

EMBRACING SUCCESS REPATTERNING
Transforming Our Professional Goals



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Modeled after the Resonance Repatterning(R) system, this repatterning includes ideas that are not addressed or endorsed in the system. Created by Chloe F. Wordsworth.

Dear RPA Colleagues,

As some of you might remember, a year or so ago, we had a group repatterning facilitated by Ardis Ozborn and proxied by Magui Block on behalf of all the RPA members that wished to take part. This repatterning was about our professional goals, dreams and difficulties we face as students and or practitioners of this beautiful system created by Chloe Faith Wordsworth. All of us were encouraged to submit statements prior to the session itself and the primaries were muscle checked during the session for the benefit of all involved. At the end of the session RPA President Carolyn Winter made the invitation (open to all) for getting together and brainstorming a specific repatterning taking into consideration all the statements that were submitted. The idea was to develop a repatterning addressing specific issues that all or some of us might face during our journey from learning Resonance Repatterning, to getting certified, developing a professional practice and being part of the RPA. In the beginning, we thought it might be possible that this repatterning could also benefit healing practitioners of other modalities, however, as the work progressed we realized that it had really become something specific for Resonance Repatterning students and practitioners.

A group of us volunteered to be part of this project and with online monthly meetings the work began. We first copied and pasted all the statements that were submitted, placing them under different headings that we thought we needed to address in the repatterning. Different tasks were delegated to all, interesting discussions came about during our meetings, giving rise to different statements, new ideas that we thought should also be addressed and, slowly, a repatterning began to take shape.

It has taken us almost a year and you are about to experience the results. This is by no means an all-encompassing repatterning. We are aware of sections that although we intended to address, such as marketing, the use of technology or writing for the web, we haven't created them as yet. Rather than a let down however, this gives us room to grow and add to the work. By the same token, it also gives an opportunity for others among us to get together and pick up where we left off. Like us all, this repatterning is a work in progress.

It is our sincere intention that you find this repatterning helpful and empowering. We see it as a healing tool that we can either do on ourselves or exchange with others that are also immersed in the repatterning journey. It really is intended to be helpful to all, from the student to the experienced practitioner. Ultimately, we hope that by working with this repatterning each one of us will become increasingly coherent and, as part of the whole, the RPA and the Resonance Repatterning body of work will also benefit from our new found confidence, humbleness and surrender. We share this beautiful healing process with the world, each in our own unique way.

We invite you 'to go beyond the limits of what you think is possible' and dare to embrace your own success.

With love from the Ebook Repatterning Team

Flavia Fuller, Heather McAbee, Fiona MacKenzie, Folusho Oshoko, Ellen Shapiro, Tabitha Twitchit, and Carolyn Winter

Date September 30th, 2017

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EMBRACING SUCCESS REPATTERNING: Transforming Our Professional Goals

INTRODUCTION:

This Repatterning is written for our RPA community of students and practitioners. It helps each RPA member to resonate with their professional goals, to be more successful and to support them at each stage of professional development.

As each member uses this Repatterning for their own personal and professional development we envision the hologram of the entire community expanding with new strength and greater coherence.

Primary Principles for Professional Development Repatterning

We are growth oriented, constantly evolving our consciousness and awareness for ourselves personally, for each other and the world.

We recognize professional development occurs in stages and each individual has their own best timing. To that end this Repatterning supports 3 main areas of development supported by the RPA CEU Policy. These include:

- Stage 1 - Pursue Personal Interest in Repatterning (Students)
- Stage 2 - Acquire Skill and Competence (Student Practitioners)
- Stage 3 - Demonstrate Professional Expertise, Leadership or Continuing Growth (Certified Members)

Professionalism supports a vibrant community, where individuals contribute and expand it.

The community supports and helps students and practitioners move through stages of practitioner development through a variety of initiatives. This Repatterning is one example.

We share, and pass on skills essential to the running of the association. By becoming involved each person expands their volunteer, leadership and group skills.

As individuals we recognize our role for the greater good, and also draw on the whole to benefit ourselves.

Benefits of Doing this Repatterning

This repatterning is designed to help you at various stages of professional development to resonate with:

- Embodying Repatterning work and the extraordinary change possible
- Your expanding sense of self-worth as a student or certified practitioner
- Making time for regular self-sessions
- Receiving support and having joy as a practitioner
- Expanding your capacity, self-assurance and confidence to give to others with a compassionate heart
- Giving sessions to others in a professional capacity; having clients in person or online, and continuing to develop your practitioner/client skills and relationships

- Clearly and confidently explaining what is Resonance Repatterning, what you do with it; owning the work, what you bring to it that is unique; coming into your own as a practitioner **
- Learning and cultivating professional marketing skills to support the business of your practice and using them consistently
- Having a well paid Repatterning/ healing practice
- Developing specialty applications of repatterning to integrate and make the work your own
- Using repatterning at a macro level/world level ie: animals or the World Peace Hologram program

Who will Benefit

- Resonance Repatterning students, practitioners and teachers offering services
- RPA Members addressing organizational professional goals and non coherences including miasms within the collective field
- RPA Members developing their volunteer, group and leadership skills

Overview of the Embracing Success Repatterning

A. Introduction

B. Overall Vision for Myself

C. Check Resonance with RPA Vision

D. Areas of professional development that support my overall vision or professional goals.

- a) Learning Resonance Repatterning
- b) Certification (getting started / gaining skills / completion)
- c) Professional Practice and Development (starting to do sessions for others for the first time to taking my long term practice to another level)

E. Stages of RPA group belonging and participation that support my overall vision

Heart and Soul Community Connection - Introduction

Stages of Membership Participation, Volunteering, and Organizational Excellence

- Stage 1 Basic Membership (Earth Chakra)
- Stage 2 Engagement (Water Chakra)
- Stage 3 Active Volunteer Initiatives (Fire Chakra)
- Stage 4 Self-Empowerment and Leadership (Heart Chakra)
- Stage 5 Organizational Excellence (Throat Chakra)
- Stage 6 Moving Out into The World /Out There (Brow/ Crown Chakra)...

F. Completing the session

- a) The Creative Imagination Exercise
- b) Something else from Resonance Repatterning system

G. Check for Spiral Up Options

H. Recheck Statements

I. Positive Actions

THE EMBRACING SUCCESS REPATTERNING

A. Muscle Check Self (mcs) Read something from the introduction?

B. (mcs) My Overall Vision for my Professional Growth & Development:

Our continued growth and transformation is supported when we have a vision of a future possibility that stretches us to grow beyond our current level of awareness. Resonating with our vision can help us stay on track with our professional goals and remain motivated. It helps us to clarify our role in any life circumstance and makes other decisions easier to make. Day to day tasks no matter how small are energized as they help us move towards our vision.

Make a future-oriented statement of your repatterning practice's purpose and aspirations. Think big! Vision statements ask us to project past our current reality and short term intentions and challenge us to grow into new bigger possibility. Where do you see your practice in 5 years? 10 Years? Next year? If you have done this Repatterning in the past you may wish to update or repeat a previous vision statement.

Create your vision of success and write a positive present-tense statement.

(mcs) Create your over-all long term vision (mcs) for primary statements to be included. If needed support is available in section F.

C. (mcs) with Overall Vision for RPA

When we join a group we all benefit from the amplitude of the entrained group energy. It is important that the values, mission, vision or goals of the group are aligned with or supportive of our personal goals. * For further understanding read "The Power of Eight" by Lynne Taggart.

The RPA is officially incorporated as a 501c 6 Trade Association. This is a legal standing that gives us the opportunity to set standards for our members (certification), approve training requirements and CEU policies, provide educational opportunities (conferences and workshops etc) and promote the work of our members with the public at large. We have been incorporated since 2004 as a Trade Association, supported by membership fees and volunteer commitment.

