



Resonating with Luck, Synchronicity & Flow  
Repatterning With Carolyn Winter  
At the RPA Conference February 21, 2021

**How to read the notes - experience** the session for yourself or repeat the session by listening to the recording and following along with the notes. A fillable box is provided in most sections to add your information to the hologram of this session. Fill in the box and when you have finished, save the document using the printer icon button at the top right

At the end of each statement you will find either a “/ON” or a “/ OFF” – indicating our group resonance with the statement. Typically, at the end of a session we are “ON” for the positive and life affirming statements (so we attract more of that) and “OFF” for the negative statements. When reading the notes it is helpful to say the “ONs” and “OFFs” out-loud with emphasis or a bit of attitude.

## Session Notes

### **B) PRESENT MOMENT AWARENESS**

#### **a) Overall Life Vision Intention or Goal... from the hologram of all responses:**

1. Abundance surrounds me I live in love peace and harmony with plenty of time to do what I enjoy.
2. I "be and do" from open hearted awareness
3. I AM happy healthy safe and secure. I trust that all my needs are provided for. I enjoy my life!
4. I bring light and love through joyful harmonic and symphonic healing.
5. I calmly easily and comfortably receive guidance love and support from my guides from spirit and from my husband from beyond the veil.
6. I continually learn grow and expand my consciousness and I help others do the same through sharing my gifts knowledge wisdom talents and through my energy healing practice.
7. I develop and create a set of integral life repatterning
8. I experience and express my Love Joy Peace Prosperity Good Health and My Spiritual Connection to My Divine Essence.
9. I live my vision of living a life of service recognizing that may take many different forms
10. I stay connected to my higher self and divine guidance.
11. I'm in alignment with my life purpose as I'm meant to be expressing it at this stage of my life.
12. Productive fulfilling inspired

13. The world is ready to embrace my vision which gains widespread interest support and momentum. My vision adds enormous value to improving the human condition everywhere.
14. I have a successful RR practice helping others achieve their goals and have a happy life. I have balance in all areas of life and enjoy each day with family and friends.
15. "I am blessed in resources abundance and love and a source of blessings for all whose life I touch.
16. I trust in myself and the flow of life.
17. The Universe is supporting me in realizing my deepest desires and soul alignment"
18. My energy field picks up the static from others and my filter is not strong.
19. To keep growing closer to my creator as I spiral up and help those on a similar goal

**PROXY - I embody Love. /off** (all of the above Statements are included)

**Your addition Intention:**

**/ON**

**b) Supporting Intention ... from the hologram of all responses:**

- I AM fulfilled and trusting in the benevolence of life. I take risks and make bold choices. I sleep well and awake rested refreshed and enthusiastic to live another day!
- I am grateful happy provided for traveling and connecting with the world and its creator.
- I am happy and content and healthy and easily stay connected to My Spiritual Essence and the Spiritual Essence to Others. My Highest and Best Good occurs naturally and all is well. I grow as gently and easily as possible.
- I am in flow writing furiously to keep up with the download and welcoming a large interested group to this work
- I am joyfully shining my light....in the flow supported by the universe sharing my greatest gifts.
- I am positive relaxed enthusiastic and creative. I flow with ease through my life and relationships.
- I easily pursue my life projects with joy and ease free of resistance and allowing myself to be supported by the divine.
- I give and receive abundantly. I am peaceful joyful and loving. I manifest my potential my vision my goals and the relationships I desire. My needs and dreams are fulfilled.
- I go into effortless enthusiastic action with my new inspiration. All necessary resources including financial and the people I need to support my vision fall effortlessly at my feet. My work is exhilarating.
- I step outside my own flow when I'm in it.
- Indecision. Not noticing the significance in the actual moment it presents itself. Not enough physical energy.
- My life is a profound fullness of being love and light in awe and wonder of nature and the Divine
- My life is inspired abundant fulfilling and filled with love.

