

# *Working with The Matrix – A Practical Approach*

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**Abstract:** The intercellular connective tissue of the body has long been thought to simply be the structure that supports the organs and glands and provide a support mechanism for the body in general. However, researchers going back hundreds of years have speculated that this tissue does more than we may believe. Most recently, Pischinger and Oschman have provided evidence that this basic tissue has a much more profound role of communication in the body that is involved with the health and function of the overall being. The purpose of this paper is to introduce the reader to some of the physical properties of this living matrix, how it functions in the body, and how we, as practitioners, might utilize it to help our clients heal.

## **Preface – A Philosophical Kinesiology Primer**

In recent years, I've spoken several times about the importance of models. Models provide a framework of understanding for the work that we do. Combined with the philosophy of healing we subscribe to, we have a means of explaining what kinesiology is to those that have never before experienced it.

Briefly: The philosophy of healing we subscribe to is that the human being is designed to have the power to heal itself. When this doesn't happen, it is because there is some form of blockage to that process – this may be physical, biochemical, emotional and/or energetic in nature.

As well, humans have an enormous capacity for compensation – the ability to continue to function when certain processes aren't functioning properly. The more compensation that is necessary, which takes a lot of energy, then there is less energy and time available for the healing process. If this goes on long enough, then the compensation becomes accepted as the status quo, and it becomes more difficult to heal, sometimes due to structural changes that become (supposedly) irreversible.

One of the challenges of being an Energy Kinesiologist is explaining to lay people exactly what Energy Kinesiology is. It is often considered to be “un-scientific,” because it doesn't easily fit into the current scientific/medical models of research. However, there is a model that explains quite nicely exactly how Energy Kinesiology works – the bioenergetic model.

The definition of “bioenergetic” is as follows: The study of the flow and transformation of energy, in and between living organisms, and between living organisms and the environment.

This definition, which is a term from science, provides an explanation of why different practitioners can work on the same client and get completely different information – and yet each might get results that help the client. It also explains much more, such as how being in different environments has an effect on how we feel, and that the interaction between different people has an effect of what happens in any given moment.

Even in kinesiology, we have different models.

Touch for Health relies on the Energy Readout Model, where each muscle represents the energy flow in a meridian. Monitoring each muscle, and its result, is a direct representation of the energy flow in its corresponding meridian, with its correlation to an organ or a gland.

There is also the Indicator Muscle Model, where a single muscle is used to communicate with the body as a whole. This requires a language, using body points and hand modes to ask questions that the indicator muscle can respond to.

The important thing here is that Energy Kinesiology, being the use of muscle monitoring to communicate with the body, is just that – a communication mechanism. Nothing more, nothing less. Monitoring muscles does not heal the body, balance energy, or otherwise heal. It is simply a means of getting responses to questions. As a result, I refer to muscle monitoring as the voice of the subconscious.

Not to undermine the importance of this tool. It provides us with the ability to identify blockages to healing, determine the cause of those blockages, and allows the body to communicate precisely what it wants/needs to unblock the blockage (making it incredibly versatile and truly holistic) – all so that the body can release its need for compensation, and access its innate healing ability. The ability to do this efficiently, often providing the ability for the client to come to conscious understandings that may otherwise have been extremely difficult, is exactly the strength of the communication tool of Energy Kinesiology.

Therefore, Energy Kinesiology is not a healing modality in itself. The healing modalities – those methods that we apply based on the body communicating its needs for releasing the blockages to healing, come from whole world of the healing arts, covering physical, biochemical, emotional and energetic realms. The beauty of Energy Kinesiology here is that it integrates this entire universe of the healing arts, allowing use of just those specific parts needed, and in combination with those parts of other healing modalities that are unique to the client's needs in that moment. The goal? To unblock the blockages to healing, and allow the client to go about healing themselves, as designed to do.

One use of Energy Kinesiology that is particularly powerful is the ability to take new research – with either its usual theoretical applications or newly defined understandings of how things really work – and put them to the test, with actual *practical* application. Usually, new information that comes from scientific researchers takes years to trickle down into the educational level where the opportunity might exist for real life use. With muscle monitoring, using the language of electromagnetics (via touching body points and using hand modes), we can explore how new knowledge and awareness of the body can be *used* to help people feel better!

