



Saskia Röell's
Interview with Melissa Joy

***"Connect to the Infinite Possibilities
through Matrix Energetics"***

Saskia Röell: Melissa, welcome. I'm so honored you're here. I know you have such a crazy schedule traveling from Japan to Germany, and to God knows where, in the world! Now you've made time for us.

Melissa Joy: Thank you very much for having me. I'm honored to be here. I appreciate it.

Saskia Röell: Thank you, Melissa. I ask every guest a question: What happens when we have a Soul path that's been calling us forever, and at some point in our life we open that door and say goodbye to our old life and small Self and say hello to that big potential of our Soul, our larger Self, or whatever we want to call that? Melissa, did you have a moment in your life when that happened?

Melissa Joy: I did. I think I had several moments in my life. When that happens, our Soul will keep knocking at our door, so to speak, until we listen. We get numerous opportunities to pay attention, and sometimes they become more persistent when we're not listening. I have indeed had several opportunities to do what I call 'paying attention'. For me it took a profound experience of getting hit by a bus.

It took getting thrown 60 feet across a highway to let me know that the path I was on was not the path of my Soul's calling and that I might want to wake up and pay attention to the circumstances that were showing up in my life to point me in a direction that would be more internally gratifying and fulfilling. I would say my biggest awakening was getting hit by a bus, which sounds like such a terrible circumstance but was, in fact, one of the greatest things that could have happened to me.

It literally redirected me and my focused attention on something that was going to be more rewarding for me. That happened back in 2006, and when I started paying attention and trusting in that information, doors kept opening right and left. It was like that saying: You close one door and another door opens. I really think it's that you close one door and multiple doors open, or multiple possibilities open, in front of you. It's a matter of paying attention to the cues, which is your Soul being expressed through you, as you. The cues will be given to you if you trust and listen.

Saskia Röell: It's true. For us, it's a way back to learning to trust and pay attention to notice what we notice. Melissa, maybe you can explain what Matrix Energetics is, know a key point is to notice what you notice and trust that.

Melissa Joy: Absolutely. In Matrix Energetics, we talk about noticing what you notice, and then noticing what is different. We put a lot of emphasis on paying attention to what is different because that's how our Soul will get into resonance



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with change. It's by noticing what's different, not what is the same. We wonder why our patterns don't change, and that's partially because we're so conditioned to notice them in the same way that they continue to show up in the same way.

What we teach in Matrix Energetics is how to get in touch with one's inner Soul path, both by noticing the information that's provided to us when we drop down into the field of our heart, and then noticing the external cues that correspond with that internal heart-space information. It's both becoming aware internally and then aligning our awareness externally to be in resonance with the information that corresponds with the field of the heart, which is directly connected to the Soul.

Saskia Röell: Why is it so important that we have to drop into our heart? We're so used to listening to our minds because we think we have all of the information there. In Matrix Energetics, you really learn that we have to drop down.

Melissa Joy: The mind is useful, but it is limiting at the same time. The mind, and predominantly the left-brain, is all about delineating, objectifying, analyzing, and separating. The left-brain's job is to make sense of the world. Unfortunately, it tends to make sense of the world based on our prior experiences and expectations of how the world will show up.

It creates a Catch-22, or feedback loop, that says the world will conform to our expectations. However, if our expectations are based on our prior experiences, then the world continues to show up in the same way. Then we continue to notice things as being exactly the same. The value of dropping down into the field of the heart is that the field of the heart will not judge. It does not separate. It doesn't even analyze.

It has access to the Soul, the infinite potential of the Soul's awareness, and the really undifferentiated divine consciousness that is seeking recognition through the expression of the individual. When you drop down into the field of the heart, there is a sense of knowing about what one is going to experience without judging. We say that dropping into the field of the heart is so important in Matrix Energetics because it opens up an individual to experiencing new ways of interacting.

Saskia Röell: Melissa, for people who come to a Matrix Energetics seminar for the first time, is it easy to do that? Give the listeners an example.

Melissa Joy: It is so easy. It is as quick and easy as shifting your awareness from being in your head down to the area that you would define as where the heart is located. Just take a moment to shift your awareness from wherever your thoughts are, and allow them to drop down about 13 inches.