***[cr] with the RPA Vision Statement (next page)**

*We are an association of
people from around the world
who have the ideal of putting love into action
by being an instrument of transformation
for ourselves and others.*

*We acknowledge the inherent goodness,
strength and wisdom within all beings.
We live and work with integrity,
empowering ourselves and others to manifest
a higher state of energy, well-being and coherence.*

*Through our work in Resonance Repatterning
we are inspired to resonate with life-enhancing intentions
that bring healing to ourselves, our communities and our planet.*

Check if you need something from [Section D](#), and [Section E](#) then proceed to [Section F.-I](#).
Completing the session (FM) and Positive Actions

D. (mcs) an area of professional development needs to be addressed to support your overall vision or professional goals?

Muscle check the list below (a-c) for the area of professional development needed and proceed to the page indicated. More than one area may be needed.

- a) Learning Resonance Repatterning
- b) Becoming Certified (getting started / gaining skills / completion)
- c) Professional Practice (Launching myself as a practitioner/ Taking my practice to another level)

E. (mcs) a stage of RPA group belonging and participation needs to be addressed to support my overall vision ? (see next page)

Heart and Soul Community Introduction

a) (mcs) read something from the Introduction “Heart and Soul Community Connection”

b) (mcs) for one or more stages?

[Stage 1 Basic Membership](#) (Earth Chakra)

[Stage 2 Engagement](#) (Water Chakra)

[Stage 3 Active Volunteer Initiatives](#) (Fire Chakra)

[Stage 4 Self Empowerment and Leadership](#) (Heart Chakra)

[Stage 5 Organizational Excellence](#) (Ether Chakra)

[Stage 6 Moving Out into The World /Out There](#) (Brow/ Crown Chakra)

D. An Area of Professional Development Is Needed?

a) Learning Resonance Repatterning

i. What stops you from learning Resonance Repatterning or continuing your studies?

Identify your issues/ mcs

ii. (mcs) Identify if there are additional Non Coherent Patterns/Qualities involved:

1. My only options are to learn online and I don't have the money or resources
2. I do not have the time / funds / resources to complete the courses
3. I dislike learning online through pre-recorded webinars/ video conferencing live presentations
4. I am afraid/it is too painful to look at certain areas of my own life when learning Repatterning
5. My issues with working in groups/ group learning challenges/ long classroom hours,/ live teaching settings/other holds me back from pursuing my studies.
6. I lose my motivation to learn when I cannot see a successful end result after I take courses
7. I am too old to learn something new / It will take too long to learn.
8. The experience of sharing myself and doing the process in a classroom setting where I am observed is stressful for me. / I experience regret sharing myself in a classroom setting
9. My learning is set back and my confidence is diminished when I am challenged by people I practice on or my family is unsupportive in some way.
10. My family suffers when I am away taking a course
11. The scope of topics in the Resonance Repatterning system appears too daunting for me to take in and learn.
12. *See muscle checking issues in the Fundamentals/Primary Patterns book in the Empowerment Intention section

iii. What is your learning intention? Make a statement of Intention for your learning experiences of Resonance Repatterning. (Mcs)

iv. (mcs) Identify Coherent Patterns/Qualities needed:

1. I easily learn the content of the courses.
2. I take time to learn the Repatterning process to address my own issues before facilitating sessions with others
3. I complete the skills guide for learning Resonance Repatterning provided for each seminar
4. I practice Repatterning work with individuals who are forgiving and support me while I learn and gain insight and experience.
5. I learn muscle checking with ease..
6. I learn how to explain Resonance Repatterning in a variety of ways.
7. I am inspired to continue building my skills with each Repatterning I complete.
8. I practice each stage of learning Resonance Repatterning regularly to help integrate what I have learned.
9. I easily reach my goals of becoming an RR practitioner/ teacher.
10. My family supports my new learning.
11. *See muscle checking Intentions in the Fundamentals/Primary Patterns book in the Empowerment Intention section

v) (mcs) Something is needed from [Section E](#) - a stage of RPA group belonging and participation needs to be addressed to support my overall vision ?

vii) (mcs) Complete the session - [Section F- I](#) is needed?

[Scroll down for the Certification Process](#)

b) The Certification Process (getting started / gaining skills / completion)

i.) This section is for anyone undertaking the RPA certification process. What issues do you face with your certification journey? (mcs)

ii.) (mcs) for Non Coherent Qualities Involved:

Certification process issues:

1. I am deterred from seeking RPA certification because - I am confused by the difference between the RPA and the RRI / changing certification requirements by either organization
2. I find it difficult to 'unpack' the certification manual and set up a plan for myself to complete the requirements.
3. I am confused about the certification process because ----- (fill in for you)
4. I have difficulty finding the practice clients I need to complete my certification requirements.

Being observed:

5. I avoid being observed because it triggers overwhelming /painful earlier experiences/ I can't receive positive feedback /other
6. When being observed I worry about being judged negatively / I try to anticipate what my observer is thinking/ become distracted/ disembodied / lose connection with my client / am unable to perform to the best of my ability./other.
7. I am fearful/ terrified of being observed.
8. I can't get observed because I need to be perfect.

Final observation:

When with the client - Issues with clients stuff and creating safe space:

9. I find it difficult to create a sacred /safe healing space for myself and my clients.
10. I am tense when giving a Repatterning session.
11. I have difficulty maintaining eye contact.
12. I am uncomfortable with the tears, upset or overwhelming feelings clients share in sessions

Personal issues:

14. I lack confidence in my abilities as a practitioner.
15. I blame others rather than take responsibility for my well-being / growth and transformation / lack of progress towards certification.
16. I have lost faith that Resonance Repatterning works.
17. Certification takes me out of my comfort zone and it terrifies me.
18. It is difficult for me to remember my point of choice to spiral up/ and to do self-sessions / to resolve daily situations / to integrate my learning of the Resonance Repatterning system/ to clear my own unconscious patterns / to keep on track with my Certification goals.

19. I fail to appreciate the need for/ the importance of - receiving sessions as part of my certification journey.
20. I can't find someone to give me sessions/ afford to pay to receive sessions/ find a study buddy.
21. I fail to honor the unique rhythm of my certification journey.
22. I am not moving forward towards my certification goals because of health issues/ family issues/financial issues/unrelated obligations/ procrastination /fear of failure /fear of success/fear of being seen/fear I am less than perfect or incompetent/ other.

iii.) What is your specific certification intention at this time? This is an intention you may wish to update frequently as you move through the process of becoming certified.

iv.) (mcs for sections a-f) Coherent Patterns involved in Certification

a)Magnetic Field of Attraction Needed * (mcs for qualities needed) I create a magnetic field of attraction to support my certification journey which includes:

1. Ease and joy
2. High energy
3. Commitment
4. Focus
5. Enthusiasm
6. Inner wisdom
7. Love for myself
8. Love for others
9. Wonder
10. Grace
11. Willingness
12. Making the transition from student to competent practitioner.
13. A sense of adventure
14. Easily integrating successes and my failures.
15. Courage
16. Adaptability
17. Creativity
18. Inspiration
19. Confidence
20. Humility
21. Action oriented
22. Staying on task
23. Humor
24. Compassion
25. Relish
26. Passion
27. Integrity
28. Self-responsibility
29. Warmth
30. Self-acceptance
31. (mcs) life needs or spirit level needs if needed

* adapted from the Relationship Intentions Repatterning (Energetics of Relationship Seminar) by Chloe F. Wordsworth

b) Beginning (Ether Chakra Stage)

1. I make my intention to become certified by becoming a RPA student practitioner and declaring my intention.
2. I unpack my student practitioner and I-declare registration, review all the materials and requirements and become familiar with them. I ask follow up questions of the administration where i need clarity.
3. I learn and grow as I move through my certification process. (FM)
4. I overcome my fears and challenges, and face them with equanimity.

