



## **Matrix Re-Imprinting for Trauma Resolution**

**Guest: Penny Croal**

**Niki Gratrix:** Hello everybody and welcome to the Trauma and Mind Body Super Conference. In this latest episode, I'm really happy to introduce you to our guests, Penny Croal.

She is an amazing person. She's been on an amazing personal healing journey. She is a master trainer in a number of different energy psychologies. So she's the master EFT practitioner, she's the Matrix Re- imprinting practitioner we're going to talk more about that. She uses NLP which we can mention that is too, and she's the founder of Metaconsciousness.

She's been on an amazing personal healing journey using her techniques and these psychology. She has healed herself from Bell's palsy. She's also healed herself from bipolar using energy psychology.

So we're privileged to have you on the Summit. Thank you so much, Penny for being part of it.

**Penny Croal:** Thank you, Nikki. I'm really honored to be here. And yes, where would we like to start.

**Niki Gratrix:** Well, I'd love to know, share your journey about how you got into energy psychology and your experience in healing these illnesses using energy psychology.

**Penny Croal:** Yeah, this is quite interesting because my background is, I used to be an estate agent, so that's real estate for those in America. One of the most unliked professions, I believe. And I had a nervous breakdown. At that time, I'd already been in talking therapy. Please, this is not about me saying anything negative about talking therapy but I'd been there for 10 years and I simply was going round that hamster wheel. And when I had my nervous breakdown, the last psychiatrist that I'd been to see had diagnosed me with manic depressive, which now is called bipolar and he said there's nothing that can be done, you just need to go on medication.

I was just distraught because I didn't really want to go on medication for the rest of my life, it felt like a jail sentence to me. And interestingly enough, I'm gonna share this with you. I don't share it with many people, but I read the medication and it said, you cannot drink ever with the medication. And I went, no, no, not doing that and I'm not a big drinker. I was then, but I'm not now. I didn't want another thing taken away from me, just that odd glass of bubbles at sunset. I just didn't take it away from me.

So I started looking into, I'd already been as a hobby doing crystals and Reiki and lots of lovely energy modalities. But then I really started thinking, well, I need to change my life. So it was Einstein, didn't he once say, that if you didn't change anything in your life or, I'm really bad at quoting by the way guys, so I do apologize "If you keep on doing the same thing over and over again and expect a different outcome, that's a sign of madness." Well, they'd already diagnosed me as being mad. Nikki. So I was going yep.

So I became an interior designer struggling through this bipolar. Crawling into bed, getting out of bed, putting makeup on, pretending. I was great at pretending and I had another nervous breakdown and this time I tried to commit suicide several times, failed. I went, that's it, something's got to change.

So I looked into neuro linguistic programming, which really helped me with my anger issues. Timeline therapist, I became a practitioner as a timeline therapist, hypnotherapist, neuro linguistic programming. But I was still running that, ah, oh, ah. And then I woke up one morning and I had Bell's palsy and I went back to the GP and they said, no, nothing can be done. It'll go away maybe in six months or maybe the rest of your life, you'll have it.

So I turned up in Thailand to really change my life. I walked away from everything, my business partner had taken all my money, I was homeless, so there was no more bottom to go to. And I went on a fasting retreat, met this mad Australian woman who introduced me to emotional freedom techniques and my face went back to normal within three days.

So I thought, oh, my goodness, there's something in this and then I went on various courses to learn emotional freedom techniques and they kept on saying, oh, let's not go to our trauma, let's make up a trauma. What's this? As you can see, my face is British expression-full and in one of the workshops somebody said maybe you should meet Karl Dawson.

So the next weekend I drove up, he was up in the Midlands and I live in London. I drove up to be on his course, there's a bit of drama going on there, had a blow out in my Audi and it was just so oh. I got to his course and we did EFT, which is tapping on the meridians. It's like acupuncture, but we don't have to use needles. And we look into the unconscious events of our lives to relieve the tension and the trauma.

However, Karl was creating Matrix Reprinting and I was just very fortunate to be there while he was creating it. And it was through Matrix that really started my healing process along with Meta, that these patterns of this really high to really low and depressive thoughts, so it was a combination and I'd love to say yes, it was just..

