

earth

Emma
Reicher

2007



EARTH MATRIX

matrix

The Space

A multidimensional group combining Reflective Group Process, Elemental Chi Kung, the ritual of Social Dreaming, and the power of BodyMind Maturation.

Earth Matrix offers a unique sanctuary, guiding you into a deeper level of awareness and flow, through the language of the body, the images of dreams, and your relationship to reality itself.

This is a slow open group, with up to 8 spaces available at any one time. You can join when you are ready, with a minimum commitment of six months.

Earth Matrix represents a unique process where four progressive modalities are held as one. You will emerge from this experience reconnected to your deeper intelligence and to the essence of your own being, beneath the noise of the mind.

We will not get there through the traditional models of talk therapy, self-improvement, will power, analysis, or by searching for an answer. Because there is nowhere to get to, only this present moment, full of vitality, waiting for us to turn towards it and LISTEN.

Instead we will sink into the unconscious, the wisdom of the 5 Elements, the Dreamfield and the ontology of Maturation, to unconceal the stories that are keeping you in survival.



In the words of past participants

“Earth Matrix was a profoundly gentle and profoundly powerful experience for me. Through the unique combination of the practices, moments of insight occurred, alongside a shift in the ground I was standing on. A shift so gentle I didn't see it coming, and a shift so powerful it can't disappear. Being part of Earth Matrix reconnected me to myself and the earth, and from here I can build.”

Anna Halsall, Poet and Child Psychotherapist (2023)

“The group was contained so clearly by Emma from the start, allowing us to grow and evolve into relationship with each other. Earth Matrix stretched me because it required a slow patience and vulnerability. I have never felt this level of intimacy in any group before. It has given me a flavour of the authenticity which I wish to show up with in life as a whole.”

Kat Delaney, Sound Healer (2023)

“Being in the Earth Matrix field felt like stepping into something living, something so real. It was spacious, elemental, and deeply held. Emma weaves a field that feels both precise and expansive. I felt met in ways I didn't expect. Nothing needed to be fixed. Everything belonged.”

Sarah Matlock, BodyMind Maturation Coach (2024)



I am a UKCP Registered Psychotherapist and Group Analyst, an Alchemy of Being accredited BodyMind Maturation Coach, and a certified Elemental Chi Kung Teacher.

I qualified at the Institute of Group Analysis after a decade of training, during which time I spent 6 years working in a Specialist Psychotherapy Service in the NHS, and took on the role of Group Process Facilitator for MA Drama and Movement Therapy students at The Royal Central School of Speech and Drama.

Called to work at a deeper somatic level, I chose to train as a Maturation Guide under the guidance of the pioneers of the method, David Norris and Nicky Clinch.

Two of my special interests are working with doctors, having helped to develop Covid support groups for Practitioner Health, and the field of altered states and shamanic ceremony.

Most importantly, I am a human being just like you, fully aware that I have had the privilege to be supported in my own healing, and now committed to sharing the tools, resources and compassion that rebuild internal safety and release us from the grip of the past.

EMMA REICHER



Earth Matrix will support you to build 4 core inner resources:

1. Connection to the Cosmos:

The ability to tap into oneness through the movement of Elemental Chi Kung. ‘Being’ is expansive and endless, and in the same way there is a Chi-State we move into - we don’t start it or end it. It has always been there, and will always be, blurring the edges of you or I, and time itself. This practice takes you there.

2. Awareness of the Unconscious:

The capacity to receive universal truths through the ritual of Social Dreaming. Speaking dreams in a group unfolds without analysis or interpretation, and is guided by listening, voicing and allowing. It loosens the BodyMind, and empowers us (1) to access our raw emotions and (2) to see beyond the personal to bigger meanings.

3. Relating and Belonging:

The tools to create close, secure relationships through the reparative process of Group Analytic Therapy. Developed in the aftermath of the Second World War, this progressive approach empowered traumatised soldiers to make sense of what they had been through, by naming, witnessing and healing together.

4. Access to Stillness:

The courage to stand beyond the noise of the mind through the ontology of Maturation Coaching. The only reality we get is the one that appears to us, from where we’re looking from, and where we’re looking from is generated by the past. This is the universal blindspot of the human condition, AND our unrealised power. Maturation doesn’t take away the pain of life, it gives us somewhere different to stand.

Every month will be led by the energy of one of the 5 Elements, meaning that whenever you join Earth Matrix you will cycle through at least one rotation of the elemental and seasonal year, learning the unique wisdom of this rhythm. The group pauses for essential integration during the month of August, and at Christmas and Easter.



Earth/Late Summer Phase

You will meet your relationship to Mother, both the woman you were born to, and the planet who gives us life. Clearing our relationship to mother shows us what stands in the way of our growth and simultaneously reconnects us with the support we need to thrive.