c) Inspiration Stage for Joy and Success (Heart Chakra)

1. I am comfortable holding the full spectrum of my own feelings when serving clients
2. I make a plan to support my intention for my certification journey
3. I nurture my intentions for becoming a practitioner /I feel inspired

d) Action, Self Esteem and Right Timing Stage (Fire Chakra)

1. I schedule my observations in a timeline that provides me with space and time to integrate the feedback I am given and demonstrate my new competency
2. I am comfortable using the mandala process and muscle checking to facilitate a session for myself and clients
3. I am open to receive positive feedback.
4. I focus on the completion of my certification requirements integrating my learning as i go.

e) Coming together, perseverance and engagement Stage (Water Chakra)

1. I see the benefits in all the challenges I face on my certification journey.
2. I wholly integrate being observed as a natural ongoing part of being a practitioner.
3. I am relaxed and comfortable being observed.
4. I easily integrate and embody new learning/
5. I have mutually supportive and empowering exchanges of information with my mentor
6. I experience the power of resonance repatterning as i facilitate sessions for others.

f) Completion, Stability, Security and Belonging Stage (Earth Chakra)

1. I resume/complete my certification journey with renewed focus and commitment.
2. I arrange my observation for certification and when successful follow through with the paperwork for the certification committee.
3. I am comfortable receiving money and being well paid for the repatterning sessions I provide.
4. I complete my certification journey.

5. I am an RPA Certified Practitioner
6. (mcs) for additional statements of coherence in the Certification Manual.

v) (mcs) Something is needed from Section E. - a stage of RPA group belonging and participation needs to be addressed to support my overall vision ?

vii) (mcs) Complete the session - Section F-I is needed?

[Scroll down for the Section for Professional Practice and Development](#)

c) Professional Practice and Development

(From the stage of starting to do sessions with others or taking my long term practice to another level) - Using Repatterning consistently builds the practitioner depth and skill for facilitating sessions. We are constantly evolving our own personal awareness coherence moving towards self-realization as we integrate our experiences, learning, and discovery in the world of self-healing.

In this section we identify patterns of resonance to support the continuous development of a professional practice and what challenges us from going further.

i) Identify...What challenges or issues do you face as you either move into facilitating sessions for clients or take your existing practice skills to a deeper level of understanding? Do you find your practice has become stuck or uninspired? Do the same spiral up options or Repatternings come up for you in every session? Do you avoid self-sessions or are you easily triggered by the sessions you facilitate for clients or others?

ii) What are the non-coherent professional practice qualities underlying the above identified challenges: "I find it difficult to move into facilitating sessions for others or taking my sessions to a deeper level of understanding because (mcs from the list below)

Personal Development Qualities Involved:

1. I have difficulty explaining Resonance Repatterning
2. I am not resonating with the process / the process does not work for me/
3. I give up before I begin. / I don't take the time to practice on myself regularly
4. I am disillusioned when a client's issue is not resolved as a result of a session.
5. I am disillusioned by the issues in my life that have not shifted after years of effort, using Repatterning. and can't see the bigger picture of my continued growth.
6. I have become jaded and disillusioned about doing something that was once a source of joy.
7. I experience a negative mental state and I get frustrated / anxious/ uninspired/ because i can't meet my unrealistic expectations. (See negative thoughts Repatterning)
8. A negative self-image or mental state: I am not good enough / I will never be good enough /My best is not good enough /I will never get there / I will never get accredited / I will get it wrong / I am afraid of being visible/ I am overwhelmed / I am afraid / I lack confidence / I have self-doubt / I believe my inner critic
9. When I entrain with others or with world causes (I lose my center / I lose my faith in humanity / it is difficult for me to make the transition from empathy for clients or the world, to being fully myself).

Practical Actions In Running My Business Involved (Non-Coherent)

1. I find it difficult to maintain a healthy balance between doing my own inner work, and giving sessions to others.
2. I don't reach out to another practitioner for a session when I need one.
3. I don't have a mentor / supervisor I experience challenges in my mentor/ supervisor relationship (add to learning section?)
4. I don't have anyone to talk to or discuss my challenging client experiences so that I can grow from my experiences.
5. I find it difficult to keep my sessions to time.

6. I find it difficult to hold healthy boundaries with my client.
7. I find it difficult to maintain a work-life balance that includes my practice.
8. I rigidly practice the Repatterning system.
9. I find it difficult to hold a neutral space of compassion for my client when their values or worldviews are different from mine.
10. Other - What do you believe is the underlying pattern that leads to your issues? What is behind it?

iii - Intentions To Create, Maintain, Grow Or Re-Enliven My Professional Practice or Development - What aim, goal or intention would support you in your progression into serving others with Repatterning professionally or developing your skills at a deeper level to re-ignite your practice? This is your 'practice' of serving clients with sessions as opposed to marketing or finding clients. It is the quality and deepening skills of how you serve over time. **(mcs)**

iv - (mcs) What additional qualities would support your aim, goal or intention?

Personal Development Qualities Involved:

1. I am a neutral presence.
2. I thrive on all levels / I thrive financially working as a Repatterning practitioner.
3. I maintain a work/life balance with my practice.
4. I allow myself the freedom to adapt, create, and/or integrate any other modalities that fit the needs of my clients, while maintaining the integrity of the Repatterning process.
5. I treat clients with openness and respect for their culture, faith, belief systems, and language and I am sensitive to how these factors may impact their understanding of the session and statements.
6. To the best of my knowledge I help my clients to understand how changing our resonance creates transformation.
7. I recognize the principle of entrainment between practitioner and client and how my own level of coherence opens my client to a positive state of coherence. / I entrain with love and compassion.
8. I commit to doing my own inner work and maintaining my own coherence.
9. I commit to being current in my professional knowledge and recognize the benefit for my practice.
10. I practice the RPA Ethics policy (See your MY ACCOUNT at the Association website for the link).
11. I continue to deepen my understanding of (facilitating transformation / Resonance Repatterning through self-directed learning informed by experience/ ongoing inquiry / continuing study /collaboration, dialogue and reflection with healing communities /RR community groups).
12. I support and participate in the creation of collaborative, safe and supportive learning communities. I recognize this as a shared responsibility and exercise my part by taking the initiative (when appropriate / where I can).
13. I maintain and uphold the principles of the ethical standards of these learning communities.
14. I evolve my way of explaining Repatterning over time and adapt it easily and effortlessly to my audience or prospective clients.

15. I employ a full range of options including Repatternings, modalities, positive actions or other possibilities in my sessions
16. I appreciate myself for my skills and abilities and the true value of the contribution I facilitate for others. Specifically.... (name what you appreciate about your current skill level as a practitioner) / I view myself with dignity / I appreciate that in giving to others through sessions, I give to myself.
17. I feel (safe/ comfortable) to open and expand to (meet new people/ have new experiences) that support my healing practice.
18. I demonstrate skills leading to (certification / my continued growth / leadership and community participation) by fulfilling my CEU requirements annually. (See the RPA - CEU Policy)
19. My vision for myself and my practice is supported by my intentions and my actions. (see Section B)
20. I integrate my learning of Repatterning and share it with others by developing workshops, webinars, seminars, written articles, books or public presentations and introductions.
21. I have systems in place that enable us to handle a surge of public interest with ease.
22. What other quality would support your goal to work with others or deepen your practice?