A good example of this is the abundance of new material coming out in relation to the function of the brain. The acceleration of this area of knowledge has been astounding in the last decade. With our knowledge of formatting (as originally introduced by Richard Utt, and built upon by the likes of Krebs, Tobar and others), how to access the structures of the brain, and their related newly found functions, allows us as Energy Kinesiologists to put to immediate use this new information in ways to help our clients make profound changes today – without having to wait 10 years or more to see how the medical community might use this information.

## Models Gone Wrong

As mentioned earlier, models are important as a means of understanding the work that we do. However, they are not the means of identifying results. This is where western medicine has faltered. By using disease models as a means of determining theoretical treatment possibilities based solely on cause and effect, attention to long term results is overlooked. While the examination and study of the body started from the outside and worked its way deeper inside, based on the available technology of the age, the trip back out was rarely made. Instead, the reductionist approach continues to isolate structure and function

on minute levels, not coming back out to consider the effect on the whole. The effect on the whole represents the reality, and therefore, reality isn't considered. Because treatment based on cause and effect provides information only on short term results, this explains why western medicine works best on acute issues but falters terribly when initial results aren't achieved, and the problem becomes chronic.

Eastern philosophy works exactly opposite to western medicine. The relationship to the whole – reality – is what is considered most, using the body itself to achieve results, along with certain tools – acupuncture, acupressure, natural foods and herbs that the body recognizes and metabolizes. This is why people who have chronic problems end up exploring these options after western medicine has failed them. Now, finally, western approaches are beginning to explore some of these “alternatives.” The technology? Quantum physics – with its ability to explore energy on a level not before achievable. This is opening the door to looking further at explanations of results that were previously debunked – usually because the technology didn't exist to explain the results, and because looking at results wasn't good enough. Eyes are now opening to awarenesses that have been observed for hundreds or even thousands of years.

## **The Living Matrix**

One of the areas that has recently been brought into the forefront of the body's anatomy is that of the living matrix – connective tissue. This is the structure that holds us and our organs and glands together. Once thought to be simply structural material, it is now being re-examined as a sophisticated organ in and of itself that is responsible for rapid communication between every cell of the body. This communication, perhaps as fast as the speed of light, or even instantaneous, has a broad range of effects in body function. Motor action that goes beyond the ability of the nervous system, healing potential on a cellular level that isn't recognized as being possible scientifically (such as “spontaneous healing”), and perhaps even the ability to see seconds into the future and respond accordingly.

Recently popularized by James Oschman in his book, *Energy Medicine – The Scientific Basis*, the possibilities of the uses and effects of the structure and function of the living matrix are explored. According to Oschman, “The living matrix is simultaneously a mechanical, vibrational, energetic, photonic, and informational network. The entire composite of physiological and regulatory processes we refer to as the living state takes place within the context of a continuously interconnected living matrix.”

Oschman explores not only the living matrix from an anatomical and functional perspective, he also relates it to a variety of healing arts, including chiropractic and homeopathy. However, among the modalities explored by Oschman, Energy Kinesiology is not mentioned. The struggle for understanding and acceptance of the tool we all know to be incredibly effective continues to be overlooked by the quantum healing revolution. Yet it is *the* tool that so coherently fits like a glove to access and work with the living matrix. In fact, my initial labeling of muscle monitoring being “the voice of the subconscious” could even be renamed, the voice of the living matrix.

And such is the benefit applied to the concept of the living matrix.

## **What Is The Living Matrix?**

In short, the living matrix is a continuum that connects everything in the body. There was a time when a cell was considered to be a “bag” of liquid, filled with various organelles and substances suspended in the fluid. It is now recognized that a cell is much more-so filled with filaments and tubules that make up what has become known as the cytoskeleton. However, even this concept is now being found to be not fully accurate, and that the cytoskeleton – thought to be mostly structural in nature – is now more

accurately understood to also be the nervous system of the cell, through which communication happens. This matrix is also a transport mechanism, along which substances travel to get from the manufacturing centers of the endoplasmic reticulum to other organelles and the cell exterior.

Further, this cytoskeleton connects both inwards and outwards. Inwards, there is a connection through the wall of the nucleus to the nuclear skeleton, which also connects to DNA. Outwardly, it has now been found that the cytoskeleton connects with the extracellular matrix via protein based molecules known as *integrins*, which penetrate the cell wall. The extracellular matrix is made up of connective tissue, whose main structure is collagen, and other related substances. As these connections exist in every cell and out to the connective tissue matrix (which, in turn connects out to the dermal layers – the skin), it becomes clear that every cell in the body is connected to every other cell through this living matrix network.