**Niki Gratrix:** Yeah, it's not one thing yeah.

**Penny Croal:** But that was really succinct for me to get back to these traumas of sexual abuse that I hadn't realized were sexual that are all part of the manic depressive roller coaster, the highs of being manic. And we all love to be a little bit manic.

**Niki Gratrix:** Yeah. Rambunctious.

**Penny Croal:** Yeah. Well, that's not sustainable. So as Newton said, what goes up must come down. But with manic depressive when you come down, it's not just sliding down a gentle slope. It's a crash, bang. But interestingly the suicidal thoughts don't happen or the suicide actions don't happen when we're in the depressive state. We need that healing peak to have the energy to take action.

**Niki Gratrix:** Yes. And when you mentioned that, you mentioned sexual trauma. Was this before age 18? So was it a developmental time when you experienced that?

**Penny Croal:** Yeah, it was in my teenage years.

**Niki Gratrix:** So it was actually developmental trauma. Yeah.

**Penny Croal:** Yeah. So it wasn't quite consensual age. But I'm from Scotland, so what's consensual in Scotland at 16? Not in the rest of the world. So even now, isn't that interesting?

I still hesitate before I answer that, well it's consensual there, but not here. And depending where I speak, I still have to think about how to answer that question.

**Niki Gratrix:** Very interesting. And that is fascinating that there we have, the conventional medicine is far away from understanding, all they would have done is put you on a medication for life and say there is nothing we can do about it or let's just suppress the symptom. And yet there it has, that was the cause and you went back to the root cause. It wasn't gonna be fixed with doing gut work and functional medicine. That might have been the pitch of some people, in your case incredible to actually have cleared the Bell's palsy with EFT. But Matrix Reimprinting, we should expand on exactly what that is.

Other people are speaking about EFT, but people won't know about Matrix Reimprinting. So this is the opportunity. So what is Matrix Reimprinting and how does it work?

**Penny Croal:** So we use the basics of Emotional Freedom Technique, tapping on the acupuncture points which came from thought field therapy was created by Gary Craig.

Karl Dawson, who was one of the twenty eight master tappers in the world. And this story goes that he tells us that he was in Australia with his sister, Caroline Dawson, who's a Matrix Reimprinting, ex-nurse, she is now a trainer in Australia. And he was tapping on a woman as a demonstration in a workshop and she was not clearing. And she was using the movie technique, which is sort of like NLP, put your trauma on a screen so you become disassociated. And she wasn't clearing at all, which is the worst thing as a trainer when you're doing that. So I might be embellishing the story a little bit.

So he was starting to perspire a little bit and getting, let's move along and she just looked at him and she said, can I just step into the movie and just hug my child who'd been traumatized? And he was, do anything. So she dove him to the TV and hugged this child. And immediately she had such a form of release, broken down in tears.

Now, I'm not saying that cleared anything but everything, but that was the start of Matrix Reimprinting. And he realized that when we actually go back and talk to that inner child, or it could be a future or it could be generational or past life or depending, again, where I'm speaking in the world, what people's beliefs are. It doesn't really make much difference to me, it's all energy.

So when we go back and actually ask that moment that we have had that UDIN moment. Now a UDIN, what we classify as a UDIN is the four parts of trauma, it's unexpected, it's dramatic, we feel isolated, we have no strategy.

Now that trauma doesn't necessarily have to be the car crash, what the medical people think as a physical trauma, it's our perception of our survival. And that's so key, because when we're talking about our survival and as adults, we talk about that young, but that was nothing. Somebody took sweets, but that was nothing.

We're looking at it now as an adult going, well, if somebody took our sweets now might not be that much, or it might. But as a child that is catastrophic to them and it's unexpected and they have traumatic and it's isolating with no strategy. And if we think that the tiger, that bully is going to eat us or our parents are ignoring us and we're not going to survive that, it's the survival mode that we will go into. And that part of our consciousness splits off in order to protect us, because the solution at the time or what we call from a meta perspective is a soul-ution. But 30 years later, it's not helping us anymore and that 3 year old child is still telling us what to do.