Different Types Of Sessions Or Media Involved

23. I am equally comfortable giving client sessions to (people / animals / people serving as a proxy for a group) in different formats (in person / by proxy/ by phone/ by video call/ giving group sessions or by facilitating WPH sessions)
24. I take the time to learn and understand the underlying principles that explain how client sessions by proxy, phone, and video conference call or for animals may be effective.
25. I am equally proficient in sharing RR sessions with clients in person, over the phone/video call and by proxy.
26. I develop ways of using Repatterning for special group settings (World Peace Hologram/ business settings/ self-help groups / other) that may require the adaptation of language and other process elements.

Working With Animals

27. Working with animals as a Repatterning practitioner comes easy to me. Removing any ego or doubts I am effectively guided to connecting with their higher self, facilitating deep, meaningful healing and transformation in alignment with their highest healing good.
28. What other quality would support your goal to work with animals or deepen your practice?

v) (mcs) [Something is needed from Section E.](#) - a stage of RPA group belonging and participation needs to be addressed to support my overall vision ?

vii) (mcs) Complete the session - [Section F-I is needed?](#)

E. A Stage of Membership Participation, Volunteering and Organizational Excellence That Supports My Overall Vision Is Needed?

Heart and Soul Community Connection - Introduction

"Community is what happens... participation is the key"

As practitioners "Inspiring growth in each other and the world" we experience successive stages of professional development. Moving through these stages we build on our resonance with patterns from 'Learning Resonance Repatterning', demonstrating mastery of our skills through 'Certification' and continue building the depth of our work with our deepening patterns of 'Professional Practice'.

Our growth evolves from patterns of awareness and personal coherence for our own practice, to more complex patterns of relationship coherence - as we relate to our group, our community, or the world at large. Our roles at group level evolve from minimal participation to active volunteer initiatives.

In this section we clear our non-coherent resonance and support coherent patterns that enable us to benefit from being part of a community, and to participate in it in differing stages, not necessarily sequential. By resonating with the six stages of community involvement identified, we come into resonance with taking our work out into the world, collectively as a cohesive group.

We become known for not only who we are, and how we use RR individually as practitioners, but to also for the larger group we belong to - our association - which also defines and promotes us through its contributions to the world.

As we each commit to our part we build a field of resonance from which we all benefit. Together we build a holding tank or capacitor for group energy*.

"Everyone is invited to participate – membership is the basic requirement."

Why Participate as a Trade Association Volunteer?

For many, volunteerism is a self-less act of service one gives without expectation of reward for the advancement of a cause, service, group etc. In this regard, volunteers are the backbone of educational settings, special interest groups, service groups, health related causes, politics and more. Volunteer contributions are generally considered acts of altruism - with internal rewards for helping others at one end of the spectrum, to providing learning and experiences to the volunteer, that support the advancement of their career or other personal goal, at the other end.

We may well ask 'why volunteer for a Trade Association where contributions may be viewed less altruistically because others, including ourselves, gain personally with the possibility of financial rewards?'

Volunteering in a trade association is an exchange of energy that provides members with experiences outside of their present reality, broadens their perspective and world view, and brings out capabilities and genius previously unknown to the member. Often members offer to volunteer to benefit the group, but are surprised at how they personally benefit. Through our relationships with one another membership participation can be an excellent way to learn more about a particular role, unique ways of using Repatterning work, or applying it to a sector such as business or working with animals.

These experiences can challenge our values, help us learn group communication skills, provide opportunities to network with peers around their professional background or interests, while at the same time providing a sense of belonging and mutual support. These learning experiences can lead to skill development, improve the way we do things, and provide members with opportunities to apply what they have learned to their practice or business. It also exposes members to trends and best practices within the Repatterning community, and directly and indirectly provides leadership training and experience.

Studies have shown that people who participate on a voluntary basis in their community are more likely to succeed with their related personal goals.

Association Membership and Stages of Participation

RPA Members can view their involvement as successive stages of participation. These Stages are not necessarily sequential as individual members bring all of their past group experiences to their current RPA membership involvement. As members individually move through these stages, the organization evolves as well. We move from benefiting as individuals to benefiting as a group and form a field of resonant energy that moves our work out into the world. Paradoxically, the more we all participate the more each one of us benefits in our professional success.

At each stage, we may experience the ageless problems and non coherent patterns of relationship, communication and group dynamics that block our full participation and manifestation of our professional goals. These are not unlike the problems in 'the world out there' that many try to escape in a career of self-employment with minimal engagement. Our membership commitment to participation, and resulting community, provides growth opportunities that support professional success at complex levels of interconnectedness. When any one of us resonates with the coherent qualities at each stage of membership we build a community capacitor for storing energy that can be a motivating force for good in the world while supporting each member at every stage of participation.

These stages include: (scroll to next page)

Stage 1: Basic Membership (Earth Chakra)

Members join, renew annually and may participate by attending programs and events, perhaps commenting, sharing links, or re-blogging on social media, and joining the mentoring program. We participate as individuals to benefit ourselves.

Stage 2: Engagement (Water Chakra)

Members take risks within the group to ask questions or make comments at events, interact with discussion groups, group repatterning sessions, or write journal articles. We participate to deepen their own personal benefits of membership.

“...Always we'd have the new friend meet the old, And we are hurt if either friend seem cold.”

- 'In Memory of Major Robert Gregory'
From 'The Wild Swans at Coole'. W.B. Yeats (1919)
sourced by Folusho Oshoko

Stage 3: Active Volunteer Initiatives (Fire Chakra)

Members get actively involved with others from the community by participating in projects - such as Repatternings Live, World Peace Hologram, The Mentoring Programme - joining committees, or becoming a mentor. Members practice open hearted, balanced giving. Here we participate in the organization either for altruistic or mutual benefits. We enjoy meeting and working with the group.

Stage 4: Self Empowerment and Leadership (Heart Chakra)

Members move into roles of responsibility for projects, programs, committees or joining the board of directors. In this stage members are willing to share their gifts and talents to give back to the community - they ask questions, raise issues, propose un-thought of possibilities, and value everyone's opinion, as the group moves toward greater clarity on any issue. Our participation recognizes the importance of group success to personal success. We experience the value of our shared group vision for why we are together.

Stage 5: Organizational Excellence (Ether Chakra)

Individual members take personal responsibility for the welfare of the organization, and recognize what we can do as an organization that we could not do if we were not a group. Our actions strive for improvement to the whole, as well as to make sure the tasks for sustainability get done. We set and meet standards for operating as a group that contribute to our professional success. Our participation at this stage is motivated by what 'we' can do together.

Stage 6: Moving Out into The World/ Out There (Brow/ Crown Chakra)...

We have a deeper understanding of the value of presenting our work, both as individuals and as a group effort, such as WPH sessions or writing articles for publication at the journal. At this stage we are ready to be 'discovered,' or create public interest in our work, because we are 'together' as a group. We know and feel comfortable putting Repatterning out there, and we have the organizational strength to welcome large new waves of interest on an organizational and individual level.

“Coming from a place of love - we embrace success.”

The ‘Circle Dance of RPA Membership’ Seeing a three layered circle dance as a metaphor for the RPA.

The dance has three circles of dancers – outer, middle, and central. Those in each circle dance at different speeds – slowest on the outside, fastest at the centre. The dancers make their way from layer to layer, staying at each level for as long or short a time as they like, moving inwards or outwards as they like. They can also pause to rest inside the inner circle, feeling the frenzy around them, or sit on the outer periphery as spectators.

This dance could represent the way members interact with the RPA, with different levels of involvement at different times – taking on different roles at different times, for varying lengths of time. The inner circle could represent the board - the middle one the various committees - the outer one the smaller service roles any of us might take on, with lesser commitment, perhaps for a shorter time. The spectator circle could be those members who are not currently volunteering but who receive the benefits - both those who have served already and have stepped down, and those waiting in the wings to become more involved.

Fiona MacKenzie

E. Stages of Membership Participation, Volunteering, and Organizational Excellence

In this section, we explore the patterns of participation in the RPA organization that support us in embracing professional success.

