



To Empower your Spiritual Journey



In love and gratitude...

The following is a compilation of the thoughts of Dr. Richard Bartlett, master teacher and founder of Matrix Energetics, the guidance of Dr. Hector Garcia and my own thoughts and methods.

Matrix Energetics is a way to access Transformation

*Playing with Universal template energy
and Intent to create what you want*

**Everything you do not need
to know or understand**

By

Richard Alan

We can play with or without thinking... with or without understanding... or even without knowing what we are doing. We can simply be present, letting go of expectation. We can cause and create what we want in a twinkling of an eye.

Read on to discover how simple it is...

Play is the way. Imagination is the tool...

It is all made up anyway...so why not create it the way you want. Universal template energy takes *imagination* as a part of *reality* because thoughts are things...thoughts are real...made from energy.

Everything is only energy. Everything is consciousness in form. So no matter what form energy takes, it is real. *Consciousness understands your true intent no matter how vague or unclear it appears to the conscious mind.*

Intent

Intent is real. The intelligence receives your true intent. Pay attention to what you want... then stop paying attention... we get to choose to let go, or not... to create a new reality, or not.

We are in control until we let go. After connecting intent with the Universal template energy, *the Intelligence takes over. It knows exactly what to do...leaving us with nothing left to do. We are left to be.*

The Intelligence, like us, responds favorably to love and gratitude. Be with thoughtless sprinkles of gratitude and bubbles of love.

When we playfully combine intent with Universal template energy, anything becomes possible...everything becomes possible. *Believe your intent is possible. Only what is possible is possible.*

A dog's truth...

A dog does not care about your words. A baby does not respond to your words. It responds to your intentions...not your reasons or explanations.

Be authentic. Approach this process, this game, by being true to your self and experience...going with your flow...noticing...being mindful...no separation ...melting your awareness with universal template energy....Trust your experience...letting go into what you do not really understand...It is not a brain thing...it makes no sense to the brain...it is not logical. Understanding is neither required nor desired.

How it all got started...

We were programmed by everyone and everything. Now, we accept or make up beliefs to serve us. Originally, we created beliefs to keep us safe within our reality.

Whatever no longer serves us is 100% safe to give up, and replace with something new...it really is a choice,, to play or not.

Playing with universal template energy creates. Playing automatically creates bi-products including, but not limited to... shifts, transformation, and healings

About healing...

Healing does not heal... Universal energy creates a clearing. The matrix shifts. It heals itself, eliminating the disturbance in *The Force*.

As above, so below: When the matrix shifts, your disturbance shifts. It can occur at the speed of light. In the moment, a shift or clearing occurs; you may notice the elimination or reduction of your complaint. You may feel different...

You may feel abandoned...

If we, on some level, feel the loss of something that we are used to, we can feel a little uncomfortable. We can feel uncomfortable without our long time complaint. As human beings we like to feel comfortable and secure with what we are used to. *If you lose what you used to have, like pain or disease, your subconscious mind can re-create it for you.*

It can be as simple as reacting to a trigger from a circumstance in the same habitual way. You can fall into the same old way of being...going back into the same old rut. By default you re-activate the same old belief-reality structure.

If you continue to default, in time, a similar disturbance forms in the matrix of consciousness. You create your own disturbance in *The Force*.

As above, so below...so guess what?... You may begin to notice the growth of a *corresponding disturbance in the matrix of your body. We create our own reality. If this occurs, take responsibility and repeat the process.*

The process of change is endless. So, once you notice a change, a shift or transformation...it will continue.

The good news...

The good news remains: everything is energy...consciousness ... spirit appearing in different forms. It is all an illusion, appearing real... structured from our beliefs. *Change beliefs, reality changes.*

Everything is an illusion. We treat it as real because we believe it is real. We defend our reality. And of course we believe our interpretations and explanations are true, even though they are *only one point of view*. It's all an illusion appearing as real. This is called being human.

Let's go deeper now...

Disease is an illusion. Your understanding, explanation, interpretations and stories associated with disease are all unreal. You treat it as real. *Treating disease as disease is the problem.*

Diseases are symbols...Symbols have meaning: you get to make up what they mean. *What is the lesson your soul is trying to learn? Our life is a lesson plan.* As soon as you get the message...the lesson...you are opening the door to the possibility of a permanent shift, a permanent healing. This is called taking on *personal responsibility*.

The bad news...

Healing may do no good because you have not learned your lesson. You set up the disturbance in the first place to learn something. You may repeat the same pattern until you get the lesson.

Clearing the disease temporally does provide lightness and clarity. It creates clarity for you to take on a new way of being, a new way of believing, a new way of acting. *Healing without personal responsibility is temporary.*

Personal responsibility creates access to permanence. This is personal empowerment.

You now have an opportunity to create your life the way you want it. The times demand you to be *at cause*, manifesting exactly what you want. *Without choice there is default.*

Beliefs...

Do your current beliefs empower you? What have you been choosing? Do you eat because it feels good, following your heart or do you eat to prevent disease? Choosing the second choice subconsciously aligns you with the frequency of disease. If you align with a particular frequency, what do you think you will attract?