**Niki Gratrix:** I think we've all experienced perhaps in a situation, kind of the word regression.

Where we're not reacting to the present moment we just went back to the 7 year old or the 3 year old who is being triggered by the current event. And we're coming from the past rather than an adult response.

**Penny Croal:** And so we all know about the inner child. However, with shamanic work we go back to the inner child. Can I just share a case study about this? So a Lady, a shaman came on, she'd been doing shamanic journaling or shamanic work for 20, 30 odd years and she came to the Matrix Reimprinting workshop and I was doing a demonstration with her. And she said, well, I can see this little baby in my mind's eye and the baby just needs to be fed. She kept saying this and I went "umh, can we just stop there? Can you actually ask the baby what it wants? And she said, she got really angry at me and she started shouting at me going, "the baby wants fed. She nearly starved to death. You're not looking, you're not listening to me. You're not looking at me." Because I work with my eyes closed and I said; "just simply ask the baby, that little echo, that energetic conscious hologram, which is part of our conscious. What the baby would like."

The baby didn't want food, the baby wanted to be picked up and nurtured in a different way, skin to skin contact. Because we look at it from an adult perspective a lot of the time, if we actually ask those little echoes, they have the answers.

That is the beauty of the Matrix that we come out and we actually ask them what they want and what they need, what resources they feel. We don't change the events, but we change the perception of what happened. And that lady, she broke down in tears. She'd been working with this for a couple of decades and this was key.

**Niki Gratrix:** Yes. Really incredible. So when this idea of, the thing I always describe Matrix Reimprinting as it's basically it's never too late to have a happy childhood. Because you can go back, change the perception and let the child, the inner child have completion, right?

**Penny Croal:** Yeah, because that's all we're doing, isn't it? When we have a trauma, we keep on doing the same thing again and again in order to resolve it. We're not setting out consciously can you imagine?

So many people have said, my clients, they go, oh no, I would never choose this life. Of course you might not have chosen it depending on your belief system and what soul sector you're in. However, when we have had those traumas, our unconscious is going to play them time and time again until we resolve it.

**Niki Gratrix:** Yes. Yeah. It's gonna be an aspect that's there all the time with us crying, screaming, whatever it's doing until it gets listened to and released. Right?

**Penny Croal:** And they have the beliefs that come along with that. So this lady that was in my workshop, she never had a great relationship at all with anybody and she was a 50 year old woman because she never had that bonding connection, because that little baby made her believe that it wasn't safe because nobody picked her up.

**Niki Gratrix:** Yes, there we have it. So you've just in a nutshell, you've encapsulated we've been trying to explain to people about what attachment trauma is. You can't really get to attachment to trauma with many other techniques that are more for PTSD trauma.

But Matrix, and its attachment trauma which I believe is like it is the silent epidemic and this is a health Summit. As you know, this is your area, it's not just the emotions, it's how it affects then the health.

Just as a side, it's very interesting. I've noticed other modalities and we had Dr. Diane Poole Heller, who's like the world's leading expert on attachment trauma. And she talked about bringing in a support person, which is basically what's happening all around the world, I've even heard other people talking about, there's a book called *The Completion Process* it's actually by the spiritual trainer called Teal Swan. It's not because anybody's copying or not to minimize Matrix or anyone else. There's a truth to this, it's like the 100 monkey syndrome, one monkey learns somewhere along the way and all the other monkeys because it's in the collective consciousness.

This process works. It's important, people need to know about it and it works purely energetically. We're talking about going back in our imagination, changing the outcome for a child, but in the psyche that is absolutely real and the beauty is we can heal it.

**Penny Croal:** I know and I think for me, because you can bring any modality in with Matrix. That's why Meta is so important and my understanding of mental illnesses were highlighted through Meta, which we've developed from Dr. Hammer, *New German Medicine*.

And I can actually look at somebody's brain, a CT scan of the brain and map what has actually gone on in their physical and their mental behaviors. And so this is why I, it's like a horse and carriage for me, I can't work with one without using the other. But this collective consciousness, because we're all understanding, but with the Matrix, we don't have to go back and actually physically endure that trauma again. We can go back and resource the young echo and be with them so that we are actually with them because they're simply apart. And there's so many, from NLP there's parts technique, there's lots of different parts.