The connective tissue is the only tissue that is in contact with every other type of tissue in the body. It therefore mediates the communication between all the other tissues – blood vessels, nerves, organs, glands, muscles, etc.

Taking this a step further, this means that any contact to the skin is received through this living matrix and translated through, potentially down to the DNA level of every cell. This begins to shed light on what many of us has observed hundreds of times – that anything can cause anything, and anything can “fix” anything. This is why we might work on an area of the foot to affect pain in the neck, or vice-versa. Of course, the potential for even deeper healing becomes apparent, as we consider the effect of touch right down to the genetic structures.

This continues to get much more complex as we dive further into it – which is well beyond the purposes of, or space allowed for, this paper. Nevertheless, other aspects important to consider are the transmission of information itself, the biochemical reactions involved in that transmission, the actual anatomy and physiology of the matrix itself, and the environment of and created by the matrix. Further, it is my opinion that this living matrix extends outside of the body (through what I refer to as “energy integrins”) and creates or joins with what is often referred to as the etheric web, the structural matrix of the metaphysical body, and perhaps includes the nadis – the meridian system of the chakras – as well.

### **Physical Properties of the Living Matrix**

One of the key physical properties of the living matrix is that it is largely made up of crystalline structures. This gives it general properties that are found in crystals of all types. That means that there is the ability to store and transmit energy, giving the matrix the properties of memory of its own, and the ability to function based on that memory.

As well, there is a piezoelectric property. This means it has the ability to generate its own electrical potential, absorb and transmit energy (including sound and light). The ramifications of this are astounding in terms of its function within the body. Can the matrix activate movement without the typical nervous system enervation of a muscle? Can the matrix itself have the ability to see and hear, separate from the nervous system functions of the eyes and ears? Certainly there are examples of this. Consider the martial arts master who is unknowingly attacked from behind, yet reacts before being touched, and hurls his assailant across the room – without even touching him!

*Tensegrity* is an important property of the matrix. A term coined by Buckminster Fuller, it is a combination of the words *tension* and *integrity*. It refers to the win-win situation caused by opposing forces that push and pull as a means of maintaining structural integrity. The geodesic dome was the

structure that led to Fuller's coining of the term. Other examples of this include cranes that are used to lift large steel components in order to construct buildings and suspension bridges.

There are many examples of tensegrity in the body – in fact, the body itself is a tensegrity structure when you consider the force of gravity and how the body holds together as a whole. On a smaller level, the head of the femur in the socket of the acetabulum is similar to a crane and is therefore a tensegrity structure. Another example of tensegrity is that of the cell's cytoskeleton. With the various rods and tubes extending throughout the internal structure of the cell being balanced by the outside environment of the extracellular fluid, and yet having the flexibility to for the cell membrane to move and flow, is another example of tensegrity. This is the matrix on a small scale. So the entire matrix has the same property of tensegrity as a means of allowing the whole body to move and be flexible while maintaining structural integrity.

However, if areas of connective tissue become tight, lose flexibility, and become compromised, then the ability for the matrix in that area to maintain its other properties of intercellular communication and structural flexibility become challenged as well.

## Communication

There are a variety of forms of communication that are involved with the living extracellular matrix. As well as the piezoelectric aspect, other electromagnetic frequency and waveforms are certainly among the most important. Vibrations on the molecular level, the rhythmic cycles of organ function, magnetic fields emitted by the heart and brain, and even the rhythm of the breath itself all oscillate throughout the living matrix.

Worth considering here is the structure of collagen and other substances of the living matrix. Collagen is a liquid crystal. This kind of structure is found in several parts of the body, and functions like a semiconductor. While the nervous system responds to stimuli that must exceed a particular threshold, the matrix can respond to sub-threshold signals with large responses. While nervous system response often results in reactions that are conscious, involving the sensory and motor cortex in the further extensions of the brain, the living matrix functions strictly in the realm of the subconscious. If the body has this other system of response to signals that would be otherwise ignored by the nervous system, then the level of sensitivity that includes intuition becomes understandable, and the response is significantly faster due to the properties mentioned above.

An interesting piece of the piezoelectric potential of the matrix is that of frequency generation – not just sensory. Of particular note are the certain range of extra low frequencies (ELFs) that have been found to have healing effects on tissues in the body. Sisken and Walker identified that 2 cycles per second (hertz or hz) stimulate nerve regeneration. 7 hz help bone growth. 10 hz is involved with ligament healing. 15, 20 and 72 hz assist in decrease skin death, stimulation of capillary formation and fibroblast growth.