As individual practitioners, we will achieve a certain amount of success, however we recognize that in a group like RPA, we are all 'bundles of potential' activated by our relationship with each other. "Together we are more."

a) (mcs) read something from the Introduction "Heart and Soul Community Connection"

b) (mcs) for one or more stages?

Stage 1 Basic Membership (Earth Chakra)

Stage 2 Engagement (Water Chakra)

Stage 3 Active Volunteer Initiatives (Fire Chakra)

Stage 4 Self Empowerment and Leadership (Heart Chakra)

Stage 5 Organizational Excellence (Ether Chakra)

Stage 6 Moving Out into The World /Out There (Brow/ Crown Chakra)

Identify the stage (1-6) needed to support the patterns you have identified in this session.

Stage 1: Basic Membership (Earth Chakra)

Members join, renew annually and may participate by attending programs and events, perhaps commenting, sharing links, or re-blogging on social media to joining the mentoring program. We participate as individuals to receive the benefits of the organization.

a) (mcs) "I support my professional development and success as a Repatterning practitioner by joining RPA"

b) What stops you from receiving the benefits of RPA membership?

1. I don't recognize any value in joining the association.
2. I can't afford the cost of membership.
3. I am confused about the different RR groups to belong to and can't sort out what is best for me.
4. Other reasons...Please identify what stops you from receiving the benefits of membership.

c) Identify the coherent patterns needed to support your decision to become an RPA member:

1. I find true benefits for myself in my RPA membership.
2. I have the resources to become a member.
3. My annual membership pays for itself through the benefits I receive.
4. I open myself to receive un-thought-of possibilities and benefits from joining and belonging to the RPA / I open myself to new experiences with this membership.

5. My initial contact with RPA orients me to the group and how to participate.
6. I take the time to become orientated to RPA and ask for help if I don't understand something or can't find information I am looking for.
7. I easily find RPA information, blog posts, announcements, email subscriptions etc.
8. I participate in the community by sharing RPA information online using the social media links for sharing information or leaving comments.
9. I am a valued member of the RPA.

d) (mcs) [another stage E\(1-6\) is needed?](#) / proceed to [F-I Complete the session](#)

Stage 2: Engagement (Water Chakra)

Members take risks within the group to ask questions or make comments at events; interact with discussion groups or group repatterning sessions; or write articles for the RPA Journal. We participate to deepen our own personal benefits of membership.

a) What stops you from fully participating as a member at RPA?

1. I'm afraid of over-stretching myself or taking on too much. / I sign up for many things and then don't do anything with them.
2. I don't read emails from the RPA/ I don't inform myself about the RPA and their activities/ I get overwhelmed with all of the information and can't process it.
3. I am confused between the RPA, the RPA Board, and the Certification committee – what each one is and what it does, and how they relate to me.
4. I am confused about the difference between RRI (the Training Institute) and RPA (the trade association).

b) Identify the coherent patterns of engagement needed to support your membership:

1. Being involved in the RPA helps me to expand and grow, and also helps the RPA to expand and grow.
2. I take every opportunity to attend RPA events.
3. I participate at RPA events by raising my hand, asking questions, or giving positive feedback and appreciation to others.
4. I help other members feel welcomed at RPA events, by saying hello, smiling, or nodding my head 'yes'.
5. I do an orientation for myself if I feel confused or disoriented.
6. I read and review my RPA emails, stay curious, ask questions if I am unclear, make comments on blog posts.
7. I take the steps required to be a guest contributor at the RPA Journal blog and write an article(s)
8. I participate in RPA group discussions, or Repatternings by offering my opinion, asking questions, giving feedback, acknowledging or appreciating the contributions of others.

9. When I participate in RPA discussions I feel I belong and am valued as an equal.
10. I take the time to listen to others and ask for clarification if I don't understand something that is said.
11. I am confident, engaging, succinct and appropriate when addressing the group.
12. I am comfortable with the varied modes of expression offered by members in a group and appreciate everyone's contributions.

c) (mcs) [another stage E\(1-6\) is needed?](#) / proceed to [F-I Complete the session](#)

Stage 3: Active Volunteer initiatives (Fire Chakra)

Members get actively involved with others from the community by participating in projects - such as Repatternings Live, World Peace Hologram, the Mentoring Programme), joining committees, or becoming a mentor. We practice open hearted, balanced giving. We participate in the organization either for altruistic or mutual benefits. We enjoy meeting and accomplishing things together.

a) Identify what fears, negative beliefs or non coherent qualities blocks or holds you back from getting involved with RPA volunteer work or roles. (mcs)

1. The RPA, Board, and committees seem like far away officialdom/ there to catch me out/ beyond my abilities/ made up of experts / I could never aspire to be part of.
2. I no longer/ don't want to deal with petty politics of groups or committees.
3. My participation is blocked because of my non coherent experiences of family.
4. More will be required of me than I am able to do/ I will have no power to set limits on my contribution.
5. I lack the courage to put myself forward/ I don't like to be seen/ heard / I hold myself back/ I've never done anything like this before/ I would be out of my comfort zone.
6. I see no value in volunteering/ I don't have time/ I don't have energy.
7. I don't have the skills that are needed.
8. I hold back from volunteering my service to the RPA because.....(fill in for you)

b) Identify what positive attitudes, beliefs or coherent qualities support your involvement with RPA volunteer work or roles. (mcs)

1. I familiarize myself with knowing the RPA structure, roles and ways of participating.
2. I take responsibility / take the initiative and involve myself.
3. Volunteering for the RPA gives me a safe, inspiring environment where I can develop and grow as a person and practitioner.
4. I expand my view of myself and my skills when I volunteer.
5. I respect, appreciate, enjoy and revere – myself / my talents / my abilities / the true value of the contribution I make to others.
6. I view myself with dignity/ humility/ self-respect when I volunteer in a group.

7. I ask for help or clarification when I need it / I know who to turn to for support / I open myself to receiving support.
8. I connect and collaborate safely/ effectively.
9. Participating is an enjoyable/ fulfilling experience for me/ I open myself to receive positive feedback.
10. I embrace the unknown and find new adventures exciting.
11. Through volunteering, I challenge myself to try something different, achieve personal goals, practice using my skills, and discover my hidden talents.
12. What specific positive attitude or belief would support you in volunteering?
13. (mcs) Something needed from the Five Elements Qualities Repatterning/ Chakra Repatterning?

c) (mcs) [another stage E\(1-6\) is needed?](#) / proceed to [F-I Complete the session](#)

Stage 4: Self-Empowerment and Leadership (Heart Chakra)

In this stage of membership participation, volunteering, and organizational excellence we explore qualities of leadership and self-empowerment. A leader is anyone who wants to help. Members' participation recognizes the importance of group success to personal success. Being consistent with models of energy discussed by Margaret Wheatley and which Resonance Repatterning is based on, we have a new definition of leadership. We move away from the old model of authoritarian power, toward leading from the heart - where power is the power to heal, love and serve the whole. Responsibilities are shared among the group empowering everyone.

In any organizational role we recognize that every member has their own inner qualities of leadership, which they are continually developing, sparked by challenges and responding to emerging opportunities as they arise.

Members at this stage are willing to share their gifts and talents, ask questions, raise issues, and propose un-thought of possibilities. Everyone's opinion is valued as the group moves toward greater clarity on any issue and leaders seek to know the opinions of others. Working together synergistically we create conditions where we can think together and continually ensure that our organization knows itself, it's identity, and its functions.

We identify and transform our own non coherent leadership qualities to support our professional goals, our ability to work with the whole, and to spiral our organization up!