The echoes are parts of us, they are aspects of us and everybody's got a different terminology. But they're part of us that simply want to be brought back to resolve whatever that perception was.

I love, I think Pink the musician. I think she actually does videos that show the Matrix with her. 'I'm Perfect' video. That's what we play, I play on the Matrix training because she has actually put that, what happens to that child, goes to nursery school, gets physically bullied, takes her teddy away. She's always then trying to do something right. But every time she tries, she gets punished or because the teacher comes along and punishes her because she goes and slaps the boy in the video.

**Niki Gratrix:** All right. Wow, that's really interesting, people should go and check out the video. So it's by Pink and it's called perfect?

**Penny Croal:** I'm perfect. But it's a great video to see what happens. And it doesn't mean anything about that we've got bad parents or good parents, simply a process of events that happen in our life. I've got so many case studies, can share another one with you?

**Niki Gratrix:** Absolutely. It's good.

**Penny Croal:** I get so excited about this. So a couple of years ago, I was working with a lady and she came to me, first of all, with eczema. And the eczema from a Meta perspective is about separation, conflict. And actually, there was a sexual trauma there as well. Seems to be a lot of sexual trauma, but it happens.

**Niki Gratrix:** A silent epidemic.

**Penny Croal:** But more than we are actually aware of. And basically, we worked on this and her eczema was starting to clear and then she had a toothache and she had a root canal, I think a decade, maybe 20 years before. But her toothache was getting worse and worse. And when we were in the Matrix, we went back to the fact, so we look at themes of life, and she'd had sexual abuse from a young age from a relative. And she realized that this had been a pattern, that these men had been violating her and she'd never bitten back. And when she, we were just working through this, following the energy with the right questions and she was just doing so beautifully.

And she had a son, maybe it was a daughter, actually. But anyway, she had a child that was going through mental health issues and she said, well, I blame myself because when I was pregnant, there was lots of trauma going on. So it's my fault. And we went back when she was pregnant and she did some Reiki, as her echo did some Reiki on the little baby in the womb. And her daughter that day made a complete shift in her mental health and decided to take responsibility and move on.

**Niki Gratrix:** Now, that's a demonstration. That's an amazing demonstration of how all points in time and space are connected at the quantum level. We are getting into a little bit of quantum physics here. All points are connected and when we work on ourselves, that has an inter-generational impact.

It can heal family members because we are all connected and there's cords between people at the energetic level. And this is happening constantly to people like family, constellation therapy, there's lots of therapies, distance healing. This is how this works. I love that, that's great, thank you for sharing that. Let's dig in a bit more into Meta.

And please do share more case studies, because on this Summit, I did explain in my presentation. There's multiple ways that the mind and the body are connected. And sometimes we get a physical illness because of a behavior that's destructive, which was caused by trauma. But there's also in what you talk about with Meta Consciousness. This is where an apparent imbalance in the matrix, in the field, can directly be causing a physical ailment. And people should know this on the Summit, like you did EFT and the Bell's palsy went away.

This is what's possible when you clean up the energy field. Some people have got illnesses and it's going to take longer than I mean, that's the quick like, wow, you did a couple of EFT sessions. That's possible, it is possible.

**Penny Croal:** Not all the time.

**Niki Gratrix:** No, no. And so that's what's the point. But the fact that it is even possible, I want people to be aware that that is possible. A lot of people have a lot more work to do, they need to heal the gut, they need to balance their neurotransmitters, and it's a combination of things, building blocks. That might need to do some EFT and some tapping, they need to do some gut work and do various things. But it is actually possible, you are an example of your own history.

But talk a bit more maybe about just with Meta some of the connections and maybe even Dr. Hammer's work, which is the source of it.

**Penny Croal:** So from his work we understand that the brain and each tissue are connected when we're evolving in the womb as that little tiny embryo.

So we have four basic brain relays that are connected to each tissue as we're going along and just give you an example of an easy one, I think everyone can grasp this, eczema.

So we understand that we are diurnal creatures; and my cat who I think you can see behind me, unfortunately. She tends to photo bomb me when I do interviews, I can hear her. So she's a nocturnal creature.