Dr. John Zimmerman recorded signals emanating from people's hands while performing Therapeutic Touch, the work of Dolores Krieger commonly taught in the nursing community, and as such, used in hospitals in the US. Interestingly, Therapeutic Touch doesn't involve direct touch itself. Rather, it is performed with the hands off the body, similar to Reiki. What Zimmerman found was that there was a sweep of frequencies ranging from .3 to 30 hz. Most of the activity was in the 7-8hz range. So by simply directing energy through the hands over certain parts of the body, without even touching the body, can have healing effects on various tissues.

Then there is the matter of the heart. The heart generates the strongest electromagnetic field in the body. In experiments run by the Heartmath organization (McGraty, Bradley, et.al.), it was shown that the heart actually anticipates emotional response prior to the emotional stimulus itself. This gives the person the ability to respond even before the experience of the stimulus – sometimes by a matter of seconds. The brain also has this ability, but is slower. And the two can act together. However, there is a distinction between emotionally charged stimulus and neutral stimulus, and the heart seems to distinguish between the two and respond to the charged stimulus before the stimulus even is experienced. This is quite astounding!

## Biochemistry

Alfred Pischinger, a leader in the research of the extracellular matrix, identified quite a bit about the biochemistry involved with the living matrix. Of particular note is the glycocalyx – the sugary surface film that coats the cell wall, mediates the function of the cell from the extracellular space, and helps determine the function of the cell based on its location. The glycocalyx has its own electrical potential (as mentioned above in the discussion of properties of crystals), separate from the cell membrane and the extracellular matrix, effectively defining a different communication system in the cell other than what can pass through the membrane in the traditional ways that we think about that process. By responding to changes in the electrical potential of the extracellular matrix, *information can pass through the cell wall* – and correspondingly into the the cytoskeleton with its furthering connection into the nucleus and genetic structures – *much faster than other forms of cellular communication* that must pass through the cell wall with binding sites, etc. This level of communication may be almost instantaneous. Again, consider this in relation to muscle function. Rather than only the synaptic firing of muscles through nerve transmission, there is another way through the connective tissue that may cause muscles to fire even faster when necessary, and through subconscious, intuitive channels rather than the conscious transmission from the motor cortex.

The glycocalyx also has its own binding sites, particularly for glycosaminoglycans (GAGs), which are involved in the actual structure of the matrix itself. Most common of these GAGs are hyaluronic acid, haparan sulfate and chondroitin sulfate. Because they are part of the structure of the extracellular matrix as well as easily bound to the glycocalyx coating of the cell, further support of the notion of the interconnectedness of the extracellular matrix and the cytoskeleton is identified.

However, this can also create problems. Distortions in the make-up of the extracellular matrix can create abnormal cell behavior as a result of this relationship. This may even result in tumor cells. Some tumors even use the body's own substances, such as hyaluronic acid, to disguise the bacteria so as not to be seen by the immune system.

Which brings up the subject of the environment.

Dr. Bruce Lipton, author of *The Biology of Belief*, often refers to the environment as being the critical factor in genetic expression. The notion of genes being responsible for many of the diseases of our time following the mapping of the human genome is really the result of the environment of the cell itself. As genes have sleeves on them, they only express when that sleeve is removed. What determines if the sleeve is removed is the environment around the cell! So the functioning of the extracellular matrix becomes even more important when considering its relationship to cellular function.

This brings us right back to our bioenergetic model: the study of the flow and transformation of energy in and between living organisms, and between living organisms and the environment.

Now simply take out “living organisms” and substitute “cells” or “matrix.” The flow and transformation of energy is what is *occurring* in the living matrix. However, we must always come back out and look at the effect of this on the whole living organism as well.

## What It All Means

When we put all this information together, the important thing is how is all functions. The matrix connects to every part of the body, more than the nervous system or the capillary system – these end up being simply parts of the overall living matrix.

Have you ever wondered how certain aspects of Energy Kinesiology work? How simply putting a substance on the body creates instantaneous change throughout the circuit even when the body has not taken in the actual substance that has indicated is deficient? How does this happen so fast? What about dehydration disappearing the moment someone takes a sip of water?

It's not neurological.