'A healthy social life is found only when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living'. Rudolf Steiner

a) Identify the role, area of responsibility or community initiative you are committing to. (mcs) What challenges do you face in the identified area? Or I resist/ avoid stepping into a leadership role because _____ (fill in for you)

b) (mcs) for additional non coherent beliefs, fears or qualities underlying your leadership challenges:

WOOD

1. Disorganised
2. Unyielding
3. Not seeing the wood for the trees
4. Taking on too much
5. Unreliable

FIRE

1. Disregard for the group
2. Impulsiveness
3. Disregard for procedures
4. Issues with the hot seat
5. Lacking trust
6. Over-reactive
7. Unclear communication/ lack of communication/ poor communication

EARTH

1. Lack of clarity
2. Insecurity
3. Anxiety
4. Issues with responsibility
5. Self-importance
6. Overload
7. Pleasure-seeking
8. Deny my own needs/ martyrdom/ over-giving/ over-extending/ burn out

METAL

1. Overly attached/ attached to outcomes/ calculating/ censoring
2. Uncompromising
3. Unapproachable.
4. Over-control
5. Overpowering/ overbearing/ bossy
6. Putting others down
7. Lack of trust

WATER

1. Fear of leadership/ power/ one's own power
2. Not delegating/ failure to delegate
3. Lack of confidence
4. Power-seeking

c (mcs) What is your leadership intention?

d) (mcs) Identify what coherent leadership qualities support your intentions?

1. I offer my time and services and set healthy limits for myself.
2. I nurture myself/ follow my own natural rhythms/ the rhythms of nature and this replenishes my ability to give.
3. I recognize/embrace the leader in me.
4. I easily and naturally lead and inspire others.
5. I share my skills and knowledge with others.
6. I lead and inspire others simply by being myself.
7. I recognize when it's time to lead or time to follow.
8. I express my genuine appreciation of/ to others.
9. I help and encourage others to access their own leadership qualities.
10. I am genuine/ honest/ sincere/ humble/ courageous/ self-less / self-aware/ compassionate/ trustworthy/ appreciative.
11. I am straightforward in my communication/ I adjust my languaging appropriate to the group.
12. I am sensitive to/ I take account of the needs/ limitations of others.
13. I act with integrity, for the greatest good of all / I'm aware of my place as part of the hologram.
14. I offer my leadership skills to others as a form of service/ I learn from those I lead.
15. I dare to do what is right / say what needs to be said, even in adversity or difficult circumstances and trust that the outcome will be for the highest and best for all concerned.
16. I have the courage to challenge the status quo or perceptions that do not align with who we are
17. I am connected to source.
18. My actions are led by/ my inner knowing/ the divine.
19. I am proactive rather than re-active.
20. I am grateful to those who went before me/ to those who gave me encouragement/ to those who taught me what I know.
21. Our joy and enthusiasm is infectious, and creates an energy that attracts others.
22. I hold a coherent vibrationally empowered state meeting the needs of leadership and everyday tasks successfully, and I consistently choose to spiral up to our vision of what is possible.
23. I am motivated by service to the whole.
24. Divine reciprocity supports my leadership role of self-less service.
25. I am aware of myself and who I am becoming as I face organizational challenges and am supported by people I trust who will tell me the truth.
26. In any role I assume or commit to I take responsibility for creating coherence and continuity, stay alert to what is happening to us as a group as decisions are made and that work gets done.
27. I help the group find the opportunity in the challenges we face as a group.
28. I act with vision, helping others to see what is possible
29. In my leadership roles I act with integrity and help the group to live with integrity and work well together.

- 30. I stand by the shared values and principles of the RPA/ other organization and the unique identity we hold as a result.
- 31. I lead by example / from my heart with compassion
- 32. While holding the high moral ground, I also bring appropriate peace.
- 33. I take my complaint directly to the person it is with, and avoid gossip.

e) (mcs) [another stage E\(1-6\) is needed?](#) / proceed to [F-I Complete the session](#)

"They tried to bury us. They didn't know we were seeds." - from "Who Do We Choose To Be?: Facing Reality, Claiming Leadership, Restoring Sanity" by Margaret Wheatley

Stage 5: Organizational Excellence (Ether Chakra)

Individual members take personal responsibility for the welfare of the organization and recognize what we can do as an organization that we could not do if we were not a group. Our actions strive for improvement of the whole, as well as to make sure the tasks for sustainability get done. We set and meet standards for operating as a group that contribute to our professional success. Our participation at this stage is motivated by what 'we' can do together.

- i) What specific RPA challenges or non coherent patterns have you experienced with RPA that blocks your professional goals or volunteer involvement?**
- ii) What do you want instead of this organizational challenge? What do you intend for the RPA as an organization?**
- iii) (mcs) from the list below - for the general principles of being a group, or organizational indicators of success, that support your intentions:**

Patterns to support overall organizational purpose and culture:

- 1. I appreciate the value of interdependence and work toward strengthening the RPA organization to the best of my ability
- 2. I recognize and appreciate the gifts of my community that contribute to my professional success. / What do you specifically appreciate?
- 3. As individuals we recognize our role for the greater good, and also draw on the whole to benefit ourselves.
- 4. We share and pass on skills essential to the running of the association.
- 5. Our vision statement clearly describes our ultimate motivation, dreams, and image of a desired future. It describes the ideal situation if we could fulfill our greatest wish.
- 6. Our mission statement gives clear description of how we propose to achieve our vision and reflects our purpose, values and people served.
- 7. We have documented our core values and beliefs and regularly use them to guide our decisions and operations.

8. We periodically review and revise our vision and mission statements
9. Board, volunteers and members are excited, committed and engaged in achieving our mission.
10. Board, volunteers, members and key non-member contributors participate in the planning process.
11. We have developed and adopted a written plan to achieve our mission.
12. Our plan integrates all our organization's activities around our mission.
13. Our plan prioritizes our goals, develops timelines, assigns tasks and capacity/resources needed.
14. Our plan is communicated to our board, staff, volunteers and community.

FINANCIAL

1. Our accounting practices conform to accepted standards.
2. Our financial statements include the Balance Sheet/Statement of Revenue/Expenses and are clearly stated and useful.
3. We develop an annual operating budget that includes costs for programs, operations, marketing.
4. Our budget is reviewed and approved by the Board.
5. We reconcile all cash accounts monthly.
6. We have a policy identifying authorized check signers and the number of signatures required.
7. Expenses are approved before payment is made.
8. We have a plan of action to follow in the event of a reduction or loss in funding.
9. We have, or are actively developing, a three month reserve of operating expenses.
10. We have insurance coverage that is reviewed for levels and types of coverage.
11. Training is made available for board members on relevant accounting topics.

ADMINISTRATION

1. Our board members receive training and information about their responsibilities.
2. Our board members have a manual and are oriented to the organization, its mission, bylaws, policies and programs, as well as their roles and responsibilities.
3. Our board organization is documented with a description of the board and committee responsibilities.
4. The bylaws conform to state statute and have been reviewed by legal counsel.
5. Our board periodically reviews and updates the bylaws.
6. Our board has an annual calendar of meetings and an attendance policy.
7. Our board meetings have written agendas and materials that are given in advance of meetings.
8. We have a volunteer plan that includes recruitment, description of volunteer jobs, reimbursement policies, and other helpful information.
9. Our volunteers are coordinated, trained and orientated.
10. Our volunteer's abilities and time are appreciated, valued and respected.

PROGRAMS

1. Our programs are fully aligned with our mission and plan.
2. Our resources are allocated to ensure our program goals and objectives.
3. Our volunteers have training and skill level to implement programs.

