

### Matrix Worksheet Guide

When we start Out of the Matrix, we have a tendency, when our issues are with people, to want to do too many worksheets on too many people from our list, and to work immediately with the major issues. However, one of Out of the Matrix's best characteristics lies in the fact that we do not have to dig up the past to heal it. Whoever is upsetting you *right now* is the person who represents ALL the people who have ever upset you for the same reason in the past. So work with that person first, even if you're thinking that it's no big deal. If it's upsetting you, it *is* a big deal. It could easily lead you to what really matters.

You might want to start with the smaller issues; ones that are fairly simple and without a great deal of emotional charge. Small problems grow into big ones if they are not dealt with, so you will be doing important work even with seemingly trivial situations. Besides that, it is much easier to learn how to create the necessary shifts in perception. However, if you have an issue that is overwhelming you, definitely use that one.

You have three worksheets. Complete all three, each with a different Subject. You are not limited to three grievances; you may have more or many to work on, but let's begin with just three. Once you have worked with the worksheet and experience its potency, it will become a tool you will use when you catch yourself slipping into Matrix thinking. The worksheet is for a specific person with whom you are holding a grievance or a situation with which you have a grievance. There are four questions you need to answer as thoroughly and honestly as possible. Here is some information that will assist you completing the worksheet.

#### **BASIC INFORMATION**

Fill in your name and date. The Subject ("V") is whomever or whatever you are upset about. If it's a situation or object, give it a name and relate to it as you would a person. In certain circumstances it may be yourself you have a grievance with, but there is a big trap to be aware of, especially when you first start Out of the Matrix. The trap is that because guilt is at the root of all grievances, we are much too inclined to beat ourselves up at every opportunity. For that reason, you may want to wait to put yourself on the list at this point. However, if you really want to do a worksheet on yourself, that's perfectly OK.

Be sure to write about him/her/it/yourself in the third person context. In other words, tell your story as if you were telling someone what happened or is happening. Use names, places and events in your story.

#### **1. The situation with "V" as I see it is:**

This section asks you to tell the story about your upset. Define the situation. Do not hold back. Describe how it feels for you right now. You must honor where you are now, even if you know that you are in the Matrix. Recognizing what you are experiencing and that you need to experience it, represents the first step toward escaping from it.

### **2. (Confronting “V”) If I were to tell “V” why I’m upset, I would say**

**(Some of this may sound like #1.):**

Be as confrontive as possible with “V”, and lay out exactly what you blame him/her/it for. Let the words you choose represent the totality of your upset. Remember, if the object or situation has no name, give it one, or at least write about it as if it were a person. If the person is dead, speak to him or her as if he or she were there in front of you. If you want you can write it in the form of a letter. This technique allows you to address the person directly. However, keep to one issue. Do not discuss other things in the letter, or on this worksheet. Reaching your objective — Getting Out of the MATRIX — requires you to get clarity on precisely what you feel so upset about now. Be sure to write it in the first person.

### **3. Because of what “V” did//is doing, I feel (identify and describe your emotions):**

It is vitally important that you allow yourself to feel your feelings. Do not censor them or stuff them. All emotions are good, except when we suppress them. Stuffing emotion creates potentially harmful energy blocks in our bodies. Whatever you are feeling, let it fly.

Make sure the emotions you identify represent real emotions that you actually feel, not just thoughts about how you feel. Are you mad, glad, sad, angry, afraid, deeply hurt, abandoned, betrayed, and/or alone? If you cannot be specific, that is okay. Some people find themselves unable to differentiate one feeling from another. If that holds true for you, just notice what general emotional quality you can feel around the situation. The important thing is, don’t hold back. Get in touch with all the emotions involved.