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Saskia Röell: In another interview we did you beautifully stated something about going into the elevator. Maybe you can restate that after the break.

Melissa Joy: Absolutely. I'd love to do that.

Saskia Röell: I want to do that, but I want to make sure we have enough time. Melissa, could you define Matrix Energetics one more time in easy words for all the listeners? What would you say it is, and what can it do?

Melissa Joy: Matrix Energetics is an incredibly powerful consciousness technology that allows anybody [lost audio].

Break #1]

We're back on Your Soul Guidance with Saskia. Today we have the honor to talk with Melissa Joy about Matrix Energetics and how to connect with the infinite possibilities through Matrix Energetics. Before we continue I want to make sure you know how to connect with Melissa. Melissa, can you give the listeners information about your website and if there are new seminars coming up?

Melissa Joy: Most certainly. The website is www.MatrixEnergetics.com. Connecting with me also includes connecting with the founder and brilliant creator of Matrix Energetics, Dr. Richard Bartlett, my co-instructor. I have the privilege and honor of being able to teach with him. He is brilliant and amazing, what I would call a miracle worker in human form.

He's so approachable and recreates the notion of what a guru is supposed to be. He does not like people to put him on a pedestal; he puts his students on a pedestal because he believes we all have an inner power, inner awareness, and the ability to do Matrix Energetics as effectively, if not better, than he does. That's the whole premise of the Matrix Energetics seminars and why he's dedicated his life to teaching these seminars around the world every two weeks.

He wants everybody to be able to tap into their inner power. The morphic field of Matrix Energetics is based on tapping into consciousness potential. The seminars are created for people to be able to easily access their own inner power and the power of universal consciousness. Basically, we've set up a structure that's incredibly fun, easy to learn, and quite playful and experiential.

We teach a lot of information, and then there are always a lot of opportunities to practice the information that we've learned and to put it into use so every student leaves the seminar having an understanding, as well as an experience, of actually doing Matrix Energetics. We teach the seminars approximately every two weeks around the country and around the world.



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We're getting ready to teach a seminar this weekend in beautiful Fort Lauderdale, right on the beach. If anyone is feeling mildly inclined to get on an airplane or get in their car and come join us this weekend, we have seats available and welcome everyone.

Saskia Röell: I've been there and know exactly where you are in Fort Lauderdale! I can only say, if you're listening to this, "Oh, my goodness! You are in for a treat." If you're ready for magic and miracles, go there. As we're talking about magic and miracles, Melissa, I have seen miracles in front of my own eyes. There is one thing I never forgot, and maybe you can explain why it happens.

There was a man who had dog and couldn't walk. He had crutches. He came on the stage, and Richard worked with him for probably 10 or 15 minutes. The dog was sitting on the stage, as well. The man couldn't walk before he came on the stage without the dog and crutches. Richard worked on him, and he was able to walk by himself.

Melissa Joy: I do remember that!

Saskia Röell: What was so fascinating was that they wanted to bring the dog back to the guy, but the dog did not recognize his own boss. I loved this! I'd like you to explain why.

Melissa Joy: Again, there is the desire of the left-brain to attempt to understand what happened, why something happened, or how it happened. What we often say in Matrix Energetics is that we don't know. We never know exactly what happened. Please understand that any explanation I provide is merely a speculation in an attempt to understand what it was that we witnessed.

Most of the power of the miracles in Matrix Energetics comes from what we can't necessarily see or measure. Basically, Richard interacted with the individual in the same way we would interact with any individual, which is to move away from any resonance with a specific diagnosis. I remember clearly what this person was diagnosed with, but it's not relevant to understanding what happened.

What is relevant is understanding that there is value in disconnecting from a diagnosis. This is because the diagnosis itself almost has a life of its own. It has what we refer to—and Rupert Sheldrake refers to—as a morphic field. All the energy that has gone into diagnosing the disease, all the pharmaceuticals that have gone into treating the disease, all the doctors who have focused on the disease, and all of the individuals that have been diagnosed with the disease have contributed energy to that particular pattern.



