

Matrix birth reimprinting

How we come into the world really matters. Yet in the west we have lost touch with one of our most important rituals – the ritual of birth, according to practitioner, Sharon King

When I talk to you about holistic birthing, you may be picturing candles and soft music, perhaps even a birthing pool. But the new paradigm in birthing involves far more than just creating the ideal circumstances for birth, although these too are important.

The new paradigm in birthing starts with one very vital understanding that has been overlooked in our western birthing paradigm. Babies are conscious beings. In fact, their consciousness begins in the womb, even at the time of conception. If this is the first time you have heard this information you may want to take a moment to digest what it actually means, because mostly we have been taught that babies are unconscious and unfeeling and we have built our western maternity concept on this false belief.

Pre-birth Information

Even before they are born, babies are receiving information about the world around them and forming beliefs based on what they receive. Every stress, every trauma that the mother experiences, is perceived and understood by the unborn baby. The baby is recording this information and using it to gather data about whether the world that it comes into is safe or dangerous, loving or hostile.

For the past decade I have been exploring the impact that this new understanding has on us as individuals.



What I have come to understand is that the implications are far reaching into our adult lives. If our mother is traumatised while we are in the womb, we don't just experience that trauma at the time. If you think about the impact that trauma has on us as adults

you will probably be aware that it can still ricochet into all corners of our life long after the event is over. Similarly, babies who experience trauma through their mother in the womb can be deeply impacted by what they went through, long into their adult life. It shapes their brain, which in turn affects how they show up in the world as adults.

When I talk about trauma, I'm not simply referring to what are classically considered the 'Big-T' traumas, such as car crashes or disasters. I am also referring to the family and life traumas that occur as part of our day-to-day living. Even the sense that a baby is not wanted can be experienced as a trauma, shaping the identity of the child so that s/he believes that it doesn't belong and is not wanted in this world.

The Birth

Perhaps one of the most impacting traumas that a baby can experience is birth. It's not that birth itself has to be a traumatic experience. It's that our western birthing process has become highly mechanical. This is largely because it has not been understood that babies are conscious beings. With the misunderstanding that babies can't

feel or remember anything, they are often brought into the world in barbaric ways with forceps, needles and rough handling, as well as overlooking the vital opportunity they need to bond with their mother as nature intended. The minute a baby

experiences this kind of treatment it makes a decision about the world it lives in. A decision that it often carries for the rest of its life.

Although I may have painted a bleak picture of our current situation, there is also hope. Because it is actually possible to rewrite our experiences from the womb and birth, which changes how we experience and perceive life as an adult. The technique that I created to rewrite birth trauma is called Matrix Birth Reimprinting. You may already be familiar with the technique that it evolved from, called Matrix Reimprinting.

It's what is known as a 'tapping technique', and a whole plethora of these techniques have emerged over the last few decades. They involve tapping on meridian points on the body whilst simultaneously engaging the mind on a particular issue or problem that you are experiencing. The problem can be from the present or the past. When you tap on these points in this way (which are similar to the points used in acupuncture) and focus on a particular issue that you have experienced, you can release the problem from your mind and body simultaneously.

What it is

One of the original tapping techniques was emotional freedom techniques (EFT). With EFT you can literally go to any memory that is problematic and take the emotional charge out of it by focusing on it while you tap on the points. It's grown in popularity over the past few decades, and is currently being integrated into the NHS.

Matrix Reimprinting takes EFT to a new level. This tapping technique, created by Karl Dawson, enables us to rewrite our memories. With EFT, we take the emotional charge out of traumatic life events but the memory stays the same. With Matrix Reimprinting we actually go back into the memory, not only clearing the charge of what happened, but also finding out what we learned about life on that day, and imprinting new beliefs.

This has a profound effect on how we show up in the present day. We hold our memories from the past on an unconscious level, and tune into them, particularly when something in our external environment reminds us of what went before. We often experience this as triggers, and end up riding an emotional rollercoaster, that is our life. If we go in and change the memories they no longer have the same power over us. But more importantly, when we change what we learned about life the day that they happened and install new and supportive beliefs, the way that we see the world changes on a core level.

Matrix Reimprinting is now an internationally recognised healing tool with two books published by Hay House, and in ten languages around the world. I was connected with Karl Dawson before Matrix Reimprinting even had a name and have been part of its growth and development from the very beginning.

It was combining this work with my own study in what was happening at the leading edge of the new paradigm in birthing that led me to create Matrix Birth Reimprinting.

The truth was, I didn't set out to create it, but rather I started to work with expectant mothers who had had previously traumatic births (either when they were born themselves or when they had given birth previously) and experienced profound results. The first was Caroline, who was pregnant with her third child when we worked together. Her first two children had been born under highly traumatic circumstances and when I came to work with her, it turned out that her own birth had been traumatic too. We rewrote all these experiences and created a future imprint of the birth of her unborn child. Her third child was born exactly as we had imprinted. In addition, there were many positive side effects for her existing children once the trauma of the birth had been cleared.

Since then I have reimprinted the

births of literally thousands of people around the world. Sometimes, core-beliefs that have been held for six decades dissolve during one session. In the case of someone who isn't wanted in the womb, for example, they may enter the world with the core belief that they don't want to be here. When we go back to the root of where that belief was formed, and heal it, a new perception of the world is formed.

Perhaps one of the most surprising revelations for me has come from the fact that rewriting a birth of a child who is still an infant can have an effect on their own health and well being.

I worked with Jake's mum when he was still a small child. He had experienced a highly traumatic time in the womb and at birth and has had epilepsy since birth. I worked with his mother over three sessions, and remarkably, Jake's fits went from occurring daily to something like once every three or four months after we had cleared his prenatal and birth trauma. And the important thing to note in Jake's case is that I didn't work with him directly. I only worked with his mother. When we understand that we are all connected by a unified energy field, then this kind of surrogate work seems less remarkable. Yet it still has far reaching implications for the health and well being of our children, particularly if their birth or time in the womb was traumatic.

The one key thing that I can say about my work is that we have all been born. And most of us experienced some kind of trauma, either when we were in the womb or during the birthing process. It is my understanding that we can all benefit from Reimprinting our birth. We don't even need to know the circumstances of our birth to do so, because once we start the process, the tapping brings memories to the surface, so that we can understand why we see life a certain way and install a belief that is more supportive. **KS**

Find out more

- Sharon King is the creator of Matrix Birth Reimprinting and the author of the forthcoming book, *Heal Your Birth, Heal Your Life: Tools to Transform Your Birth Experience and Create a Magical New Beginning*. She trains practitioners worldwide in her process, and is available for private consultation and speaking engagements globally.
- www.magicalnewbeginnings.com • www.healyourbirthbook.com



• SHARON KING