When we consider that light hitting the retina takes 1/4 to 1/2 of a second to reach the visual cortex, it suggests that we are always living that much in the past. Yet studies show that stimulation of acupuncture points, for instance Bladder 65 on the foot, light up the visual cortex in microseconds, and perhaps even faster (the equipment used to record this time isn't fast enough yet to determine this). So how does a signal from the foot get to the brain faster than the retinal nervous system? The matrix.

When an athlete is “in the zone,” or a martial artist defends himself from something he can't see, reacting to stimuli around them, how is it that they respond so fast, faster than the nervous system could possibly explain?

Intuition is an act of the matrix.

Consider the process of “automatic writing.” This is where you just “let it flow,” trying not to “think” about what you want to write, but simply let it come out through the pen. It can be amazing what actually ends up on the paper, and you often have to go back and read it to even know. This is an act of allowing the matrix speak.

When we function from that place that referred to as “unconscious competence” (often attributed to Maslow, but developed by Noel Burch at the Gordon Training Institute), this is the function of the living matrix. When we answer questions about things we don't think we know consciously, and yet get it right and “in the moment,” this is the matrix in action.

And when we spontaneously heal from illnesses that have built up for long periods of time, often due to emotional factors and trauma in our lives that somehow we release in a moment, this is a function of matrix repair that results in instantaneous change in the body.

## Putting it to Use

Although we've only touched the surface of this fascinating new area of the body/mind, we can use what we know to begin to look at the matrix from a healing perspective. I would postulate that the matrix is the first thing to look at in approaching almost any health issue. In the work we've done for decades now, we've relied on the matrix itself to accomplish much of the information we get through muscle monitoring, and the results that happen from the healing modalities we apply. Yet we don't *consciously* and directly work on the matrix itself.

Because Energy Kinesiology exists within the bioenergetic model, and the flow and transformation of energy is the critical part of maintaining health, then it is the blockage of this flow that results in perturbations of the healing process. Going directly to the source (as is the goal of Energy Kinesiology), and identifying and resolving blockages in the *matrix system itself*, can only result in a better quality of healing response throughout the body. By working with this larger core system, and then, as necessary, going into more specific areas afterwards, results will come more easily, be more effective and last longer. And working with the living matrix first may resolve many of the problems you might otherwise spend more time on before getting to the core issues.

## A Generalized Procedure

My research has come up with the following mode for the matrix:

**Living Matrix Mode** – Organ mode X GV20 X CV1. All must be held simultaneously.

**Organ mode:** Hand in a fist, index finger and thumb extended with pads touching.

**GV20:** Located at the highest point on the top of the head, in the midline. Locate by drawing a line up from the apex of each ear until they meet at the top of the head in the midline.

**CV1:** Located in the perineum – the point between the anus and genitals. You can energetically “touch” this point by pointing directly into it with 2 fingers at a distance deemed respectable to the client. However, for certain matrix applications, the point is best physically held.

I have yet to apply this mode to a new client in the clear and not have it show an indicator change. (Addendum – More recently, due to a change in how I’ve been checking it, I have found that applying this mode, when not balanced previously, will turn off almost every muscle in the body – and any that aren’t (perhaps only one or 2) are over-facilitated.)

Additional Note: When I found this mode and thought about it, it made a lot of sense to me. GV20 and CV1 connect the two ends of the central nervous system. As well, they connect the central nadis that the chakras attach to. Out of this central core connection comes the entire energy field of the body metaphysically, and internally it extends throughout the body via the extracellular matrix. So the use of this becomes potentially even more profound, connecting to the entire nadi system, throughout the entire meridian system (which Oschman feels is perhaps the real communication system of the matrix), and the body’s etheric web.

As a result, from this initial mode, many directions can be taken. What follows are various examples of exercises and balancing possibilities.