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That pattern takes on a life of its own and has power. When you disconnect from the resonance with the diagnosis, you get what we refer to in Matrix Energetics as "wobble room." You get space between the space to unravel the pattern. What Richard did, in essence, was to disconnect from the diagnosis and then drop down into the field of his heart. He noticed what he noticed. He followed the information.

The information essentially shows up like a language in Matrix Energetics. We teach our students how to read that language and how to follow the information. He essentially disentangled the pattern, or read the information as a language, and then moved into resonance with a new language pattern that would be more useful and more expansive for that particular individual.

What is so fascinating is that there is entanglement between the dog and the man, and the man changed so much that the dog had to adjust his resonance with his owner so he could recognize him. So much shift took place in such little time. We see that all the time in our seminars and outside of the seminars. We often have students write us after they've come to a seminar.

They're telling us things they never would have dreamed of doing. That's what Matrix Energetics provides. It provides a vehicle for accessing these inner and external transformations that is available to all of us if we just learn how to pay attention, trust, and listen.

Saskia Röell: You hear those words over and over in the seminar. Melissa, people may be listening and thinking, "Do you have to be intuitive for this?"

Melissa Joy: No. No and yes. This is because you may not know it, but we are all intuitive. We all have access to the field of the heart and the intuitive right-brain that speaks to us all the time. We've just muted out that information and instead have spent most of our time in our left-brain listening to logic and analysis. We teach people how to remember how to be intuitive.

We have very well educated physicists who come to seminars, and we have children who come to seminars. There is no difference in who is more likely to understand the information. Everyone leaves the seminar able to access their own intuition and the power that is embedded in the morphic field of Matrix Energetics.

Saskia Röell: There is so much that I love about Matrix Energetics. I use it constantly in my daily life. Yesterday, my car wasn't working. The clutch was stuck. In Matrix Energetics so many techniques are provided. You can instantly work with it. I use it when my kids have to catch planes. It's true that we can use it in our daily lives.



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Melissa Joy: Absolutely. It's a consciousness technology rather than a technique in that there are innumerable ways in which you can apply the technology, and there is no limit to where you can apply it. I actually used it, coincidentally, to jumpstart a dead car the other night. I applied some of the universal frequencies that we teach during level two.

I often use it to make the plane show up on time, or to create a smoother flow in my life and in the lives of those around me. There is no limit to where you can apply it. The only limit is in your creativity. Matrix Energetics seminars really open up and enhance one's creativity.

Saskia Röell: Yes, and just to make it clear for those listening, it's not woo-woo. It's very structured. Your teachings are so clear. You never sit there feeling lost; you get it. Immediately, there is practice. It's brilliant. At every seminar you listen and practice.

Melissa Joy: Thank you for that observation. Practicality is a very important facet because it's one thing to learn something, but if you can't apply it in your life, how useful is it? Everything we teach in Matrix Energetics is based on the principle of being useful. You'll hear Richard say time and time again, "That's really interesting, but how useful is it?"

Then we will find the utility in the teaching and application. There is really no limit to what you can access through the field of Matrix Energetics, and it can apply and transform any facet of your life. That's what I love so much about it. It's not just for healing or transforming diseases. It can transform relationships, finances, jobs, and even the ecology of the planet.

It is consciousness being expressed through the individuals who come into resonance with the morphic field of Matrix Energetics. It is incredibly powerful, and it is changing the planet one beautiful person at a time.

Saskia Röell: I can only say that it's true. We will talk more about this after the break. You're listening to Your Soul Guidance with Saskia. When we come back after the break, our special guest Melissa Joy will talk more about Matrix Energetics and how it can connect you to infinite possibilities. Stay tuned.

[Break #2]

You're back on Your Soul Guidance with Saskia. Today we have the honor to talk with Melissa Joy from Matrix Energetics. Before we continue, I want to make sure everyone knows how to connect with Matrix Energetics, Melissa, and Richard Bartlett. Melissa, can you let us know where to find you?