Metal/Autumn Phase

You will step into impermanence and the work of letting go. Metal's properties are flow, clarity and compassion. In bravely accepting the power of grief, we crystallise what matters and gather the resolve to move forwards, holding something of great value within us.



Water/Winter Phase

You will drop into the fallow field of the 'long dark', relinquishing your hold on life so that life can hold you. Winter represents a void and the gulf of not knowing, where it becomes possible to glimpse your destiny. This is when you will meet your Vision and become its guardian.



Wood/Spring Phase

You will step back into the light, just as nature is reborn. Wood in flow is creativity, the alchemy of vision into the visible, and the embrace of our unique weirdness. Here we learn to listen to our system, without fighting it and nurture our own baby steps.



Fire/Summer Phase

You will experience the full expression of the seasonal year, bursting into flower. Letting yourself love and be loved. Fire reminds us to work towards balancing our system rather than trying to heal it - who would you be if you let your heart lead the way?



Return to Earth / Integration

You will find yourself back home, on steady ground, willing to be held, and more still, and spacious, than before. You will have a sense of your purpose, ready to nurture it into form, without needing 'to know', and trusting yourself to live it into existence.

From the moment you join you will be supported by a group space for dialogue on WhatsApp, receiving 1:1 guidance and coaching in between sessions (Tuesday to Thursday each week) from Emma, and associate facilitator Takako Elliot, and connecting as a group to benefit from the unique unfolding of each member's path.



Who this group is for?

- You move through your world with curiosity and care, and you’ve done your share of inner work—but find yourself circling the same patterns and longing to live a bigger life
- You are seeking root-level shift: not more tools or fixes, but a more powerful way of being
- You are ready to go beyond self-improvement—into truth
- More than mindfulness, you want to outgrow your relationship with your own mind
- You may not know if this is the right step—but you’re willing to trust something deeper



The stuck places we will work on:

- *Unconscious survival patterns*
- *Transgenerational trauma*
- *System imbalance*
- *Fixed self-beliefs*
- *Dependence upon needing to know*
- *Loss of connection to the wild*
- *Loss of connection to deep intuition*
- *Forgotten transgenerational courage*

The outcomes you will gain:

- *Insight into your core relationship patterns*
- *Awareness of the past in the present*
- *Trust in your body’s signals*
- *Reconnection with your agency*
- *Embodied Listening*
- *Balance in your being*
- *A strengthened nervous system*
- *A new field of possibility*

The monthly sessions you will experience:

- *1 x 75 minute Elemental Chi Kung Class*
- *1 x 90 minute Dreamweaving Circle*
- *1 x 2 hour BodyMind Maturation Session*

The guidance materials you will receive:

- *5 x Guided Elemental Meditations*
- *5 x Elemental Teaching Handbooks*

As this is a group, the unique constellation of participants creates the soil, or Matrix, in which we work. The word ‘matrix’ means a space in which new life, ideas or movements can be born, from the Latin for womb.

September 2026 - February 2027

Dates confirmed in advance every 6 months



FIRE September

Chi Kung Class ~ lunchtime ~ Tuesday 8th 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday 17th 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday 30th 12:00-2:00PM



EARTH October

Chi Kung Class ~ evening ~ Tuesday 6th 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday 15th 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday 21st 12:00-2:00PM



METAL NOVEMBER

Chi Kung Class ~ lunchtime ~ Tuesday 3rd 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday 12th 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday 25th 12:00-2:00PM



WATER December

Chi Kung Class ~ lunchtime ~ Tuesday 1st 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday 10th 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday 16th 12:00-2:00PM

2 week WhatsApp pause for Christmas 21st December to 1st January



WOOD January

Chi Kung Class ~ lunchtime ~ Tuesday TBC 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday TBC 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday TBC 12:00-2:00PM



FIRE February

Chi Kung Class ~ lunchtime ~ Tuesday TBC 12:00-1:15PM
Dreamweaving ~ morning ~ Thursday TBC 07:15-08:45AM
Maturation Coaching ~ afternoon ~ Wednesday TBC 12:00-2:00PM

Membership

This is an intimate group experience with just 8 spaces, giving you the fullest chance to be supported in your growth. There is nothing like it anywhere else in the field.

Membership is paid monthly over a 6 or 12 month commitment period with the invitation to extend and stay for the time you need.

Membership

£600/month (inc.VAT)

An initial £300 deposit (non refundable) to secure your place, with the remaining first month's balance due on the 1st of the month you join.

If you would like to explore additional 1:1 sessions with Emma, or associate facilitator Takako, to support your process that is also possible.

If you're ready to join, or you would like to meet for a conversation, please email:
emma@emmareicher.com



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