## Living Matrix Balances/Exercises

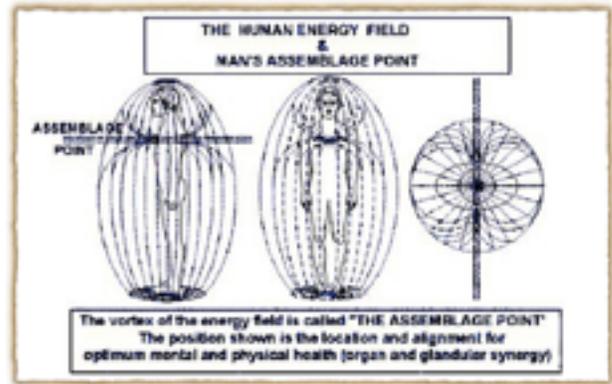
### Living Matrix Coherence

“Matrix Breathing” – Hold CV 1 & GV 1 while doing matrix breathing. This is an “inverse” breathing (opposite to what you might think). Visualize an energy pattern similar to an electromagnet, entering into/exiting out of CV 1 & GV 1, circling around out to either side of the body. (See graphic). When you breath in, visualize the breath going out of CV1/GV1 and out and around. When you breath out, visualize the breath returning into CV1/GV1 simultaneously. Repeat.



## Cellular Coherence

Hold CV 1 & GV 1 while doing Heartmath style coherence breathing – while breathing, visualize breathing into the heart and out from the heart. **Note:** Adding a heart emotion does not seem to be necessary to accomplish cellular coherence. Rather, visualizing the energy flow similar to an electromagnet, with flow going through the “assemblage point” of the heart, seems to be all that’s necessary. This creates what appears to be the core Figure 8 of the body’s energy field/system.



## Organ Coherence

This you won’t be able to do alone, but try it when you have enough hands available for clients. Hold CV1/GV1 and breath as you would in Cellular Coherence while simultaneously doing Mu/Shu technique. Mu/Shu technique is done by holding the front Mu Points (alarm points) and back Shu Points (Association Points) for the organ you are wanting to bring into coherence. **Note:** Putting CV1/ GV1 into circuit and then holding the Mu/Shu points *does not* accomplish the same thing, but may be interesting to put in circuit and balance. To establish coherence, all points must be physically held simultaneously.

## Procedures

My background as an Energy Kinesiologist is quite broad and varied. However, from all the studies I have undertaken, the model that I from the most is Applied Physiology (AP). Therefore, the modes and techniques I use are often based on this model. The use of AP formatting is particularly well suited to getting deep into the matrix because of the ability to access specific structures and functions of cells throughout the body, blood chemistry, anatomy and physiology of each organ and gland, and specific brain formatting. However, the wonderful thing about Energy Kinesiology is its flexibility. Use what you know and allow the body to lead you. Because the matrix works the way it does, amazing things can happen with almost any type of therapy if the practitioner is attuned. If you put on matrix mode and then simply do a 14 muscle Touch for Health balance, you will get excellent results. After all, because of the tensegrity system of the matrix, working with just the muscles can have a profound effect on its function!

While some healing systems are protocol based, I prefer to let a combination of intuition and communication through muscle monitoring identify what is going to work for each individual. So what I present here (which I’m still in the process of researching as well) are simply some possibilities of use that I invite you to explore. Since first written and presented, I’ve experienced some of these, and have added some addendums or made some changes.

After matrix mode gives an indicator change (I/C), you can either balance with that in the clear, or put check anatomy and physiology modes. This way, you know if you’re working with the structure or the function of the matrix. Which of those modes shows (if either) determines other possibilities of where to go next. If balancing in the clear, once complete, put the mode on again and, even with no I/C, check anatomy and physiology modes to see if you get another change. Balance as necessary.

If anatomy mode shows, check Cell Mode, and use the AP system of the cell hologram as necessary. This gets me into the actual structures of the cell, including the cytoskeleton, which is the matrix of the cell. This matrix also goes into the nucleus. As well, the mitochondria is important here, and leads the way into glycolysis, an important biochemical process related to matrix activity.

If you have modes for checking different tissues in the body, or perhaps homeopathic viles, then certainly collagen is an important thing to check.

When Physiology mode shows, I still check for the cell hologram, and look to cell processes, such as ATP production or glycolysis for what might show. Checking DNA/RNA modes both individually and against each other are worthwhile to consider.

Using nutrition mode (Beardall's classic thumb pad to middle finger pad), various biochemical building blocks can be checked as well. Important here is protein and sugars. If you know the points for amino acids (Richard Utt and Sheldon Deal), check them. Enzymes are also very important for activity along the matrix, so enzyme mode is another possibility. Herbalist Humbert "Smokey" Santillo considers enzymes to have photonic, light sensitive properties. This would fit right in with the concept of the matrix.