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Melissa Joy: The easiest way to find us is on the Internet. Log in to our website at www.MatrixEnergetics.com. On our website is a list of our upcoming seminars. We're booked out for the rest of this year with seminars approximately every two weeks in the United States, as well as in Europe and Japan. If someone is not so sure they want to attend a seminar, there are two books that Dr. Bartlett has written.

The first book is *Matrix Energetics* and the second book is *The Physics of Miracles*. They are great ways to get introduced to the field of Matrix Energetics and the infinite potential possibility that is available to anyone who comes into contact with Matrix Energetics. There is also an audio program that is available through Sounds True; and there is a link on our website called the Matrix Energetics Experience kit.

It has six hours of Dr. Bartlett talking about Matrix Energetics in a very fun atmosphere. It was recorded in front of a live studio audience, and it's a great way to dip into the field of Matrix Energetics without necessarily committing to a seminar. There is also a workbook and a video that accompany that package. That's a really great way to softly get introduced to Matrix Energetics.

I would encourage anyone who is interested to follow that inner voice and come to a seminar. That's really the greatest way to dive into this field and play with the infinite potential energy that's available to all of us. It's a life-transforming weekend that very few people regret. They come back for more and more.

Saskia Röell: Yes! After one seminar you start to recognize people. It's like one big tribe. You can't stay away. You need your Matrix boost; at least, that's how I experience it.

Melissa Joy: It's so funny. You can get this very thoroughly at one seminar. Our students learn it after one seminar, but they keep coming back. When we ask them, "Why do you keep coming back?" they say, "Because I want to get it deeper. I want to learn more about myself." With each seminar experience there is an opportunity to expand into a greater awareness of one's self and the activity of everything in the universe. It's really a fabulous way to wake up and recreate one's reality from within as well as without.

Saskia Röell: Honestly, it isn't about learning a technology. It's about becoming your own infinite potential. I think once you experience it in a seminar, you want more. It's like flowers that grow toward the light. You get a lot of 'water' in the seminar to blossom.

Melissa Joy: Absolutely. It's funny that you say that it isn't about learning the technique. That's absolutely correct. We tend to discuss the seminars as being about unlearning your limiting belief systems and perceived limitations around why



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your life can't be more expansive. We spend more time unlearning than we do learning. We learn how to unlearn, and it's all fun.

Sometimes people say that the only side effect of coming to a seminar is that their stomach hurts because they laugh so much. There is so much humor that shows up during the seminar. It's not that we're trying to be funny or make people laugh. But the Universe is really funny and is laughing all the time. When you start laughing with it, you start producing endorphins—or en-dolphins, as we refer to them in Matrix Energetics. Suddenly, your problems take on a new perspective or disappear altogether.

Saskia Röell: Yes, and how many times onstage have I seen people Dr. Richard Bartlett or you work on, and they can't stop laughing? They walk offstage and a transformation has occurred.

Melissa Joy: It's true. There is so much power and energy in motion in the emotion of laughter.

Saskia Röell: In the book you mentioned, Melissa, *The Physics of Miracles*, there is a wonderful quote. This morning I was reading the book again and saw this: "Your beliefs about reality and your life can enslave you to the kinds of experiences you are likely to have. When you focus on your pain, problem, or condition to the exclusion of all other possibilities, these issues become your master." Can you speak about that?

Melissa Joy: That is the epitome of what we teach. We teach people how to notice what's different, not what is the same. I referenced earlier that when you are continually in resonance with beliefs that you may not even be conscious you have, you then become your beliefs. You lose access to the divine potential that is moving through you because you are so closely connected to these beliefs that are not you.

So much of what we teach in Matrix Energetics is how to create a sense of separation between true self, authentic self, divine self, and these beliefs that are largely conditioned by our society, parents, educational system, and so forth. We teach people how to see what is different when you are no longer connected or entangled with those belief systems.

We often replace them with more expansive beliefs, ones that allow us to access something different, something more expansive, and something more useful. But it first takes a sense of awareness, which is really the key to everything. What are you not aware of that you're in resonance with that is limiting you? And then how can you move into a different pattern that will be more expansive?



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That is the crux of the Two-Point: What am I noticing now, and what have I yet to notice? How do I move my awareness into alignment and resonance with that new pattern that's more expansive?