If you believe a medicine or herb will cure you, this is what you are aligned with. It fits your belief, your reality structure, so it serves you...it gives you what you believe.

Whatever you believe is drawn to you, providing circumstances, then evidence proving your reality structure. *Your experience reflects your belief structure. Subconscious beliefs form the foundation of your current reality-structure.*

The way out of your current reality ...

*Letting go is the way out. What are you willing to give up? Your point of view? Your assessments? Beliefs that no longer serve you? How about your interruptions? Stories? Judgments? Letting go creates new space for you to create a new possibility. You get to make it up. You are *at cause**

You get a new opportunity to create a new set of beliefs. Beliefs establish limitation—you now get to say how big or small you want to play in this game called life. Bruce Lee said, *“The only limitation is your limitation.”*

Imagination...

Imagination provides access to create anything. Free will allows you to set your own limits. The Intelligence, structured in Universal template energy, accepts whatever you are willing to let go of and provides what you believe is possible...

For example, I believe I can take a food supplements by addressing Universal energy with imagination and intent. Since all is vibration, I can take the supplement by imagining and attracting the frequency of each supplement.

I have not taken supplements in about 71/2 years. Health care professionals, including Dr. Hector Garcia confirm I am not lacking any nutrition...and it is balanced. I can take my nutritional needs by “playing” with Universal template energy and intent...

The only limitation is your limitation.

This article was written to empower you to play with your imagination, intent and universal template energy... The invitation here is to playfully research new possibilities for the rest of your life. This is called access to an extraordinary life.

Significant facts...

The Intelligence within Universal energy can process up to 11 million bits of information per second... the method works...

To summarize: The method is play. The tools are imagination, intent, and universal energy. The process is simple and easy: 1) Acknowledging what is 2) Creating a new possibility by playfully using imagination. 3) Activate and resonate with Universal template energy.

Bi-products may include a consciousness shift, healing, relaxation or noticing transformationit could be permanent...or not...that is up to you.

Recently, I learned that the current model of an atom is a cloud. Out of the infinite number of points that structure this cloud, anything can be created... It can all happen in a twinkling of an eye. With intentful attention, infinite configurations can be altered...automatically turning possibility into probability.

First notice what is, playfully create a new possibility... then trust the process.

Trust...

Intelligence is structured in being. The intelligences know exactly what you want, need and how to deliver it at a speed of up to 11 billion bits of information per minute. The point is: *It is safe to let go into being and trust.*

Bonus Research points...1) Heal by not healing... let go... in faith... from a heart space of authentic intent. 2) Melt your attention with this energy 3) Add bubbles of love, sprinkles of gratitude or inner smiles.

Once you begin, it is difficult to do this wrong because there is *no one way* to do this. “*The way is no way*” says Bruce Lee. Be *at cause*. Make it all up. Do it your way. There are only two constant natural principals; your intent and Universal template energy.

Total letting go gets a standing ovation in this game of transformation. Total letting go provides instant access to subtler levels ...and subtler fields...into a field of no limits...beyond boundaries.

When intent is added at this level of all possibilities, so called *miracles can occur*. Actually, it is our limited belief structure that believes what occurs is a miracle.

Moving beyond control...

Once you let go of your awareness... letting it go into its own flow... you have successfully moved beyond control. *The intelligence takes it from there...* any doing or trying is not only not necessary... it can affect optimal results.

The point is, the only thing we have control of is our intent, playful imagination, and willingness to let go, *The moment you let go and be with the universal template energy, you have completed your job.*

Thy Will be done...

Acknowledge what's so, intend what you want, and then activate Universal template energy. This allows for thy *will be done...* trust ...just be, for a few seconds.

The bottom line: *What happens is beyond both your control or your understanding...this can free you to give it all up and just play...*

Consider it as research...notice what happens ...or doesn't happen...be without expectations. Detached. Innocent...that is how a child plays.

The invitation here is to give it all up...including expectations...

Playful personal research is the method. Clearly, if what you have been doing so far is not working...try the opposite: give it all up...play and be.

The main point is...

... Give up understanding...try something new. *Don't try to do anything... and the less you know...the less you understand...the better.*

One step further: the less certain you become...the more uncomfortable you become ...the better.

Once you get this ...once you get, for example, the experience of balancing on a bike...it gets more and more effortless, until you don't even have to think about balance. Like that, *this method becomes a no-brainer, requiring no understanding.*

It is all easy. No thinking. Set your intention, and then stop intending. Start going with the flow. *Almost instantly, it begins to have you. Eventually the process can use you...*

If you read this far...

... *you get it.* You can do it right now. It is as easy and effortless as experiencing balance for the first time...

What you don't need to know ...

You do not need to understand anything...especially quantum physics. All understanding...especially quantum physics is only a metaphor...a paradigm. A metaphor or paradigm is not the truth...it is a point of view...an assessment...an

interpretation...a story about what is....In other words, it is not *what is* so. You do not need it. Understanding is overrated!