- my life would be personally rewarding and allow me to fulfill my life's purpose
- My life is joyful complete and fulfilled
- I would be happier laugh play and enjoy life more.
- I believe we attract what we work on by means of prayer and Resonance Repatterning

**PROXY: My life is a profound fullness of being love and light in awe and wonder of nature /on**

**WISHES/ ON** (what is that one great thing you intended for yourself?)

**Your Additional Intentions:**

/On

**ISSUES – what blocks us from experiencing luck, synchronicity and flow? ... From the hologram of all responses:**

- doubts fear
- Habitually being in the limited thinking of ego separation and forgetting to unhook into open hearted awareness. Not training my habitual way of being into a new normal
- I doubt. I am fearful that I will not have enough. I AM fearful that I am not enough.
- I feel inadequate
- I feel judgement for me and others.
- I forget that I can open to receive and heal as well as helping others to do likewise.
- I lack energy enthusiasm and trust. I can't find the energy to get started. I don't know where to begin.
- I resist doing things that support me and uplift my vibration.
- I sabotage myself by confining/depriving myself until work is done then there's never enough time left for me and my life vision.
- I second guess myself and question my intuition
- I take on other's responsibilities. I try to fix others and their mistakes. I don't do my spiritual practice. I allow myself to be distracted. I am afraid. I doubt myself.
- What blocks me most are my chronic debilitating physical problems. My anxiety anger and fears also block me.
- Old family patterns that life has to be hard.
- I don't believe in luck. Luck only works for the lucky.
- I tend to sabotage my efforts.

**PROXY - I feel inadequate/off**

**Your Additional Issues:**

### C-1 Patterns of Luck:

**Hunches** - I am disconnected from my feelings. /off

- I expect good fortune and be optimistic. Everything is working out better than expected. /On
- Bad luck into good - I take constructive steps to prevent more bad luck in the future /on
- I am overly cautious and miss opportunities./off
- Expecting conflict/off
- Moment by moment I stay in the present with an open heart./on
- I create opportunities and enjoy practicing this skill./on
- I am lucky./on

### C-2 Synchronicity Patterns

- I perceive coincidences as a clue to the intention of the universal spirit and its rich significance/on
- I see the meaning and message in seemingly unrelated coincidences/on

#### **Level 4 Spiritual Awareness – Mindfulness patterns needed**

- I observe myself in the present moment, with the rise and fall of each breath, my body sensations and experience lively awareness. /on
- My continual state of self-awareness leads to greater states of coherence, a greater sense of being consistent, caring and organized as a self and my life makes perfect sense to me./on
- **Level seven - Unity consciousness or enlightenment.** - I easily transition my awareness from ordinary states of being to higher states of awareness and back with balance. /on
- **Principle 3 – Master Inner Dialogue -**  
"My inner dialog reflects the fire of my soul"/on
- **Principle #7 - Accessing the Conspiracy of improbabilities.** - "I am alert, awake to coincidences and know that they are message from the Divine. I flow with the cosmic dance of life. /on

### C-3 Pattern for Accessing Flow:

- **Effortless** - When in a state of flow I am in touch with the effort and persistence I have invested that underlies this state of being./on
- **Supporting Flow States:** I accept that I am not perfect/on

### D. Spiral up Option

– Wood element point of the Lung Meridian + visualization

## Integrate the Session

Select 2-3 statements from the session notes above that 'speak' to you and your situation and reflect on their deeper meaning for you. Think about your experience since the session.

1. What new insights do you have about being lucky, attracting synchronicity and flow? Are you trusting your hunches more? Or noticing where you block yourself from being in these positive states of being?
2. What new action can you now taking that you could not take before that helps you to access luck, synchronicity and flow?
3. What do you notice about yourself and your relationship to others?
  - What coincidences and synchronicities are you experiencing since the session? How are your intentions manifesting? How are others showing up to support you and your intentions?



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