Saskia Röell: I like what you often say, "What would be different?" instead of, "This is your problem" or "This is your illness." How would it be if it were different or if it shift?

Melissa Joy: The most beautiful thing about a question like "What would it be like if it were different?" is that it is a question asked by the left-brain that the left-brain can't answer because it's an open-ended question. Thus, the left-brain goes on a search for the information through the field of the right-brain, which is very intuitive in nature, and is connected directly to the field of the heart.

Thus, it has access to infinite potential possibilities that have yet been undifferentiated or differentiated into reality. You automatically move into resonance with something being different, and then something different automatically shows up just by asking an open-ended question.

Saskia Röell: If you are a client being worked on, that shifts everything. Wow!

Melissa Joy: It does. We often miss it because it's so simple. You're not your problems, you're not your disease, you are not your beliefs, and you are not your limitations. You are so much more than that, and when you allow yourself to move into even the slightest sense of possibility that that could open up for you, it will. If you ask, it will be answered.

Saskia Röell: I love that. We're heading to a break. You're listening to Your Soul Guidance with Saskia. We have a beautiful guest, Melissa Joy, talking about Matrix Energetics. For anyone who wants to know the secrets to living your dream, I've created a beautiful roadmap, *The Secret Soul Map To Your Dreams* It's a FREE 21-day free training program. Go to www.YourSoulGuidance.com

It has meditations to the temple of your Soul, how to let go of limiting beliefs, and how to break through your fear. Go to www.YourSoulGuidance.com and you have free access to that. You can download the 21-day free training, *The Secret Soul Map to Your Dreams*. Stay tuned. We're going to be right back.

[Break #3]

We're back on Your Soul Guidance with Saskia. We have the honor to talk with Melissa Joy from Matrix Energetics. I want to make sure everybody knows how to connect with Melissa Joy and Dr. Richard Bartlett, as well as where the next seminar is. Melissa, can you tell us about that?



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Melissa Joy: Certainly. The website is www.MatrixEnergetics.com. We have a seminar scheduled this weekend in beautiful Fort Lauderdale, right on the beach. Friday night is open to the public. Level One will be Saturday and Sunday. Level Two will be Monday. We have a day off on Tuesday, and we will be offering Level Three on Wednesday and Thursday.

If that's not convenient for your schedules, we also offer seminars around the country approximately every two weeks. We post new seminars every few months. If there is nothing scheduled close to you, we encourage you to visit the website regularly to see when we might be coming near your home. Or, we encourage you to get on an airplane and come to us. It is absolutely worth it.

Saskia Röell: If you go to the website of www.MatrixEnergetics.com, there are little videos that are fun to watch. You'll get an idea of what it is. What I've experienced watching those videos is that you get an instantaneous healing yourself, as well. I highly recommend them.

Melissa Joy: That's great. It's interesting that you'll notice Dr. Bartlett and me in a few of the videos working on physical bodies. Matrix Energetics works at all levels of reality: physical, emotional, mental, spiritual, relational, financial, and environmental. We use the physical body as a symbolic representation of universal consciousness. While it might appear we're just working on the physical layer of reality, we are, in fact, accessing transformation at all facets of reality.

Please don't think that Matrix Energetics is just about healing physical conditions. That's just a starting ground that we utilize, primarily because everybody brings a physical body to the seminar. It's the one thing we all have in common. It becomes a starting ground for launching off into this infinite playground of consciousness potential.

Saskia Röell: I love that you made that clear. When I work on Matrix Energetics with people, I work almost only on the emotional and spiritual issues.

Melissa Joy: I have to say that I have a tendency to do the same. Sometimes I'll be working at an emotional level on a physical condition. Then the shifts occur simultaneously. What's great about Matrix Energetics is that it's above the time-space domain. That means it's not limited by distance, so you can help people thousands of miles away. You don't need them in your direct physical proximity.

I'm sure you would agree, Saskia, that most of your clients are probably at a distance. Mine are, as well. I never work in person anymore. I find working at a distance to actually be easier because you don't have the illusion of the physical



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body in front of you to distract you. You become open to noticing what you notice beyond the physical, and there is so much information available there.

