

# This Reality Is Only An Option

by Stephanie Hopkinson

The hall is nearly full. Two hundred people from all walks of life settle into their seats, pull out notebooks, fold and refold jackets. Except for greetings between friends it is oddly quiet, as if people aren't quite sure what to expect.

We've gathered for a weekend workshop on a new approach for profound personal transformation. Melding quantum theory, personal transformation, and imagination, Matrix Energetics promises to stretch our minds and our assumptions about reality — serious stuff for a sunny summer day.

Then music starts and swells — it's the Beatles' Magical Mystery Tour — and two men half jog, half walk, up the aisle to the stage. They take their time, laughing and joking with the audience. People start to grin, loosening up.

Dr. Richard Bartlett reaches the stage first. He asks us to stand up and form a line, making sure to maintain contact with the people on either side. With a casual move of his hand he gently touches the first person in line. That person falls gently to the floor — as do the next 16 people after her.

"I call that collapsing the wave", Dr. Bartlett says. "It happens when people feel a noticeable, observable change in their status quo — and their mind needs a moment or two to catch up."

Dr. Bartlett developed Matrix Energetics utilizing the principles and science of subtle energy and quantum physics. These principles, coupled with imagination and focused intent,



Dr. Mark Dunn teaches Matrix Energetics seminars with Dr. Bartlett. Expect lots of hands-on learning, easy-to-grasp theory, and quirky humor at these lively gatherings.

produce physical verifiable effects that often defy rational explanation.

## Physics and personal transformation

It all starts on the quantum level, where subatomic particles act in organized chaos and within states of probabilities.

Down in this world of gluons and quarks there is no single reality, but rather the possibility of all the realities that could exist. It is only when this pile of possibilities is observed that one of the could-be realities resolves into The Reality.

As far as traditional quantum theory is concerned, quantum changes affect only the particles on that level. Dr. Bartlett disagrees.

He reminds us that we are connected at all levels. Sub-atomic particles make up the atoms that make molecules that in turn make the living being that is you. Therefore "changes in reality at the quantum level impact reality on the macro level."

## Focused intent opens pathways to transformation

Focused intent is the sieve through which all your possible realities are filtered. It is the creative act of using your imagination to define a new set of experiences, realities, or outcomes within your current experience.

You create the world you live in through the choices you make moment to moment. Each choice solidifies a particular reality. Dr. Mark Dunn, co-

Dr. Richard Bartlett, D.C., N.D., developed Matrix Energetics, which focuses on creating and transforming reality at the quantum level then observing the effects of that change at the macro level.



teacher of Matrix Energetics, points out that “the things you imagine have a creative power in them too. You create the conditions for your own experiments. So even if you’re not looking, you can still affect the outcome.”

Learning to focus your intent is an integral step in Matrix Energetics. It allows you to step out of your usual patterns of thinking and consider other possible realities. You then focus on your preferred reality before making the quantum changes that will affect your life.

### “Believe in Miraculous Possibilities”

Drs. Bartlett and Dunn are excited about the growing interest in Matrix Energetics. “We’ve had people come from all over to learn how to make these quantum changes,” says Dr. Bartlett. “And we look forward to sharing it with the world.”

Like any true teacher, his focus is on teaching people to do for themselves.

“I am teaching possibility and artistic license.” he says. “Then people combine this with their own abilities and create something new, things I’d never think of. It’s exciting to see.”

People attending the seminar can often do this work before the weekend is over. “They can see that they are making objective and verifiable changes,” says Dr. Bartlett. “The changes may be obvious or light as a summer breeze. Either way, the rippling effect will last for days, months, or even years.”

As these changes ripple up from tiny quantum particles to our macro world and ripple out from the present into the far future, they bring us all the miraculous possibilities we can imagine.

Visit [www.matrixenergetics.com](http://www.matrixenergetics.com) for more information on Matrix Energetics and upcoming seminars.

# “ The practice of Matrix Energetics

allows for the *possibility* of another perspective or *reality*

— limited only by your imagination.”

— Dr. Richard Bartlett



Quantum physics can be fun!

## You and Matrix Energetics

**Q** I’m not a doctor — I don’t even play one on TV. Can I still learn how to do Matrix Energetics?

**A** Absolutely. The key requirement for learning Matrix Energetics is an attitude of humility and curiosity that opens you to accepting new possibilities in every day life.

**Q** But isn’t Matrix Energetics just another new healing technique for healers?

**A** Not at all. Matrix Energetics is about transformation — transforming your perception of reality into another reality. This allows us to avoid the disease/healing dichotomy and go straight to the ultimate goal: transforming your reality.

**Q** I’m a healer. Would this paradigm be useful in my work?

**A** Yes — but you’ll need to be open to new perspectives and new responses to what you’ve been practicing. If you step out of your comfort zone, you’ll find a world of new possibilities.

**Q** Do I have to follow a certain belief to learn or do this work?

**A** Yes. You have to believe that you can believe in something new and different. Belief functions as a perceptual filter, dictating what we are able to notice and interact — so to make changes in your reality, you need flexibility.

What you don’t need is any prior belief in Matrix Energetics or any knowledge of quantum physics.

**Q** Can I learn to do this work myself?

**A** Yes! And it’s easier than you’d think. I teach people about the possibilities and help them realize their artistic license. Then you’ll be able to take your abilities and create something new that I’d never think of.

**Q** How useful is Matrix Energetics in my day-to-day life?

**A** People integrate Matrix Energetics into their daily lives in all sorts of ways. We’re talking quantum transformations that can change outcomes in every area of your life.