Then there is the metaphysical side as well. Scanning the layers of the aura, checking chakras and Figure 8s, are all possibilities of working with the matrix. Checking for negative energy fields (NEFs, sometimes referred to as entities) can be very interesting here, though cleaning up the etheric web will often result in no place for an entity to remain. Nevertheless, dissolving the NEF is better than having it find another host. If you work with NEFs in your regular balances, then after clearing a NEF, check Matrix Mode and balance it to clean up places where a NEF might return and latch on. Figure 8s and Chakras are the main balancing tools here.

It is very important to include the emotional side of things when working with the matrix. Many, if not most blockages that disrupt the matrix's ability to function properly are from emotional trauma. So using whatever method you know of identifying emotions and clearing them on a deep level is critical. One thing to consider here is the heartmath aspect. If trauma is experienced before the actual trauma occurs, then that may be considered in the resolution. Going back to the time of the trauma itself may not be enough – rather a few seconds earlier may expose a whole new layer! Consider the coherence exercises as part of the balancing protocol.

As well, if the heart is the first place of experience here, then checking the heart each time may be important as well. Using subscapularis as our guide, this information is easily exposed. Those of you who know Applied Physiology may want to check the Can Opener method as well to really flush it out.

When it comes to balancing, the energetic modalities seem to be the methods of choice. Acupressure is particularly powerful for the communication it represents along the matrix, and therefore, throughout the body. Sound, light and touch all produce excellent results, and can be used in conjunction with most other healing modalities, including acupressure, the chakras and Figure 8s. As well, simply using your hands to focus on an area (determined by scanning the body and letting the muscle indicate where to direct your energy) is very powerful. If you allow yourself to channel the energy through you, you will find that you will generate the proper frequency that you need. Remember not to think! Access your unconscious competence, focus your energy, and allow it to flow.

All of this is a general approach to the matrix. Keep in mind that every organ in the body has its own separate matrix as well. So once you've balanced the general matrix, you can get more specific by identifying the organ, gland or tissue you wish to explore, and then check matrix mode. (Addendum: this has not shown much for me in all the times I've tried it, but perhaps your experience will be different. Using Organ Coherence exercise might affect this though). On the cellular level, check matrix mode again to get into the matrix of the cell itself.

## Feedback

I have had many people say they have experienced profound shifts in their energy from a matrix balance. Often it is so subtle that they can't even put into words exactly what it is different, that it's just a feeling, but that it vibrated within them for several days. This lets me know that it's likely to be the matrix that they're experiencing, and is inspiring me to continue to work with this method.

I'm also currently working on some more serious physiological issues with people, but do not have any concrete results to report at this time. However, my feeling is that this work is opening doors to new areas, and I am incorporating it into my practice on a regular basis. I now start with matrix balancing with new clients and don't go into other areas until the matrix checks as being clear in the clear. This may take a few sessions, and in extreme cases, may go on for longer periods of time. Yet what shows up in the session, based on exploring many of the above possibilities, always leads me to believe that it's the proper course of action.

I invite you to explore this new and fascinating area of the body/mind. If you have any questions or comments, please feel free to contact me using the information below. As well, if you use the information presented here, I would be very interested to hear your experiences as a means of furthering the work. Please contact me with any feedback and/or results (or lack of results) you experience.

Namasté.

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## Appendix

### Modes

**Anatomy:** Hand in a fist, thumb pad over middle phalanx of index finger.

**Physiology:** Hand in a fist, thumb pad over middle phalanx of ring finger.

**Organ:** Hand in a fist, thumb and index finger extended with pads touching.

**Gland:** Hand in a fist, thumb and middle finger extended with pads touching.

**Bone:** Hand in a fist, thumb and little finger extended with pads touching.

**Histology/Cell Mode:** Thumb pad to crease of middle finger where finger joins hand OR Anatomy mode with deep pressure of thumb pad on middle phalanx of index finger.

**Amino Acids:** Nutrition mode (thumb pad to middle finger pad) and GV25 (tip of nose).

**Other Nutrition Points:** Nutrition mode and various Riddler Points (use a Riddler Point chart)

**Figure 8s:** Practitioner touches client's Sp 21 on Left Side Only

## Procedure Examples:

### The Living Matrix Balance

**Option:** Do 14/16 or 42 muscle balance so that all muscles are clear.

1. P/L (pause lock) Matrix Mode.
2. Check muscles that were previously balanced. 14/16.
3. P/L Cell Mode. If you know AP Cell Hologram, identify cell and organelles.
4. Do Matrix Coherence Exercise
5. Recheck muscles.
6. P/L Matrix Mode X Cell Mode
7. Recheck muscles.
8. P/L Figure 8s mode (practitioner holds Sp 21 on left side of body only)
9. Do Cellular Coherence Exercise
10. Choose or identify organ. Must hold CV1/GV1 while simultaneously touching the alarm and association points for each specific organ. P/L and check indicator muscle.
11. Check muscle for that organ, P/L.
12. Do Organ Coherence Exercise.
13. Recheck all muscles.