Saskia Röell: I agree 100%. A story comes to mind. I worked with a lady in South Africa. She had a financial issue, and we worked in the Matrix field. I saw this visual of the fountain of coins. We shifted things, and that was purely Matrix Energetics that was used. The next day I got an email from her. She said she won first prize. It was so fun to see. Something definitely shifted, and it's so powerful. Why can it sometimes be so instantaneous?

Melissa Joy: As mentioned previously, the field of Matrix Energetics was deliberately constructed above the time-space domain. And the field of the heart, which is our first point of access in Matrix Energetics, is also above the time-space domain. You do not need the illusion of time for transformation to play out. Really, the only difference between a miracle and a process is time.

Some people like to leverage time in order to make distinctions through what we call a process. What's so great about Matrix Energetics is that we as practitioners are not the doers; we're more like the doors for this field of information to move through us. We have these miracles that occur all the time in our practices, but it is not that we as practitioners are doing anything.

We are simply allowing for this divine potential energy to move through us and then be expressed through our clients. That's really quite liberating, because then the responsibility or burden is not on us.

Saskia Röell: Yes, if we want to push for a certain result, we can work on somebody. There are so many opportunities in the seminars where you work with people. As long as you're result-oriented and into the doing, it won't work because you're in-between. There is no way you can have the shift occur.

Melissa Joy: We tend to be in our left-brains when we are seeking results. We are looking for cause and effect, and we are very limited in what that outcome can show up as. However, when we drop down into the field of our heart and tap into the morphic field of Matrix Energetics, we let go of an attachment to a specific outcome. That allows us to remain open to infinite possibilities that are available. That keeps us flexible. Matrix Energetics is all about flexibility.

Saskia Röell: Melissa, talk a little bit about parallel universes. That's always fascinating.

Melissa Joy: I could talk about parallel universes for an hour! It's a topic we cover extensively in the seminar. We even provide quantum physics to back it up. In essence and in layman's terms, parallel universes enable you to access other



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aspects of yourself that you're not yet aware of or in alignment with. For example, if you had a desire to be an opera singer, in a parallel universe theory, according to scientists, there is a version of you that is already an opera singer.

We learn through Matrix Energetics how to align our awareness to get into resonance with that pattern that's already being expressed in a parallel universe, and bring it into this particular universe or experience. Sometimes that plays out as actually becoming an opera singer. In other ways it might play out as the desire or yearning for that experience dissipating because a part of your awareness is in alignment with it, so it's already done and available. Thus, there's no need for you to necessarily experience it.

Saskia Röell: I could talk for another hour, and I'm sure everybody who is listening wants to hear more, about parallel universes and other dimensions and frequencies. There is so much potent information and wisdom.

Melissa Joy: We teach people how to drop down into the field of their heart, how to do what is called the basic Two-Point, which is noticing what you notice and then noticing what's different. We then combine the Two-Point with something called Time Travel, which enables you to shift your awareness backwards and forwards in time. We then move into parallel universes, which I briefly explained a moment ago.

We then teach something called archetypes, which comes from Carl Jung, but it's really about accessing the power of intuition through the right-brain and through the field of the heart. Many solutions are available that way, and it's quite powerful and fun. We then teach the 21 Universal Frequencies, which are thought to govern healing and disease in the human species.

That's very easy to access. Then we build a plan from the frequencies with something we call templates, as well as modules and windows. Those are all various ways of interacting with information.

Saskia Röell: I wish we could talk more. Would you please say your website again? Then we are at the end of the show, unfortunately.

Melissa Joy: It's www.MatrixEnergetics.com. It was founded by Dr. Richard Bartlett. Come join us for a seminar. We'd love to see you. Come just as you are. You will leave transformed.

Saskia Röell: You can look it up again at the Transformation Talk Radio website. Thank you so much, Melissa, for sharing such great information. Everybody, thank you so much for tuning into Your Soul Guidance with Saskia. I had a fantastic time. Please join us every Wednesday at 9:00 Eastern/8:00 Central/6:00 Pacific.