MARKETING

1. We actively inform our members and public about programs and services.
2. We have a communications plan and the volunteers and resources to implement it.
3. We are consistent, persistent and effective in delivering the message of our mission.
4. Our community knows who we are, where we are, what we do and how to reach us.

iv) What organizational action do you need to take to activate the above coherent patterns? Set an action intention.

d) (mcs) another stage E(1-6) is needed? / proceed to F-I Complete the session

Stage 6 & 7: Moving Out into The World / Out There ([Brow/ Crown Chakra](#))

At this stage we have moved from an “I” position to “We” in our outlook. We experience the value of our shared group vision for why we are together.

We have a deeper understanding of the value of presenting our work both as individuals and as a group effort, such as WPH sessions or writing articles for publication at the journal. At this stage we are ready to be ‘discovered’ or create public interest in our work because we are ‘together’ as a group. We know and feel comfortable putting Repatterning out there, we have the organizational strength to welcome large new waves of interest on an organizational and individual level.

We create our own ‘field’ of energy and interest for the work we do.

i) Identify the coherent patterns of this entrained RPA group energy needed to support your professional goals at this time:

1. Love is at the heart of our organization. It unites us and nourishes us. Belonging really means something. We attract and welcome new members, expanding easily and organically. Together we flow.
2. Together we create an energy that is the essence of the RPA – the living beating heart of it – that exudes energy, and attracts others - that feeds, nurtures, nourishes, enriches, and inspires us, that helps us to grow and be more than we ever dreamed we could be, and which expands to others and attracts them to join our circle.
3. We are 'bundles of potential' activated by our relationship with one another for our shared vision and values and value the true potential of our professional relationships.
4. We take the time obtain membership feedback, to reflect on what is happening with our group and how we are operating, and on our successes and challenges so that we can improve things moving forward.
5. Everyone's opinion is valuable to the group and provides a unique perception or interpretation to what is happening for us as a group. The more interpretations we consider the easier it becomes to have a sense of the whole.
6. We take the time to reflect and think together, sharing ideas and challenges, where we can learn from each other, create solutions, and discover new capabilities from our membership relationships. We deal creatively with any conflict that arises.
7. In times of organizational crisis we take time to use our repatterning process, to reflect, and to determine actions based on who we are and on our values.
8. We recognize the synergy that the whole is greater than the sum of the parts and each part has its own value in creating the greater whole.
9. We appreciate that the contributions of all members at all stages contribute to the success of the whole.
10. We each consciously support RPA endeavors by sharing them on our own social media networks where appropriate.
11. We as members contribute to the [World Peace Hologram](#) program of sessions for peace.

12. We encourage each other to write thoughtful articles for the [RPA Journal blog](#) that help the public to understand the value of Repatterning.
13. We are successful in our efforts at creating interest in large sectors of the public for the work of practitioners.
14. We 'act with abandon', and respond in a timely manner, acting on organizational opportunities that come our way to promote the work of our practitioners.
15. We have systems in place that enable us to handle a surge of public interest with ease.
16. We have an innate inner knowing that our work is making a positive difference in the world.

*“Coming from a place of love - we embrace success.”
“Working together we inspire growth in each other and the world “
“Together we are more”*

d) (mcs) [another stage E\(1-6\) is needed?](#) / proceed to [F-I Complete the session](#)

F. Completing the Session

a) (mcs) Creative Imaginization Exercise

This exercise may be used to support the development of a vision statement in section B of this repatterning or as a stand-alone part of the repatterning. [\[AUDIO LINK\]](#)

Creative Imaginization Exercise.

(i) Sit with your hands in your lap in the 'open heart gesture', place your tongue on the roof of your mouth, and take a few long slow breaths. Breathe in through your nose and out through your nose. Keep breathing like this, and feel your body relaxing. Feel yourself relaxing more and more.

Now put your attention on what it is that you want...what you would like to have in your life.

Imagine it is already here.....see yourself having it, or being it.....right now.

Sense yourself into it.....the vision you are dreaming of. Be aware of how you feel....how it feels to have it in your life. Notice colours, pictures, sounds, smells, tastes. Really feel yourself into it...immerse yourself in it.

Now see if any words come to you to describe it.....let them form into a statement.....or two or three....to describe what you want....what you are now seeing and sensing and feeling....having in your life...right here, right now. And then see if any more words come...any different ones....emerging as you sense your way into this.

Then deepen your breathing, and when ready, open your eyes again.
Write down your statement(s) and (mcs) for primaries, then check your resonance.
Continue with the repatterning from where you left off.

(ii) If doing this exercise has come up for you a second time in the course of doing the repatterning, as you do it again, see if any changes have occurred in your original vision...there may be some subtle change...another dimension may emerge.... a new insight....or what you thought you wanted may have changed completely.

And then simply immerse yourself in your vision and allow it to suffuse into your entire being... absorbing it in.....embodying the energy of it.

Stay with this for as long as you need to, or (mcs) for when complete.

b) (mcs) Something else is needed from the Resonance Repatterning System

- Brain wave qualities (TUPS)
- Harmonious note (TUPS)
- Earlier experience (TUPS)
- Vertebral involvement (Chakras)
- Planetary frequencies (Chakras)
- Emotional qualities (Energetics book/ Resistance R/P)
- Oriented coherent / non-coherent feelings (Primary Patterns)
- Specific repatterning
- Something else from the RR Mandala

G. A Spiral Up Option is needed?

a) (mcs) From the Spiral Up! By Chloe F. Wordsworth?

b) (mcs) Options developed for The Embracing Success Repatterning is needed?

1) Vision work

(mcs) Read other contributed vision statements for inspiration - you may appreciate that one of the more difficult things to do is to define your vision of success. [\[*Read statements for inspiration\]](#)

(mcs) Post your vision statement to the vision board We invite all members to share their vision statement, on this RPA discussion board link to support others. Of course, when others see your statement, you will also feel the shift! [[*Post your vision statement](#)]

2) Poetry work

(mcs) Read poetry contributions from the community - Resonance repatterning demonstrates the power of words in shifting our energy as words have frequency. We have creativity and inspiration among us. [[Read a poem](#)]

(mcs) Write a poem - Write a poem (mcs) checking for the number of words per line, and the number of lines and other details.

(mcs) Post your poem to the poetry board - What poem have you been inspired to write that relates to our repatterning topic and could provide others with a shift in energy? We invite you to share your contributions on this RPA Members discussion board link [[Post your poem](#)]

H. (mcs) Recheck statements?

I. (mcs) Positive actions are needed? [See section I \(below\).](#)

I. Positive Actions To Support Your Professional Goals

a) Check the RR system for **Spiral Up!** options or additional positive actions.

b) Check the section below for suggested positive actions related to the Embracing Success Repatterning:

A. Support for Overall Vision

1. Do the Imagination exercise with Fiona McKenzie [[AUDIO LINK](#)]
2. Read poetry posted by members [[poetry link](#)]
3. Create a vision board for your vision of success [[see what others have posted](#)]

B. Actions to Support Learning Resonance Repatterning

1. Do the skills guide exercises for (The Fundamentals/Primary Patterns/Transforming Unconscious Patterns/ Chakra/Meridians)

C. Actions to Support Certification

2. Update my documentation on certification requirements completed
3. Read the certification manual V6
4. Earn CEUs as needed [CEU policy]
5. Make a plan to complete my certification requirements
6. Arrange an exchange session with a peer to support moving forward with certification
7. Join the RPA Mentoring program

8. Post any question about the Repatterning system at the Certification program discussion board and obtain clarity
9. Attend the next RPA Walking Our Talk group session for members (Check for events at www.RPAMembers.org)
10. Retake one or more of the basic seminar trainings / Attend a skills workshop with a DO or licensed teacher
11. Practice doing sessions with a family member/ friend / colleague
12. Ask Family, friends or colleagues for referrals for you to practice with

