workshops have become tremendously popular—not just because the experience is a cross between a healing seminar and a rock concert, but because what he teaches changes people's lives in ways they never thought possible. What started for Richard Bartlett as a series of treatments in his chiropractic practice has evolved into a technology of consciousness for opening the doors of possibility. Here he talks to us about Matrix Energetics and what makes it so unique.

**Sounds True:** *You call Matrix Energetics a technology of consciousness. What does that mean?*

**Richard Bartlett:** One of the challenges in teaching Matrix Energetics is you don't want to over define it. You don't want to pigeonhole it as a technique or a method of problem-solving, because that imposes limitations. Matrix Energetics is about expanding our perceptual model.

Each person has a set point, like a thermostat, for what they're willing to believe, what they're willing to experience in the next moment, and what they can actually sense in the world.



With Matrix Energetics, you acknowledge that every model has limitations. Then you realize that you don't have to play by those limitations and the key word is play. Once you do that, you embrace the idea that change can be instantaneous. You don't have to worry about how that change is going to show up. All this is to invite the power of grace. Grace is that limitless potential for something to happen, literally, miracles to happen. The miracles happen in between the spaces of conscious awareness.

**Sounds True:** *What do you mean by the spaces between?*

**Richard Bartlett:** Our left-brain consciousness puts things together like frames in a movie, processing snapshots of experience in a way that appears to be one continuous activity. It works at a speed of maybe one to twelve experiences per second. The brain takes each snapshot, then filters it through our conceptual model, and strings it together into something that gives an illusion of continuous activity.

Once you realize that, you can say, "In the space between my perceptions, anything can happen." If that's just a statement in your head it won't do much, but if you drop down, as we say in Matrix Energetics, into your heart, that's the place where intent can work. It can happen in an instant. And if you transcend the limitations of your conceptual model just one time, that can be enough to change everything in your life.

**Sounds True:** *When you talk about the place where intent can work, do you mean focused intention, as it's usually talked about?*

**Richard Bartlett:** Not really. When

people do practices based on the power of intention, they tend to get stuck in the conscious mind. The trouble with focused intent is it's still based upon what we think can happen. You're supposed to visualize what you want to happen, which is about imposing an outcome on the universe. That's a left-brain, rational method and it usually doesn't work.

**Sounds True:** *So would you say the rational mind is an obstacle in Matrix Energetics?*

**Richard Bartlett:** I don't see it that way. Look, I have two medical degrees—I'm a huge believer in rationality! The rational mind is your friend. All you need to do is go beyond the idea that you can define reality with just your rational, conscious mind. Because it's much too limited. For that we need the limitless processing power of the right brain, or the unconscious.

There's something Sri Aurobindo, the great Indian saint, said, "There are no physical laws in the universe. They're more like suggestions." What he means is that they're hypnotic suggestions that our unconscious mind believes. Matrix Energetics helps you let go of the rigidity of those rules to be more flexible, and yet still retain those rules as appropriate for your reality.

One of the obstacles people hit working with Matrix Energetics is just the idea that something could be so graceful, so easy, and so without judgment. We don't believe things can be that simple. One tactic you use to get past this block is to overload the left brain with information.

You feed the left brain all of this scientific data it can handle. It's all true material, and the left brain thinks it understands it, but nobody really does. Not even the physicists. So as your left brain tries to chew on that, it gets out of the way of your right brain. And

it helps if you do it in a playful way.

**Sounds True:** *Could you give me an example?*

**Richard Bartlett:** Sure. Let's look at this idea. Quantum physics is getting to the point where they're saying consciousness must be added to any working model of reality. Everything has a quantum field, or what Rupert Sheldrake called a morphic field or identity. It's almost like a blueprint. These morphic fields are like floating clouds of energy, of thought forms, that just wait for someone to have a thought, a feeling, or an intent. Our thoughts polarize the quantum field like a magnet, with the larger field actually diffusing into your own the smaller field.

So here's where you start to play with that concept. Think of it like the scene in Ghostbusters, when Dan Akroyd chooses the Stay-Puft Marshmallow Man. He thought it was a pretty benign choice, but then it turns into this great monstrosity. Our thoughts are like that. They're like these sticky, Stay-Puft Marshmallow Men attempting to destroy the city, and what we have to do is develop different kinds of cities, different kinds of powers, where we learn to trust the innate divinity within us.

You have to realize the universe is completely unreal, just like the yogis talked about. You can't just hold that as a thought. You have to become self-realized in that knowledge, and that doesn't require effort. That requires letting go, because the more you try to grasp something like that, the more tangled up you're going to be in your own thoughts.

