



CAROLINE PAULZEN

After a career of 30 years as a nurse, Caroline Paulzen is now pursuing her passion of personal empowerment and healing of others.. She is a Matrix Reimprinting and EFT (AAMET) Practitioner and

Trainer in Australia and the Matrix Reimprinting Trainer of Trainers for the Asia Pacific Area. Caroline is currently introducing EFT into schools and the corporate sector, and is working on a documentary film

about 'Eradicating Bullying', where Matrix Reimprinting and EFT is at the core as a strategy to achieve this. She also presents workshops on Personal Empowerment.

ADAM'S STORY

Adam's severe accident as a teenager lead him to feel isolated from the world. Matrix Reimprinting has helped him feel more connected with the world and himself.

THIS IS ADAM'S STORY:

When I was 16 I was rushed into hospital, squirming in pain following a very strange accident.

I spent the first few days in a haze of morphine and the effects of anaesthesia. Because of this I had no opportunity to process the initial shock of waking up in hospital with my stomach cut open. I felt angry that the doctors didn't explain what had been done and the potential ramifications. I felt very fearful of not being able to survive; my belief was 'I am very damaged for life'. I also experienced shock from loved ones being so alarmed at the sight of me.

I can't consciously remember it, but according to my family, my girlfriend broke up with me when I was in hospital. Feelings of anger came up in the Matrix Reimprinting session around that, which were resolved.

ISOLATION:

I spent two months with the colostomy bag at school, which was downright horrible. Neither the bag nor the accident itself was discussed openly except with a few friends. It would fart noisily in class and smelled so bad that no one could imagine it came from a human.

Some guys in class with low emotional awareness would say "Oh Yuck, that's disgusting... what's wrong with you?!" I had no respect for them so didn't mind what they said, but it was a huge shock to know that everyone in school knew my secret, and this lead to fears of 'being exposed' and not trusting the people around me.

The embarrassment and shame was so strong that for years I would react badly the instant the accident was mentioned to the few people outside my circle of trust.

Then came the prospect of returning to hospital for the reversal operation, knowing exactly how much pain and pathetic indignity was looming. I had already come out of the first one like a skeleton from not eating solid food for 7 days. Interestingly I was not particularly concerned about this at the time. I must have been in too much of a survival state. Matrix Reimprinting allowed a chance to feel and resolve these fears that had stayed with me for many years.

BELIEFS FORMED AS A RESULT OF MY EXPERIENCE:

'I'm damaged', from spending ten days in hospital with my stomach split open and sewn back again. I felt like a car after a crash that should be 'written off'.

'I am awkward' – not comfortable speaking in medium size social groups and often embarrass myself. Very aware of when people are watching me/judging.

'I can't be spontaneous' (as I was mucking around when the accident occurred)

'I can't make any mistakes, or my world will collapse'.

NOW FOR THE POSITIVE!!!!!!

I have had a number of Matrix Reimprinting sessions where I was able to address the following memories by using tapping to release the negative emotions at each stage, and then was able to change the negative beliefs I had formed at the time:

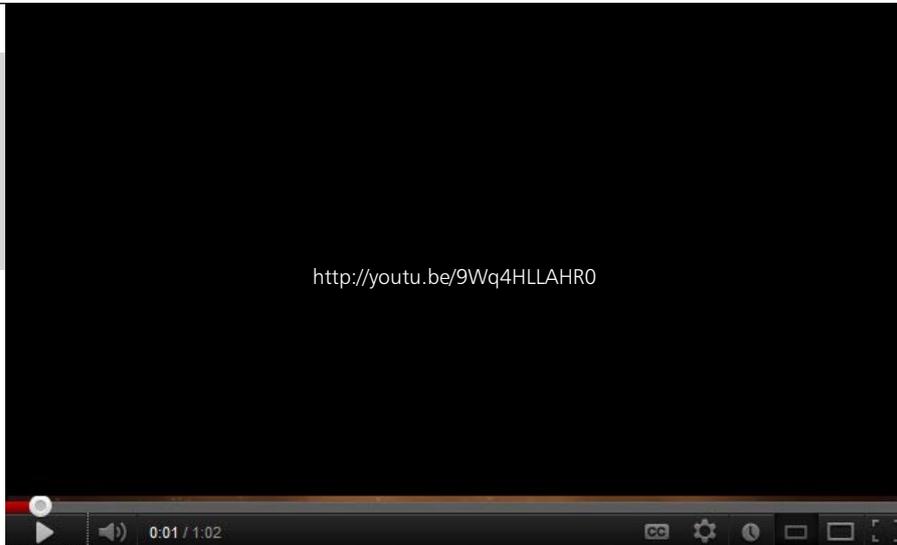
I was able to process the shock of waking up after the operation, seeing my stomach wounds and a colostomy.

