

Changing Your Life Patterns Using Quantum-based Techniques

By Avis A. Burnett, PhD

I've always been interested in quantum physics, though from an amateur's perspective. Don't make me look at the math - just talk to me about the concepts.

When a friend recommended Richard Bartlett's book, *Matrix Energetics*, I devoured it in a day and went on-line to find training. I've since attended many of his workshops. What I find most powerful about Dr. Bartlett's approach is his refusal to be of this (limited) world. He playfully refutes what we assume is "given"... and magical, fun things happen. Though he offers some very potent tools for transformation, the gift I most appreciate from Richard is the growing confidence that **ANYTHING IS POSSIBLE**. To question, "What's an interesting way to see if we can make that (or something better) happen?" has become an exciting way to live!

Richard got my attention in my first training program, when he was on stage with a young man who had recently broken his right foot. After some innocent chatting and a request to remove the boot cast, Richard took the injured foot and rotated it back, forth and around ~ just as he had the perfectly normal left foot a moment before. The gentleman walked off the stage without a limp.

Obviously, Richard had a knack for transforming physical problems. I was impressed when he later stated that some of his most powerful work took place when it seemed that nothing had happened at all. When an assemblage point of a problem changes, it may not look dramatic but every pattern associated with it is shifted.

He talked about quantum mechanics as the platform from which transformation happens. (He prefers using the word "transformation" instead of "healing" to help us stay free of limiting mindsets). As I understood his message, it was: 1) At a quantum level, everything exists as waves of possibilities. 2) When we focus on something, it collapses those waves into a particle, which becomes what we experience as Reality. 3) That reality reflects the level of consciousness we held when the particle was created.

So, if I were to look at any aspect of my life (i.e. my arm, my relationship patterns, my checkbook...) I would have to assume that each reflects my current assumptions, beliefs, and feelings. If I were to connect with my checkbook at a quantum level, with a freer belief of what is possible, I should be able to shift unwanted patterns having to do with cash flow.

Delightfully, it seems to be true. Each of us can change our life patterns.

As I have incorporated Matrix Energetics into my counseling work, I have seen physical conditions improve, relationship issues become resolved, an awakening of life purpose, and an expanded concept of what is possible along with accompanying "miracles"...

However, this work isn't about simply using techniques. It's about a way of living. It's interesting that whether I'm reading Dr. Bartlett's book or communications from dolphins, the message is consistent: there is a way of being that optimizes magical happenings and miracles. It starts with being OPEN (to positive possibilities), TRUSTING (that we can shift negative patterns in our lives), and - most of all - PLAYFUL like light dancing on quantum waves, which is, after all, what we are).. Willing to try this stuff in a light way, without attachment. On everything. For example, I take great delight in helping out friends who are wrestling with uncooperative machines. It's amazing how many times a stalled lawn mower, car or other mechanical device will start after a "2-point" (a Matrix Energetics tool). Seeing those results helps build trust that we can, indeed, positively effect other areas of our lives. And soon, it's incorporated into everything we do!