The more you practice in a playful manner, a way that really gets you out of the left-brain trap, the more you create this awareness and this morphic field of instantaneous transformation. You don't have to believe it. You just start out by playing

with it, and then, at some point, you realize its playing with you.

**Sounds True:** *You talk a lot about the role of silliness and play. Are they useful in and of themselves?*

**Richard Bartlett:** It's interesting about play. You can redefine play to mean anything. If you are driving down the road, and you are fully engaged and



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enjoying your car, that can be engaged in play. Even if you're stuck in traffic, you can choose to be stressed out, or you can choose to be happy. It's that attitude.

It's not play if you're saying, "Well, I'm going to play for five minutes because it's good for my blood pressure." I'm sorry. You're not playing; you're doing therapy. Play is when you completely forget yourself, forget time, forget space, forget that you're even human, and you're just occupied with a moment, and you could call it bliss. The ancient yogis appeared to be very serious, but they had this kind of twinkle to their eyes, and they had this little smile, kind of like, I know a joke, which is the universe isn't real, and it's just playing with us, and I'm playing back!

**Sounds True:** *There are lots of other healing techniques out there, and you say you don't want Matrix Energetics limited to that. What's the difference between a technique and what you're calling a technology of consciousness?*

**Richard Bartlett:** A technique is developed to meet the needs of a certain problem. But Einstein said that problems can't be solved at the same level of consciousness that created them. That means you have to transcend your existing conceptual model to really get to the creative potential, or what has been called the quantum potential, the hidden awareness in the universe.

The way you do this is you let go, you stop seeing yourself as separate, and you play like you mean it.

You play like a child, where you're practically hallucinating. One of the things that I insist upon in Matrix Energetics is that it has observable, reproducible phenomenon that can be easily learned and then duplicated by anyone, because if it's only I that could do it, then maybe you'd have to

say, "Oh, I'm some fantastic healer." I'm not the best model for a healer. I do everything wrong. I eat bacon for breakfast, I drink coffee, I don't smoke because I just can't stand it, but I mean I probably would if it were just because it's a vice. I have every vice imaginable, and I can even develop some devices to improve my vices. It's not about any of that, because if it were, then it would be so limited, no one would be able to approach it, because they'd have to either be holy, or meditating for 20 years, or mastering qi or prana or all of these things.

You can learn that stuff. I even have techniques in Matrix Energetics, like two-pointing and using the 21 Fundamental Frequencies. You can learn techniques or practices exactly right and get them down pat, but unless you get into the playful state that lets you set aside the conceptual limits of time and space, your techniques won't do much. They'll never transcend what you think is possible.

**Sounds True:** *One last question. Why do people fall down on stage during your seminars when you use the two-point method on them?*

**Richard Bartlett:** The falling down thing is just one aspect of a larger phenomenon we see a lot when people first experience Matrix Energetics. I think it happens because of the sudden understanding that we're just composed of light, just photons and patterns of information.

When we interact with each other on that basis, I think we change the actual spin or velocity of the photons.

At that moment the left brain can no longer track reality as being real, the right brain takes over. You expand out. The conscious mind cannot keep up, and people tend to react by falling down. Or they go into bliss, or unconsciousness, or silliness, or

laughter, or see colors, or hallucinate a frog on the floor next to them, or any number of things. They can experience joy. They can cry. They can literally experience transcendence.

I had a banker who I two-pointed. When I touched him, nothing appeared to happen. Someone asked me out in the audience, "Well, why didn't he fall down?"

I said, "I don't know! Let's ask him!" And I said, "What happened? It didn't look like much happened when I touched you."

And he looked at me, he was still having trouble talking, and he said, "When you touched me, my whole body disappeared, I experienced the void, I was out in outer space in a transcendent phenomena that I still cannot describe."

I said, "Okay, thanks for sharing that!"

I've seen astonishing things happen to people when they make room for miracles to show up. I've seen spontaneous healings-like broken feet getting healed in an instant. These things break our conceptual guidelines, but you realize they're perfectly natural and normal when you see laws of the universe are more like suggestions.

If we expect miracles, we are more likely to experience them, but that doesn't mean your life should be predicated on the need for a miracle. When you need a miracle, or you need to be healed, or you need something to happen, your own expectations of what will happen if it doesn't are in the way. When you let go of the need for something to happen or not happen, that's where grace resides. And anything's possible there.

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# Manual Therapists Access Positive Outcomes by Collapsing the Matrix Energetics Wave

by Kimberly Burnham, PhD, IMTC, Matrix Energetics® Certified Practitioner

Physicist Fred Allen Wolfe talks about waves of possibility and particles of experience. Matrix Energetics' Richard Bartlett encourages practitioners to put their two hands in two places, accessing "the wave" and observing something which collapses the wave, enabling the client to experience a change.