D. Actions to Support Deepening my Practice

1. Become familiar with the WPH program of sessions for the public and how to do one for yourself/ support another practitioner as a proxy for a WPH event/ Offer your own WPH Session
2. Write an Article for the RPA Journal
3. Brain-storm with a friend about ideas for a new program you can offer your clients using RR
4. Develop a workshop, ebook or other media to integrate ideas of growth to share with your clients
5. Become an RPA Mentor (for Certified Members)
6. Volunteer to lead one of the monthly sessions for RPA's Walking Our Talk
7. Volunteer to host a monthly RPA event
8. Read or re-read recommended books to deepen your understanding of the underlying principles of RR. (Suggested authors, Deepak Chopra, Lynne McTaggart, Dr. Joe Dispenza or Margaret Wheately for organizations)
9. Share what you have learned at an RPA discussion board [link]

E. Actions to support Stages of Membership Participation, Volunteering, and Organizational Excellence

1. Participate in RPA or other professional events [link]
2. Share RPA information such as blog posts, event, or facebook activity on Social Media
3. Retake a Repatterning seminar [link CEU's]
4. Attend an RPA event (link to event schedule at rpamembers.org new site)
5. Read /comment on articles written by members at www.RPAMembers.org
6. Participate in WPH session at www.WorldPeaceHologram.com
7. Volunteer /offer a WPH session (link to RPA program page for support)
8. Write an article for RPA Journal (link to RPA program page for support)
9. Attend an RPA "Meet and Greet" event to become oriented to the association - check the events calendar [calendar link]
10. Attend an RPA annual event [calendar link]
11. Join the Mentoring program

F. (mcs) Other - What other actions can support Embracing Our Success?

* [Post a recommended action /\(mcs\) for a positive action from members contributions](#)

RECOMMENDED RESOURCES

Lynne McTaggart 'The Power of Eight' Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World.

Leadership

Margaret Wheatley 'Leadership and the New Science' Discovering order in a chaotic world. (2006 Revised)

Margaret Wheatley 'Turning to One Another' Simple conversations to restore hope for the future.(2009)

Margaret J. Wheatley 'Who Do We Choose to Be?' Facing reality, Claiming Leadership, Restoring Sanity (2017)

Margaret Wheatley Link to Wikipedia article https://en.wikiquote.org/wiki/Margaret_Wheatley

John Heider 'The Tao of Leadership' Lao Tzu's Tao Te Ching adapted for a new age. (1985)

Checklist for a Healthy Not for Profit Organization - shared by Bobbie Martin
<https://rpamembers.files.wordpress.com/2015/06/checklist-for-a-healthy-nonprofit.pdf>

Marketing

Michael Port 'Book Yourself Solid' The fastest easiest and most reliable system for getting more clients than you can handle, even if you hate marketing and selling. (2010) (Revised Oct 2017)

David Meerman Scott 'The New Rules of Marketing and PR' How to use social media, blogs, new releases, online video, and viral marketing to reach buyers directly. Sixth edition (2017)

Chris Brogan Newsletter - Join his newsletter list for free weekly latest marketing trends, do's and don'ts. www.ChrisBrogan.com

Lynn Serafinn 'The Seven Graces of Marketing'. How to heal humanity and the planet by changing the way we sell.(2011)

Judith Sherven PHD and Jim Sniechowsk PHD 'The Heart of Marketing'. Love your customers and they will love you back. (2009)

Do you have resource or book recommendations that could support members with Embracing Success? Post your suggestions at the RPA discussion board.

[Post book or other resource | Review member contributions](#)

CONTRIBUTORS



Flavia Fuller - Flavia was introduced to RR in 2007, after having had the privilege to work as a wildlife keeper in two different animal parks and in wildlife rehabilitation. In one of these parks, working with rescued Black and Kodiak Brown bears deeply opened her heart and solidified her commitment to Conservation and Animal Welfare. Today, a committed Vegan and currently, caring for nineteen furry rescues of her own, Flavia applies RR, Vibrational Essences and Tapping in her personal life, with her animals, family and friends. She aims to focus her clientele to helping animals, as

well as, animal lovers, vegans, environmental activists, those working in animal rescue and rehab in clearing sabotaging subconscious beliefs that keep them from truly live in coherence with their compassionate worthy values. It is her hope that in sharing in this co-creation, one by one, the ripple effects of her clients will shine bright unconditional love and light into Mother Earth and the Hologram of animal welfare all over the world. As she likes to say it: "Who knows, this just might take us closer and closer to that amazing Critical Mass..."



Fiona MacKenzie - Fiona has been working with Resonance Repatterning since 2000 and is currently fulfilling her dream to become a qualified practitioner. She has had many health problems, but has persevered, managing to pay for courses despite limited income, and her life has been the richer for it. Resonance Repatterning is a way of life for her. It has helped her in her recovery from illness, and she hopes to share it with many others. She lives in the north of Scotland. She is a member of the RPA Journal committee.



Folusho Oshoko - Folusho has been involved in Repatterning since 1998. He works as a mental health support worker. Volunteers as a counsellor at a Hospice and at www.communitycounselling.org.uk Other main modalities of choice are the 'Inner Sound' system of music and tuning forks. At the time of going to print Folusho is a Repatterning Association Board member and resides in London UK.



Heather McAbee - Heather was first introduced to Resonance Repatterning in 2012, through a session by a student practitioner. After years of searching for ways to heal from her background of abuse as a child and young adult, she finally found her answer and began immediately studying the process to become certified as a practitioner. She also is a certified aerial yoga instructor and loves incorporating pieces of repatterning and chakra work into her yoga classes. She specializes in the support and healing of individuals who have experienced physical, emotional, and sexual abuse or trauma.

<https://www.siennamarieyogastudios.com/>



Tabitha Twitchit - Tabitha first experienced Resonance Repatterning in 2000 and immediately began her training. She transformed from being socially terrified to singing and swinging on a trapeze at circus school within a year. She is also an apprentice teacher of Movement Medicine and an emerging performance artist. She is creating her own unique synthesis which brings together all the treasures she has discovered so far and is sharing this

with as many people as possible. Find out more about Tabitha on [Facebook](#) and at [Movement Medicine Association](#)



Ellen Anne Shapiro - has been in practice as a Repatterning Practitioner since 1999, focusing on women's empowerment, and supporting business and income growth for heart-centered entrepreneurs. Her path involves working within 2 different worlds: bridging the world of energy healing, repatterning, coaching and counseling with the world of money, financial issues, and small business. She is currently developing her own body of work around the transformation of money and prosperity issues, teaching entrepreneurship at the college level and working with coaching and repatterning clients. While working primarily within the structure of Resonance Repatterning, she brings into her work a lifetime of learning. Some major threads include her training as a Tapping Into Wealth Coach, teacher of the Art of Feminine Presence, Qigong teacher, Polarity therapist and 30+ years of study and practice in meditation, yoga, bodywork and the healing arts. Ellen served as RPA Treasurer from 2004-2009.



Carolyn Winter - has worked full time as a Repatterning Practitioner since 1997 providing Holographic Coaching services and programs to help others navigate their personal holographic universe of personal growth. Among her accomplishments she has been instrumental in making the training accessible so that anyone may learn Resonance Repatterning online in live interactive classes; collaborated with practitioners to create the **www.WorldPeaceHologram.com** program, and several well-known group proxy programs such as Mastering My Present Moment Project. Carolyn is a longtime supporter of the wider Resonance Repatterning Community serving in a number of leadership and voluntary roles in the Repatterning Practitioners Association. She resides in Toronto ON Canada where her passion is quilting. Carolyn may be reached through her website

www.LightTravels.com.



We also thank and appreciate all of the members who gave permission to include their statements in this document, to members who reviewed much earlier versions of the document and provided us with invaluable feedback and to the on-going contributions from all members going forward who continue to develop the repatterning or provide interactive contributions at the RPA members discussion board.