So from about 6:00 in the morning till 8:00 at night, we are in a slight sympathetic stress space. And then from 8:00 at night until 6:00 in the morning, we are in a parasympathetic so rest and digest stage.

Now, not all of us are doing that. So when I was running my bipolar, my mania, oh, my. Good grief, Nikki. I loved it. I was working from 8:00 in the morning till 8:00 at night and then going out with my boyfriend. We'd go and have a six course meal, then we'd go and party until 6:00 in the morning. I never put on weight, I was eating, I'd go into work and have a sausage sandwich and have cans of coke all day because I was in that do-do-do. And as I said that is not a sustainable way to live your life. So what goes up must come down.

**Niki Gratrix:** Circadian rhythm. Totally.

**Penny Croal:** Yeah. And so when we're in that stage, we're in stress because of that UDIN moment, our skin will start to thin and numb out. Because in that stressed state we need to be numb so as not to feel so we can fight or flight. And we all have to be in a certain amount of stress otherwise we never get out of bed. But the exaggerated stress makes us numbed out, perhaps disassociated in order to cope with life. Isn't that just so intelligent for the body?

**Niki Gratrix:** Yes. It's like the body is a symbolic expression of our inner emotional psyche. Is that essentially what Meta is suggesting?

**Penny Croal:** That's exactly what's happening. So when somebody doesn't want to touch us or we have unwanted touch, it will. And that unexpected, dramatic, isolating moment with no strategy, our skin will thin, we won't notice it perhaps might become dry. And then I'll give you another little case study in a minute.

We have acceptance and then eczema because the skin has been sitting in the sympathetic, it needs to build back up again. So then we have eczema, which is itchiness, you get that pruritus and any kind of "itis" we'll have in the parasympathetic, it's inflammation, it's itchiness and people think that's the illness, but it's actually our body restoring the skin.

**Niki Gratrix:** Wow. Trying to counter the symbolism of what it was doing in response to the psyche.

**Penny Croal:** So I had a lady years ago who came to me and she came to me for anxiety, actually. And while we were doing the session, she said, "oh, Penny this is awful." She was, her husband had been made redundant so she had taken up her old job traveling around the country. And she had two kids and that was just lovely.

She went, but when I leave home, the kids are fine, but as soon as I step back in the door they become really sick. I'm making them sick because they're getting eczema all over their body.



But it wasn't sick, the children were feeling separated from mom when she went off traveling. And so their skin was thinning again in order to protect them, so they were numb and did not feel that disconnection. And when mom walked through the door their skin would start, the eczema would start immediately, practically.

**Niki Gratrix:** Wow. As part of healing because they felt connected again. That's really amazing. I'm just thinking about a couple of other examples. There seems to be a big connection between trauma that induces self-hatred and then you'll have perhaps autoimmunity, which is the self-attacking of the self. It's the immune system attacking us, autoimmune, the immune system attacking us.

So I'm not saying all autoimmunity is that, but there will be, there can be an element of that.

**Penny Croal:** So I have a slightly different spin on this, because I don't believe, now, that the body actually attacks itself at all. I, from Dr. Hammer's work that we have now expanded into the consciousness, we've been really looking at people's emotions because my emotion, for example, love. I love to ask. I love to ask people what love means to them, can be all different, very different.

So for many people it can be sex or giving or there's lots of different things going on. However, these emotions are really critical here and these autoimmune symptoms are layers of, and we have to chunk down and look at each symptom that is going on the body separately.

So adrenal fatigue and a lot of people are being classified by GPs at the moment with anxiety. And when we are looking at mental and behavioral diagnosis and symptoms, that's just more than one UDIN moment. That's two or more in their life. So anxiety is a classic, something's happened in front of you and you become fearful of the future and you're so powerless you can't speak about it.

So there's two things going on at the same time and then you get that ugh, and then the panic attack and that goes on.

So bipolar is a similar one that I had more than one conflict that landed on different sides of my brain. So every time I was triggered, I went manic and then depressive, manic and then depressive. And so the autoimmune, we chunk it down, fibromyalgia, ME, depending which country that you live in. Depends if you're diagnosed with or which doctor you go to even.

