

Moving beyond healing to personal transformation

Richard Bartlett, DC, ND, interviewed by Steve Hays and edited by David Cohen

Matrix Energetics is a mode of energetic healing developed by Seattle chiropractors Richard Bartlett and Mark Dunn that synthesizes the art of subtle energy work and the principles of quantum physics. Playful and innovative, it combines focused intent and light touch to facilitate transformation in terms that will set off familiar chords for anyone who saw last year's enormously popular film about healing and consciousness, "What the Bleep Do We Know." What follows is a conversation with Richard Bartlett and The Light Connection's publisher, Steve Hays.

Steve: You don't like calling your work a system.

Dr. Bartlett: Well, you could look at it as a system, but if you do that, what you have is just another technique. It's a really good technique; but is it really an expression of what's possible within the framework of the way it's intended? The way it's intended is that you apply it to any aspect of your life and you get very creative with it. So as you go along through life, you literally make up your outcomes and you get so good at practicing your outcomes you start to see them physically manifest. That's when you have that clarification that you are actually doing what you think you are doing.

When you start to see confirmation or synchronicity showing up—when you put something out there and you've got it, and you immediately get feedback, 'yes, that's what happened.' That's more in-depth than a technique, it's a consciousness shift.

Say somebody has a sore shoulder and they have a problem or they have a disease condition or whatever, you can go up against that disease condition or that problem and it will sometimes work really well.

But if you do it from a consciousness of 'I'm going to apply this energy, whatever it is, to correct or treat this condition,' you now have wasted a lot of energy by ratifying the condition—giving it more power and authority—and then you have to work with the power and authority you've given it and do something to reverse that condition or pattern. So it seems a little backward to me. It's not that you can't do it that way, or that I don't do it that way in my office a lot of times—it's that the people who know nothing about medi-

cine and have never had any courses in techniques in healing, are liable to be the ones that are the miracle workers and are doing the incredible things that defy the imagination. Because they have not limited what it can be or how it can manifest.

I would much rather that people be free of their trepidation, not make it about whatever I say it is. That's why I don't like to say it's a technique. If you listen to what I think it can do, I might be very limited in my application. Somebody else might be explosive in their awareness: "Well, you didn't say it couldn't do that, so I guess it can now." And then they tell us what happened and other people say, "Of course, I did that." The doctors are just going, "You did what?" We are scratching our heads and saying "That's not possible!" But the housewife or the artist or the child has no

problem doing those things because they haven't calibrated limitation. I think techniques will calibrate limitation because the very nature of technique is you define what it does and what it doesn't do. You've got to play by the rules, that's how it becomes a technique.

I want people to go against the rules and go outside of the box and make up their own process and then use these principles to see what they can do.

So is it more about recognizing energy or learning to recognize the energy?

I think it's about practices.

For instance, if you put your coat on with your right arm first your whole life and then have a problem with your right arm and need to put it on with your left, you have to practice that. Maybe you become ambidextrous, maybe it increases the alignment of the right and left hemisphere of your brain. Maybe it's a really useful thing.

For instance, when I was in chiropractic school, I was selling newspapers, the Dallas Morning News, and there was this huge paper right before Christmas; it must have weighed ten pounds and I went to throw it up to a second-story floor and sprained my thumb—I was in chiropractic school and my right hand is my dominant hand, so I had to figure out a way to use my left hand and do things in a new way that I never had imagined. Because of that, I developed a very strong left hand and a very strong technique. I also freed up my limitations. I wouldn't say to sprain your thumb is a good thing, but to sprain your brain may be not so bad.



For people interested in taking your workshop: Is this for people working on themselves or people working on others?

It's both, and it is also for working on your car, teaching a reality about your finances—I'm not kidding, I have people say over and over again, 'I fixed my car, my car wouldn't start, I two-pointed it. It started right up and it's been running fine every since.' We have had people use it to fix their TVs, which is just ridiculous. They two-point it—that's a method we teach—and now their TV is working perfectly. Their serviceman had already been out there three times and not been able to get it to work. This is a real story.

That's what I mean by freeing up the limitations. I would never think of some of those things, but once you do, then you learn to feel the energy, and you ask questions like, "What would this be like if I *could* do this thing? What would that feel like and what would I notice?"

It's a classic NLP neurolinguistic programming type of question, where you focus on something other than the expected former outcomes, and you get a new battery of possibilities. That's one of the things we expand upon and make available to people in the seminar. They learn to ask questions that don't define themselves in ways that limit their expression.

I had a gentleman in one of my talks who was sitting in about the third row getting madder and madder about what I was saying. It was just pushing all of his buttons. He was about to come up and smack me, and all of a sudden my hallucinations (what I like to call them) or my guides say, 'Go touch that man.' I touched him on top of his head, he slumped forward, looked pretty much unconscious. He came back a few minutes later with a big smile on his face. He e-mailed me later and he said, 'whatever that anger, that feeling that was building as I was listening to you, is gone and it hasn't been back. This is the most powerful thing I've ever experienced; it has so freed my life and changed it.'

