

New Approaches in Energy Psychology: Seemorg Matrix Work

A personal report by

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For several years I had been trying to bring meditation, pranayama and chakra work into my practice as a clinical psychologist and psychotherapist. Two books (*The Only Way Out is In*, 2001; *Yoga der Gefühle*, 2004) and my *Mind-Balancing* meditation programme (see R. Kowalski, *Healing for the Healers, Teaching Nurses Meditation*, Clinical Psychology Forum, 2006) were the results of my endeavours to combine the ancient Indian philosophies of Yoga and the Vedas, Ayurveda, which is their healing branch, and Western psychotherapy. Yet, there was a piece missing. I remained primarily a 'talking therapist' who was using meditation, imagery and breathing techniques as an adjunct. The Yogic and Ayurvedic models and principles proved to be a fascinating cosmology and philosophy, but they were not providing me with the tools to directly approach the psychological problems that my patients were seeking help for. Even though I was not telling my patients to 'meditate more' as the main solution to all their problems, my mix of talking and meditating remained somewhat disjointed.

Then, two years ago I discovered 'energy psychology' in the form of EFT (Emotional Freedom Techniques), an approach that is rapidly gaining acceptance, even in the NHS. Here, therapy consists of the patient tapping on sensitive energy points on the body, which are the end-points of 'meridians', points that are used in Chinese Medicine and Acupuncture. While tapping the patient repeats phrases like 'Even though I have this anxiety I fully and deeply love and accept myself'. The phrases are meant to keep the attention focused on the particular problem that is being worked on, while at the same time establishing the vital element of self-acceptance. The results can be quite magical. One of my most rewarding experiences was when we recently managed a hypomanic episode of one of my bipolar patients using EFT, with the result that he did not require hospitalisation for the first time ever.

How does it work? Gary Craig, the originator of EFT, claims that all trauma causes a disruption in the body's energy system. He says that in order to resolve a psychological problem, we need to re-balance the disturbed energy system, which is what EFT does. The talking therapies, Craig says, help by removing up to 80% of a problem, but if we want a full recovery we need to tap into the energy system directly (see www.emofree.com for more information about EFT).

Recently I discovered an even more fascinating energy psychology called 'Seemorg Matrix Work'. Developed by Asha Clinton, a Jungian psychotherapist, it claims to be a dynamic new energy psychotherapy that provides individuals lasting relief from a range of intractable psychological disorders, even physical problems like allergies, and spiritual impasses. Like EFT it starts from the premise that all upsetting events are types of trauma,

and that they are housed within the body, mind and spirit. Seemorg clears the traumatic residue such as disturbing emotions, negative beliefs and attitudes, destructive desires and fantasies, addictions, compulsions, obsessions, dissociative patterns and spiritual blockages. Seemorg Matrix Work does this by the patient touching the chakras, while repeating certain phrases that keep the attention focused on the deep, often semi or sub-conscious material that is connected with the trauma.

The chakras are energy centres along the spine (and projected to the front of the body) that play an important role in Indian spiritual and healing traditions like Yoga and Ayurveda. They have been popularised but also misunderstood by the Western 'new age' movement. For me, the healing power of the chakras lies in their position of bridging the world of matter (the body) and the world of subtle energy fields (the mind, the emotions, and the spiritual realms). An approach like Seemorg that utilises those energy points for the healing of trauma attracted me because my own work had increasingly led me to using the chakras diagnostically and therapeutically.

Asha Clinton has so far developed many complex protocols for treating a wide range of psychological problems, but also procedures to deal with archetypes, dissociative patterns, symbiotic attachment, allergies and physical disorders. She teaches her approach in fascinating, inspiring and practice-orientated three-day seminars.

It feels like I found the 'missing piece' – a comprehensive, deep, energy psychology methodology that *directly* utilises the chakras for psychotherapy. It can easily be mixed with the talking therapies, whether psychodynamic or CBT, and it works best when applied by psychotherapists who are well trained in one of the more traditional approaches. Meditations and breath-work have now become an integral part of my therapy work with Seemorg Matrix. My patients are responding very well and one of them gave me the following message to pass on to Asha Clinton when I recently went over to the States: 'Tell her someone who is using her techniques to grow-up says hi and sends her love'.

Training in Seemorg Matrix Work is now available in the UK and the seminars are taught by Asha Clinton. Please e-mail seemorg@btinternet.com for further details.