But I'm finding more and more people with those diseases don't actually have it. A lot of it can stem from adrenal fatigue which is not having the purpose of our life, there's no meaning in our life.

**Niki Gratrix:** Or we're doing things we don't really want to do.

**Penny Croal:** Exactly.

**Niki Gratrix:** So it's an avoidance strategy then?

**Penny Croal:** Yeah.

**Niki Gratrix:** We have to be careful, it's not blaming or assigning fault here to anybody. But exactly that, this is the psyche component of what can be going on.

When we're working with that complex picture often it is one piece of the puzzle, is to get to this piece of like, OK, is that playing out in this picture as well?

**Penny Croal:** So looking at people's themes of life and because we're so conditioned to be a doctor or an accountant or make money or... What happens if we were simply to be?

**Niki Gratrix:** Yeah.

**Penny Croal:** That can cause anxiety for people when I say that to them, because they go, but how are we going to pay the mortgage and.....

**Niki Gratrix:** Repression, sometimes just repression of ourselves, sometimes it's cultural or societal. So I saw a lot of cases where we'd have somebody who was, say they were gay and they had not accepted it within themselves and they had not accepted that within themselves because it wasn't socially acceptable in their family environment either. And I saw a lot of that, that's a classic conflict of just not being able to express the true you. It's not being okay to be you. And then that would unfold and it would be part of the picture of the puzzle, for example, that is contributing to a physical breakdown - not being out in the world, the body, sort of the joie de vivre, also the life-force energy is being obstructed. And when we do anything that distorts that, there's gonna be symptoms.

**Penny Croal:** And that life source, because we're all connected to source, but we have to, to protect ourselves, play dead.

**Niki Gratrix:** Yes. That's where the intuition comes in. I love that. Very interesting. Any other case studies or just on this Meta Consciousness, perhaps. Are there any sort of big clusters of sort of maybe traumas or things you see that are going on psychologically that match with certain types of illnesses?

**Penny Croal:** So well, lungs. Shall we speak about lungs?

**Niki Gratrix:** Yeah.

**Penny Croal:** So lungs from Chinese medicine, they say it's grief. And I go one step further and say what is going on in your life, that you've witnessed a fear of death?

In the West we are terrified of death a lot of us. So when we think that we could die or we've seen somebody die or we see a lot of people dying, our lungs cannot take in oxygen because of that unexpected, dramatic, isolating moment with no strategy. And our lungs will start perhaps growing tumors in order to bring in more oxygen.

However, because we're domesticated, we haven't, we can't release that shock, then we will just keep on and this could be quite dangerous. Because we could die of lung cancer. However, if we have an acceptance, then biologically, and at the moment many of us don't

have these tiny little microbes called tuberculosis in our body anymore because of antibiotics. But if we have enough of them, once we've had that acceptance or a solution, then these little microbes will start to activate and bite down on the tumors and then the diagnosis will be TB.

**Niki Gratrix:** Interesting. This is so interesting because what you've just done is, well, we've definitely turned conventional medicine on its head.

So what we're actually saying is that an expression of physical ailments is a saving mechanism. It's the body saving us from the negative impact of the imbalances in our own psyche. So we have an imbalance, a trauma, and the body actually adapts to that in order to save the organism.

So it's actually an adaptive survival strategy when we get a physical expression of illness. But of course, we think what conventional medicine does, we cut things out, burn them, use lasers, take things out, lop them off, put drugs, suppress the symptoms rather than understanding having this wisdom of what's going on.

This is holistic medicine, isn't it? Everything's connected, the leg bone is connected to the hip bone... And the psyche and the body and the mind are one thing so they should be considered. That's the upshot of what I've taken from you, that all this needs to be considered.

So it's a beautiful way to, I think it's a really interesting thing for people to go, if they've got an illness now they've got an ailment to ask themselves, even just doing that, asking how may this illness be an adaptive strategy to something that might be going on in my psyche?

**Penny Croal:** Beautiful, because that's what we do. This is how we've evolved for thousands of years. I just want to share this with you because I get so excited by this, I could just talk for years, so do shut me up. But one of my students was telling me that she contracted malaria when she was living in Africa and she was really, seriously quite ill.