All I did was listen to the inner voice and move forward. If people do that, it

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doesn't matter what the technique is—it matters what they get out of it and how they apply it in their lives.

So it's not really about people who do energy work or have a special gift...

Please, no. Those people will have more trouble because their special gifts will require them to see and feel things in a prescribed way. That's why Mark and I are such cut-ups and we are so fun when we teach, because we are talking to the unconscious mind, which really knows how to play with all these different possibilities. As soon as it gets distracted, it says, 'well that's more fun over there, I'll do that. You keep focusing on this and I'll go do that.' And pretty soon you find out you learned something and didn't even realize what had happened. That happens a lot when I do my two hour talks. People come away and say, "You know, life just wasn't the same after that talk. I want to come to the seminar, but I've got to tell you things have already transformed in my life." That's the intent of that energy when you let it speak and act through you.

You didn't learn this in chiropractic school.

Oh, no. I learned frustration in chiropractic school, which led to this. I had a son who was born with bronchitis, asthma, allergies and pneumonia. Nothing helped it. I was in chiropractic school and had all these different techniques and I tried all of them. I found one that helped the first time I applied it: He

threw up about a pound of fluid and mucus out of his lungs and that was really powerful. I was really impressed. It worked a little bit the second time and not at all the third time and never again.

Matrix Energetics works first time, every time because you unconsciously access it just as you learn to drive. The way we teach you in the seminar, you don't know what you've got until you need it. That's a good thing because you can't screw it up. Once it's there, it just kind of gets installed. Once it's installed, your perspectives will shift.

Two nights ago I had this 34-year-old gentleman, and he was skeptical. I said, "You have a question?" He said, "What's grounding?" I said, "Come up here and let's see if we can find common ground together." I just held him and did the two-point. I found one point, and I measured it against another point and I noticed it as being different. That's basically it—because in quantum physics when you observe something, when you measure it, the act of measuring it changes it. I tell you, you are made of photons, so I don't know what this whole big thing about classical reality is: I don't think it exists. I think we keep it constrained to what we expect it to be. But once you start to see the way quantum physicists see, you realize it doesn't exist.

John Wheeler, one of the great physicists of all time, called quantum physics a 'meaningful software, located who knows where.' That is a pretty amazing statement coming from someone famous for the things he developed. He has no idea what it is, but it's really powerful and he thinks everything comes from it. Then you are getting into

that realm. That is the realm of Harry Potterville, it's the realm of magic, the realm where quantum physics and magic meet head to head and both can win because neither is in opposition to the other.

What's the difference between your two workshops?

Friday we just talk to your unconscious mind. I make it up as we go, as I was just doing here. That creates a state where people are ready to learn, where they have an open frame. On Saturday and Sunday, we teach the skills, the techniques and the ideas that are basic to everything we do in Matrix Energetics. The advanced course, if you decide to do it, is on Monday. It teaches you how to do muscle testing and pendulums, and so on. Measuring energy. It teaches you how to access a possible reality to move into it, grasp that and then form something with it. Like taking something from nothing and then creating it. True wizardry. When people get that, they really go into greatly altered realms of possibility.

That's where people who are not visualizers, for instance, get clairvoyant. They start to hallucinate vivid imagination in color. People have feelings they never had before. They sense chakras, they know things that they never knew before. They have an inner peace or calm, or they get crazy like me. Once they've got the ideas and they have the basic tool kit to measure their reality, they start playing with that reality—measuring it, and making it up, and then observing the outcomes. It's my favorite thing to teach.

I did notice that the day after your demonstration,

and the next couple of days, I woke up in the morning really wanting to get to my big pile of things to do—instead of wanting to avoid them.

That's very common. You feel more alive and you have more possibility. It's almost like you have more energy in different realms to do things, so you aren't doing as much. My schedule is crazy, but it just gets done because the energy is no longer sectioned off; I have more access to it.

I'm writing down people to call and they are calling me.

They just bubble up and happen. The more you notice that and stay silent about it and not coax that thing, the more you hold onto it and map it and make it your own. That's why the seminar is so useful—it's very much that thing about putting on that left arm in a new way and noticing and taking the time to do that, rather than falling back in the old habit of just putting on the coat the way you normally would. After a bit of time, your unconscious mind takes over, just like in driving. That's one of the many things that makes it so powerful. Things happen around me when I'm teaching, or when someone walks up to me on the floor, because I've so practiced the state that people move into that realm of possibility and as soon as they think about it, they've contacted that field and they start to change. It's really fun.

Richard Bartlett, DC, ND & Mark Dunn, N.D. will be doing their two-part workshop in San Diego March 31-April 3. See page 3 for more or go to www.matrixenergetics.com 619-276-7367.