The magic is in how to collapse the wave of possibilities so the client has the particles of the experience they want to have. Often they want pain-free full range of motion and balanced musculoskeletal, organ, immune, nervous system, and cellular function.

When a client walks into my office with shoulder pain, usually they want to be having a different experience of that pain by the time they walk out of my office. As they walk in there are many possibilities, a wave of possibilities, both of what is going on and what can be used to access a change. Some of the possibilities include: they have pain in the shoulder, they don't have shoulder pain, they have pain due to shoulder injuries in the past, they are pain-free in the future, the heart is influencing the shoulder pain, bone health improvements could help range of motion, etc. There are many, many possibilities, but the client typically is only experiencing the particles of "my shoulder hurts".

One of my privileges as a Matrix Energetics practitioner is to observe something or shift something or do something that allows the client to experience a different --- hopefully from their perspective better --- reality of health and function.

Matrix Energetics offers many ways to drop down and collapse the wave so the client has a different experience. Many other techniques can also be incorporated to collapse the wave so there is a favorable outcome.

I might choose to use the Integrative Manual Therapy Bone Bruise technique to collapse the wave to a different experience of bone health in the shoulder or a ligament-related IMT Template or Acupressure points from the Heart meridian or Myofascial Release for the shoulder or Strain and Counterstrain for the relaxation of the arteries of the arm or access to the heart chakra.

There are many ways to shift that person's experience of what is going on. What I chose to observe and address allows them a new choice point. With a well supported shoulder, they can choose a different experience.

If you are looking for ways to enhance your practice, skills and integrate them in a Matrix Energetics practice or if you would like to experience

a free combined health coaching and Matrix Energetics phone session, contact Kim at [www.VisualizeHealth.net](http://www.VisualizeHealth.net).

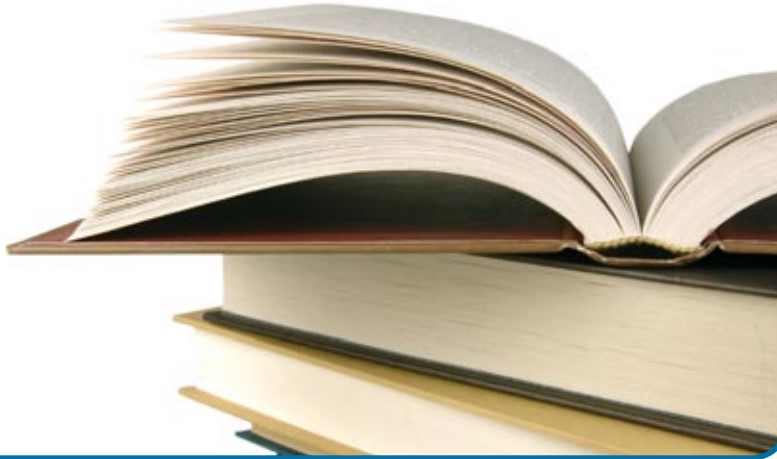
Kimberly Burnham, PhD, is a massage therapist certified in Matrix Energetics and Integrative Manual Therapy. She works at Mission Hills Physical Therapy (MHPT) in San Diego, CA every few month for two weeks. Kim has a private practice in West Hartford, CT.

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**One of my privileges as a Matrix Energetics practitioner is to observe something or shift something or do something that allows the client to experience a different --- hopefully from their perspective better --- reality of health and function**

# Recommended Readings

- The Physics of Miracles** - Richard Bartlett
- The Matrix Energetics Experience** - Richard Bartlett
- Matrix Energetics** - Richard Bartlett
- The Holographic Universe** - Michael Talbot
- Chaos, Creativity, and Cosmic Conscience** - Rupert Sheldrake
- The Divine Matrix** - Gregg Braden
- Morphic Resonance** - Rupert Sheldrake
- The Enlightenment Trilogy** - Jed Mckenna
- Busting Loose From the Money Game** - Robert Sheinfeld



A physical therapist owned practice located in the heart of San Diego; we specialize in Integrative Manual Therapy™ and Matrix Energetics®. Our approach is to work with the individual as a whole. We look at underlying causes that hold physical conditions in place, then treat those so the patient's condition is cleared and their health restored.

Each patient receives an objective examination in order to determine the nature of their problem, including structural causes, areas of dysfunction and any predisposing activities or events.

Treatment will consist of gentle, specialized, hands-on techniques. You may be given specific exercises or movements to do at home so you have control over your symptoms and are empowered in improving your health.

**We can help you recover  
and achieve Whole Body Health.**  
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**Also in This Issue:**  
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And much more...

**WHAT IS  
Matrix Energetics**