The night before the morning operation, I was drugged up so I had no idea what had happened. This is why it was such a shock to wake up and see my stomach!

After the Matrix Reimprinting session my energy levels skyrocketed and I spent the next 10 days doing anything and everything I could like a madman.

As I have CFS (Chronic Fatigue Syndrome) this was unusual for me.

My reading improved and I



began to use weaker glasses; now I need no glasses at all and read without strain. (I realise now I had not wanted to see my damaged stomach).

I resolved the trauma of the accident; arriving in emergency, not being assessed as a priority and being examined (fear of major irreversible damage, even considering possibility of death).

I reimprinted the operation so that it went as smoothly as possible with minimal scarring. I also reimprinted the surgeon explaining what had happened and that it would eventually heal with no significant lasting effects.

After the Matrix Reimprinting session I felt light pains along the 'suture' (cut) line, which I never do normally – signs now of healing taking place about 6 years after the operation!!!

Within two weeks my stomach flattened out. Before I had a layer of fat covering/protecting the area when the rest of me was skinny.

I reimprinted my time at school. I got a good mate to gather up my friends and explain to them what had happened. I pictured my ex-girlfriend as a friend and an angel who gave me support (removed isolation).

I imagined that the accident was just a crazy dream, and all my friends rolling with laughter when I told them about it.

After that I even reimprinted again so that I didn't have to trudge around school with the colostomy and gave myself permission to take more time at home to recover. Usually I would just try and push through times when I was unwell.

Law of attraction – It seems that strangers perceive me differently after the Matrix Reimprinting sessions; girls at the counter of my local pool smile at me with their eyes, and when they say

'have a nice day' I can tell they mean it. I was not consciously acting or saying anything differently, and the first few times I looked behind me to see what celebrity/AFL champion was standing behind me! Of course this has only happened on a few occasions, but I don't remember it happening like that beforehand (even when I was fit and strong).

In regard to healing other areas of my life, I still consider myself a 'work in progress', but in general I feel more alive and connected to the world. Matrix Reimprinting allowed me to visit my worst memories with dignity in a safe and controlled environment.

Instead of having to push through confoundingly difficult times, things are becoming effortless.

Initially I really struggled using basic EFT. I would usually feel numb and tired within a few minutes. Using EFT in conjunction with Matrix Reimprinting helped discharge many freeze responses and led to the reconnection with my spiritual self.

EFT/Matrix Reimprinting has been very effective at accessing my pre-conscious memories and releasing freeze responses there.

By clearing so many survival states, I must feel safe to be fully present in the world and hence don't feel as numb. Basic EFT is effective now.

Note from Adams Matrix Reimprinting Practitioner: Through the Matrix Reimprinting sessions we discovered that Adam's experience and feelings of isolation started just after he was born, prematurely, when he was placed in a humidicrib and tube fed for 12 hours.

With Matrix Reimprinting we were also able to take Adam back to that time also so that his 'baby' self was united with his mum straight after birth, and reverse the belief of 'I am wrong,' which he formed at that time.

Post Script by Adam:

My experience in hospital has been written from my perspective at that time.

I would like to make it clear that the hospital followed all procedures and did a fantastic job repairing my body with no complications. As I was only 16 years old at the time and a legal minor, the staff informed my parents about the procedures I would undertake.

I would like to thank my surgeon for doing such a great job, the nursing staff for supporting me through some fairly undignified moments and my physiotherapist for helping me get out of bed and walking again.

We are incredibly lucky in Australia to have access to this level of care.

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