**Note:** If any muscles show at this point, they are likely related to a primary localized issue to be balanced.

Give Matrix Coherence and Cellular Coherence exercises to client to do on a daily basis to build coherence resilience.

### Other Balancing Possibilities

The above Matrix balance is a product of my most recent research. What follows are other balancing possibilities that I previously worked with as well.

#### Checking Living Matrix with TFH

1. Perform a 14/16/42 muscle assessment and note which muscles are unlocking. Option: balance the muscles.
2. Put matrix mode into circuit retaining mode/pause lock. This becomes the goal/issue. Do another assessment and see what you find.
3. Balance – Holographic TFH is particularly well suited to this, or AP hologram. Acupressure Holding Points (TFH or AP style) are well suited for this balance. Or do the Coherence Exercises.

## One Brain:

Put matrix mode into circuit, age recess, and follow the typical One Brain procedure. The Behavioral Barometer will usually show the core emotions involved with a person at this level, so you will quickly learn a lot about your client. Once balanced, age recess 1-3 seconds further back and see if you get more. Consider Muscle Circuits, the Adversary balance, and Coherence Exercises for balancing.

## Applied Physiology, PKP and other circuit based Energy Kinesiology Systems:

1. In the clear, check Matrix Mode. I/C, P/L. (Indicator change, pause lock - put into circuit).
  - a. If you are familiar with SIPS, NEPS (MOPS), NSI and similar systems of working with powers of stress, this may be extremely useful here.
2. If you wish to work first in the metaphysical, check for NEFs and balance in whatever way you know (this is beyond the scope of this paper, so use only if you are comfortable with this).
3. Check Anatomy and Physiology modes. Whichever one shows, P/L.
4. Check cell mode. If you know the Applied Physiology Cell Hologram, put on hologram mode and proceed with the AP procedure to establish which cell, and which organelle. Option: Check Matrix Mode again after Cell Mode shows and P/L as necessary.

**Note:** at any point that the modes stop showing, either explore other things you know, or simply balance at that point. Then come back and check to see if the body is willing to go further.

**Further Note:** In Applied Physiology, we are always looking to further activate the actual “problem,” something we call “entering the hardware.” So if you get to a particular structure or area of the body that the above procedure indicates, do something to further stimulate that area – push into it with your fingers, massage, have the client move, stretch or tighten the area. Remember that any touch also activates the matrix, right down to the DNA level. Pause lock this activation. This will increase the stress and help the body focus on what you’re working on. Your results will increase.

5. Beyond this, the system becomes very flexible. Looking at structure, biochemistry, emotions and electromagnetic possibilities may show anything in those realms. Metaphysically (which, if electromagnetic modes show may be the doorway to this as well), check chakras, nadis, Figure 8s, spiral energies and the etheric web as a whole. As these are areas that are dependent on your particular education and styles, it is beyond the ability of this procedure to get into specifically. Trust what you know, consider the properties of the living matrix, and go for it!
6. Balance your setup. Typical here are meridian techniques – acupressure (particularly using command points), chakras and Figure 8s. Flower essences are effective for working with the emotional component. But anything fixes anything, particularly in the realm of the matrix, so let the body lead. And of course, the Coherence Exercises may do the trick by themselves.

**Another Possibility:** To be used later, after the overall matrix has been balanced. (Addendum: This is the one that hasn't shown for me much. The new Organ Coherence balance, using Mu/Shu points seems to be the way to do this. But try it and see what happens).

1. Based on a client's issue, use Organ or Gland Mode and alarm points (Mu/Shu points simultaneously? Perhaps leave organ/gland modes out) to establish a context. For instance, if a client has kidney problems, use Organ Mode and the kidney alarm point. Another example is to use Bone Mode for someone with osteoporosis. P/L.
2. Now put on Matrix Mode. In this manner, you are now accessing the matrix of the specific structure in the body.
3. Continue with the balance as above, considering the properties of the structure whose matrix you are examining.