And she survived, obviously, because she's now one of my students. But when she was speaking to the doctors about malaria and he said, "Well, yeah, we see a lot of tourists and white people get malaria, but it's like a common cold for us in this particular part of Africa." He said, "I've been studying this for 30 years and it's because the spleen in that part of Africa", and I'm not going to say where because I can't remember, but their spleens have enlarged to adapt to these strains of malaria. So their spleens can take this malaria in, cleanse it, they'll get common cold or the equivalent, for them is like a cold for us because they've adapted through the years. Isn't that fantastic?

**Niki Gratrix:** It's body intelligence, Wow, the body adapting to the physical environment, changing its physical structure to adapt and heal and survive. And that's what the body's doing in response to our thoughts, our cells or listening to our thoughts and responding to them all the time. That's what we're saying.

**Penny Croal:** I haven't met David Attenborough, but I'd love to because he talks about nature, because Meta is the underpinning of nature.

So when you watch David Attenborough, really he will talk about the fight flight fright. You'll see them hollow, freeze and then run away. You'll see the falling, the animals that say 'don't eat me', and the people pleasers in our life. And then the fungus, the fungus never eats an organism that's alive. The fungus comes along and eats dead organisms because there is everything for a natural, natured process.

For our organs to either kill off cells or reproduce cells, everything is doing its purpose. It's when we get trapped that's when the autoimmune starts kicking in and we just are cycling around from stress to restoration, stress to restoration. And it's a horrendous way to live our lives.

We don't need to, Niki, you know that. You've worked with enough clients to invite them to really, truly embrace life. And that conscious living and the conscious dying for me is key because I truly believe we have a choice when we die. That's the only fact we have in life, we are all going to die at one point.

**Niki Gratrix:** And taxes, two truths: taxes and death. .

**Penny Croal:** But we can choose how we live and how we die and when we die. And this is where the Matrix can come in as well. Because I have been known to guide people to their best deaths and their families have written to me and said, we found letters and this is just amazing because we were all round his bed at that time, and he never thought that was possible.

It's just a truly beautiful way of working in the consciousness.

**Niki Gratrix:** Yeah, I love that, that was absolutely, that was beautiful. So I'm inviting the audience, this is a very, it's obviously an unconventional way of thinking about illness and health, but I invite people to explore this and if people, if this resonates with you, so I'm talking to the audience here, then explore it. And if it doesn't resonate that's you're not ready to hear it at this level yet, that's cool too, we've all got our own choices.

But I think it's a really, really interesting conversation. I think a lot of people are going to think there could be something in this. So how can people, do you do workshops, do you do group healing, do you do one-to-one's?

**Penny Croal:** I do one-to-one, I've been quite busy of late for the collective, I run EFT, Matrix Reimprinting and Meta Consciousness workshops. So I do a lot, I still see one-to-one clients, I keep on saying that I'm going to stop but I love clients so much. I travel around the world. I work in Egypt a lot.

**Niki Gratrix:** Interesting. In Egypt? Okay.

**Penny Croal:** Yeah, there's a lot of trauma in Egypt. And I love, one day maybe I'll learn to speak Arabic, that's somewhere down the line.

**Niki Gratrix:** And your website, share how people can actually get in touch with you as well.

**Penny Croal:** So my website is [changeahead.biz](http://changeahead.biz)

**Niki Gratrix:** Lovely.

**Penny Croal:** Go there. My email address is [penny@changeahead.biz](mailto:penny@changeahead.biz). Contact me. You can find me on Facebook. I'm the only Penny Croal in the whole world, thankfully.

**Niki Gratrix:** And very good. Very good. That's very good. Thank you so much. It is really awesome. I knew it was gonna be great. I really enjoyed it. And I hope everybody at home has also enjoyed it. So, Penny, thank you.

**Penny Croal:** Thank you, Nikki. It's been a joy. Thank you for being so patient. Because, I can talk forever.

**Niki Gratrix:** Oh, no, it was perfect. It was really good. So thank you and thanks, everybody. And we'll see you in the next episode. Take care for now.