The less you know and understand, the more effortless the results. In fact, at first, the more uncertain and uncomfortable you are as you expand yourself into playful research, the better.

You are not treating, healing, fixing, or adjusting your issue.

Everything is only consciousness. Everything else is an illusion. You're not treating or adjusting pain, disease or a body part. You are not directly trying to heal or adjust an issue or complaint. *Adjustment takes place only on the level of consciousness.*

Consciousness structures a fabric, interwoven, interconnected within itself... like a multi-layered spider web. Intelligence is structured *in* consciousness. When the web is disturbed...when there is a disturbance in *the force*, all that is required is to adjust the disturbance in the matrix.

From one point of view, this process is not scientific. Results are not scientific. The disappearance of pain, for example, is not scientific proof... but it sure makes a believer out of the person who stopped hurting!

Back to what you really don't need to know...

From one point of view everything is *factum*...that is Latin for the word "false"...a lie. Believe one lie and it becomes your truth. Truth is defensible because you have both evidence and experience to validate your point of view, i.e. your truth eventually becomes the truth...for you at least.

Everything is just a *symbol*. You get to make it up what it means. *You have free will to make new meanings out of all the symbols in your life.* All of them. This is called *access to empowerment*.

Since everything is consciousness ...just energy anyway... since everything is an illusion, anyway...since nothing has innate meaning, anyway, guess who can *rewrite their script any-way?*

Don't remember any of this...

Meaning is overrated. All meaning is only meaning...you don't need to understand anything. All you need to remember is the less you know the better. *The playing field is Being. The method is play.*

Imagination is the tool of Play. The dance is between your attention and energy: with spirit and spirit ...with one and one equaling one. No separation.

The only stable part of this process is Universal template energy....It is a part of you...of yourself....It is you. It is on your side...Intent mobilizes support.

You can't do this wrong since there are no sets of rules...since you are making it all up...since you are going with your own flow.

In other words, *how can you do this wrong if the way is to not know what you are doing or even forget what you are doing?*

Once you are clear on what is and what you want, once you activate and resonate with Universal template energy, your done. Take a few second break: just be.

This does not make sense to the conscious mind. *This conversation is with your subconscious mind.* These are encoded words. Your conscious mind wants to make all this meaningful. Say, "*Conscious mind, I allow you to be and I am taking break for a few minutes. I may notice you, but don't expect me to entertain you. I'm on break. Sorry, for now, no thinking from my side*"

Back to the lie

All explanations are lies. Medical language is designed to mislead you by intentionally using language you don't understand. Its intention is to manipulate you into buying drugs. How's this for encoding language: *Factum* ,in Latin, means "false."

A real fact...

The Mayo clinic is able to diagnose and help people with disease. After autopsy...50% of their diagnosis is correct. Said differently: This medical institutions *diagnosis is 50% false...factum.*

Here is a good one...first the punch line...*drug studies are a lie.* Of 100 subjects, all are give placebos...that is all 100. 50% are cured....of the remaining 50 subjects, 50% are given placebo pills. The result: 50% are cured. Of the remaining 25 subjects, again 50% are given placebos. The result: 50% again are cured.

This means 12 1/2 out of 100 subjects get cured by the medicine...that is 12 1/2 %... good enough for FDA approval?

Currently, the FDA will not approve a new product described as a *double strength placebo pill.* Doctors have admitted: *50% of the time they regularly give their real patients placebo.*

Footnote 1...if you believe a medicine or herb will cure you...you know what you will attract. Your belief will keep attracting evidence proving that drugs work.

What is not required...

To shift into a new reality without pain, disease, issues, or complaints...*you don't need to understand the problem.* Details are not required. All that is required is to briefly acknowledge *what is* and to create a new possibility without limits...then put your attention on the Universal template energy.

Do this innocently, without knowing how, or knowing anything...merge with this energy... perhaps with a sense of love and gratitude.

Thinking is not a part of the process. Thoughts are not a part of the process. What will happen will happen? What is not going to happen is not going to happen . Just be.

Once you hand your intent over, it is no longer in your hands. Keep giving it all up. You're done doing.

The moment you let go of *what is* & your intent and you allow the mind to settle into a space of no separation, then without knowing how, your possibility is automatically accessed.

Advanced Soul Support Groups is the application of what you just read. [Click](#)

P.S.

This article is due to be delivered for publication in one hour. It has been stuck in my crashed computer for the past 24 hours. In a state of uncertainty but intent to deliver on schedule, I put both of my hands on each side of my broken computer.

I created and activated the above process. With the attitude of play, I let go and let God. Within 15 seconds the computer began functioning perfectly.

Thank You for that.

About the author

Richard Alan is an expert at researching and playing with Universal template energy with intent. He has been an author, teacher, publisher, producer and artist. After 30 years of advanced consciousness research and 2 years of teaching the Empowerment Program, he is currently organizing [Advanced Soul Support Groups](#).

To receive a Complementary Subscription to his Newsletter called Empowering your spiritual Journey, [click here now](#)

...this needs to circulate forever

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