

Book Review

Heal Your Birth Heal Your Life: Tools to Transform your Birth Experience and Create a Magical New Beginning. Sharon King, 2015. Bristol, UK: SilverWood Books. ISBN: 978-1-78132-374-8

In the perinatal world, there is much discussion about how deeply one's experiences in the womb, during birth, and postnatally can shape that individual's entire future. As we learn more and more about this seemingly inevitable trajectory, the questions about how best to address perinatal traumas become more pressing.

Sharon King has written an extremely useful book about healing adverse perinatal experiences through a process she developed, called matrix birth reimprinting [MBR]. King writes that this process is based on Karl Dawson's matrix reimprinting, which was formulated on the quantum physics principle that there is a universal energetic field, called the matrix, which connects us all. Based on this theory, King writes that matrix reimprinting focuses on the views that our core beliefs are formed by experiences we have within the first six years of our lives, and that by energetically returning to those earlier times, tapping on specific acupressure points on the body, and reframing the view of the experience, limiting beliefs may be transformed.

King writes that she has worked extensively with Dawson and matrix reimprinting, but that matrix birth reimprinting has its own unique aspects, and has become an internationally recognized treatment for perinatal trauma. King reports that one of the most powerful aspects of using MBR is that it helps to avoid re-traumatizing the client. This is achieved through the belief that a picture of challenging life experiences, or an ECHO (energetic consciousness hologram) is held subconsciously and unconsciously within the matrix, and that we can interact with, and then transform, the ECHO energetically, rather than using the human body as the vehicle to process the trauma.

In *Heal Your Birth, Heal Your Life*, King describes in detail the emotional freedom techniques (EFT) protocol, created by Gary Craig, which is one of the foundational pieces of the MBR process. Through tapping on a specific series of acupressure points on the body, accompanied by certain verbal phrases, the emotional charge from challenging experiences may dissipate. However, King writes that unlike EFT, which works with the body, both MR and MBR work with the formed belief system outside of the body, bypassing any re-experience of stress and trauma that accompanied the adverse event. King writes that MR and MBR work effectively with ECHOs that were created by unexpected, dramatic, isolating experiences in which the

client had no strategy to deal with the event; these are called UDINs. King says:

When working with Big-T traumas, we can go into the matrix and start working with the ECHO at any point during the event. We do not have to start at the beginning and work through to the end; sometimes it's better to go straight to the end of the event and work with the ECHO there, letting them know that they survived, that they are safe and helping them to release their shocked and frozen state. We can then freely move to different points of the memory releasing the trauma if needed and finding the beliefs. (p. 61)

King outlines with detailed client examples how using matrix birth reimprinting can help heal traumatic events that have happened during the prenatal and perinatal periods. She discusses the prenatal development of the brain and heart, describing the impact a trauma during any period of time from pre-conception through postpartum could affect the embryo/fetus/baby and the mother. King applies special focus to a multitude of various events that could be experienced as traumatic during the time of birth and immediately after, such as umbilical cord wrap, instrument delivery, and separation of mother and baby.

King also describes how MBR can be useful for family birth preparation. For example, an expectant mother may have had a prior traumatic birth and be afraid about giving birth to her second child; King writes that MBR can help the mother address this fear, leading to a more easeful and present birth. When this reviewer asked King about a time when MBR may not work, she responded by saying that if a transformation was not meant to happen (for example, it may be important to the baby's life path that the baby is born breech), the session wouldn't work, (personal communication, 7/20/2016).

Heal Your Birth, Heal Your Life may be viewed as both an excellent self-help book, and a practitioner's resource. However, King cautions that in working with significant traumas, a client should always be assisted by a trained MBR practitioner. King stated that the most surprising and exciting part of her MBR work is that, "There is no limitation to the miracles that can happen, both physically and emotionally," (personal communication, 7/20/2016). Matrix birth reimprinting (MBR) embarks on a brave new world for the healing of adverse perinatal events.

Reviewed by
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