

The

HRJournal

The official publication of the International Holographic Repatterning® Association



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New Feature

Practitioners and Seminars are in a special blue sheet section that can be pulled out from the center of the HR Journal and kept separately for easy reference. We hope you like this new feature.

Comments, Articles, Photos

If you have comments for the HR Journal, articles to submit, or photos to include, please email to: hrjournal@holographic.org or mail to: Media Resource Partners, 1318 Amethyst St #A, Redondo Beach, CA 90277 — Thank You — The Editors

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The HR Journal

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**From the
HR Association
Council President**

Ardis Ozborn

Happy New Year to all of you from the HR Association Council.

It's January and once more we have a new slate for all of us to fill wisely and live largely.

Already we are organizing for the 2003 International HR Association conference. We are improving the format for this year's gathering so we can come together with a unified purpose—to focus on our growth as HR practitioners so we can use HR more fully in our personal or professional lives. The HR teachers—twenty four of us now—have been meeting via conference call and are excited about coming together with this shared purpose. The nine days will be a time of re-inspiration, learning and bonding. It will be a time to have our learning needs met in a supportive environment as we each continue our growth and development with HR.

Our conference this year is in Sedona, Arizona, one of the great beauty spots in this world. It is within easy driving distance of Phoenix, Arizona and a two-hour drive from the Grand Canyon. The dates for the nine day event are Friday evening, October 31 through Sunday, November 9. It's a beautiful time of the year with warm, blue-sky days, cool evenings and starry nights. We will be meeting at the Creative Life Center in the heart of Sedona. From its seminar rooms, terraces, and gardens there are gorgeous views of the red rocks that make Sedona so renowned.

We will arrive on October 31 and meet as a group that Friday night for welcoming each other and orientation

to the week of learning. Then on Saturday and Sunday, November 1-2, Dr. Bruce Lipton, Ph.D., a dynamic and inspiring teacher and brilliant biologist, will ground us more fully in our HR process with his extraordinary research in *"The Biology of Belief, Perception and Transformation."* This fun and fascinating 2-day seminar will help all HR students and practitioners to understand how and why HR really works. Wherever he teaches, Bruce attracts capacity audiences, so take advantage of the chance offered to our HR members and friends to reserve a place now before enrollment opens to the general public.

Grounded in a deeper understanding of how the HR process works at a cellular level, we will have a full week to create our own individualized learning experience from an assortment of learning packages that will be offered. The week will be filled with a rich array of seminars, workshops, presentations, and other learning activities focused on strengthening basic as well as advanced HR skills, depth of understanding, personal and relationship coherence, and issues related to using HR professionally. This week is designed for HR students, practitioners and teachers of all levels, as well as anyone interested in growth and learning.

As one of the seminars offered, Chloe will be teaching the *Energetics of Relationship* seminar, which she has not taught in several years. Space will be limited to 60 participants. We will offer first priority—on a first come-first served basis—to accredited Level 2 practitioners who have never attended the Energetics seminar. If there is still space, the next priority will go to those who have completed the Vision and Principles of Relationship seminars, and of course to those who come from abroad. Chloe will also be teaching this seminar in Mexico and New York so everyone who wants to take this seminar will have a chance to attend.

Our HR Association conference is structured this year to give a focused period of support for your development with HR. Every scheduled event is

selected to meet the needs that the teachers have identified from working directly with you. We will give you a list of accommodations with a varied price-range where other HR members will be staying so you can choose where you want to stay. A wonderful list of restaurants will also be provided so you can choose what you want to eat. And there will be great variation in activities to suit your needs. If you want a day for hiking in the Sedona vortexes you can join your HR friends in this activity. If you want time for sessions and building your skills, or a whole week of non-stop seminar possibilities, these will all be available. In the coming weeks, more details will be on our website, as well as in the May HR Journal.

Mark the dates on your calendar and let's join each other for an extraordinary gathering, as well as seeing old friends, making new ones and enriching your body, mind and soul.

Ardis Ozborn

**Cover Photo
and Five Elements**

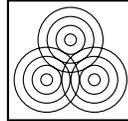
January is wintertime for northern hemisphere countries. In Traditional Chinese Medicine, winter is the time of the Water Element. As with all the elements, the Water Element plays an important role in our sense of health and well-being.

The Water Element represents our capacity for clear thought; depth of meaning; containing our energy, our money, our health; the ability to face difficult situations with courage instead of reacting in fear; and to set healthy boundaries (water needs boundaries to contain itself).

Water Element time offers us the opportunity for quiet reflection, to build our energy reserves, and to connect with our source. Rest and renewal strengthens and balances our Water Element, setting the stage for entering the inevitable next phase of the cycle, the season of new beginnings that arrives every spring.

For now, the message of the Water Element is simple: Our power lies in the stillness.

— Terry Blakesley



HR Offers Hope

by Michelle Bongiorno and Didi Madden

Highbridge is a neighborhood of about 60,000 in the Bronx, one of the most economically depressed boroughs of New York City. The population is about 50% African-American and 50% Latino. Most residents have been relegated to the margins of society—educationally, economically, socially and politically. Thirty-five percent of the families in the neighborhood are on public assistance. Organized drug dealing takes place openly on the streets and in the parks. Murders and domestic violence rates are amongst the highest in New York City. Overcrowded schools struggle to educate with enrollment at about 120% capacity. The school district in which Highbridge is situated has one of the lowest rates of attendance and graduation and has the second lowest test scores in NY City. While the neighborhood has the highest number of children in the city, the schools in Highbridge only go up to 6th grade. After 6th grade all children must leave the neighborhood and travel to middle and high schools, disconnecting them further at this early age from their own families and neighborhoods. The district high school that most Highbridge teenagers travel to has a 25% graduation rate and this can be expected to drop by 50 to 60% after the Regent's competency exams go into effect. Asthma, diabetes and hypertension are rampant. Housing for many is substandard. Shelters for the homeless are scattered throughout the neighborhood.

Situated in the heart of Highbridge is the Highbridge

Community Life Center (HCLC), an independent not-for-profit organization which for 24 years has committed itself to building community amongst the residents of Highbridge. With an operating budget of close to \$4 million and 120 employees, HCLC offers adult education classes (GED, Basic Ed, Citizenship, English as a second language), community organizing, emergency services, employment services, certified nurse aide and United Postal Service job training, palliative care for the homebound (the elderly, terminally ill and chronically disabled). There are parenting classes, youth services, after-school programs, summer camps, family counseling, case management, psychotherapy and a retreat center to provide programs for families and children in a non-urban setting. Over 6,000 neighborhood residents walk through the doors of HCLC each year for these much needed services.

The majority of the clients are single mothers living below the poverty line. Most have little formal education. Job training and social skills are undeveloped. They are women of tremendous strength, although it is a strength that comes from being braced against the many problems of life, rather than from a sense of mastering competence. Because of their extensive experience with social service providers whom they experience as having failed them, the clients of Highbridge tend to have a very low trust level for service providers and for the process of change or seeking help.

Many urban social service agencies have similar

profiles, but Highbridge Community Life Center is unique. Through the vision of its Director of Family Services, Didi Madden, HCLC is the only social service agency in New York City, and possibly the United States, that offers Holographic Repatterning as one of its basic services to clients, trains its staff in HR, uses HR as one of the tools for staff development, and works to integrate HR increasingly into the very fabric of its daily operations. Michelle Bongiorno (HR teacher) and Kenya DeRosa (HR teacher in training) are hired as consultants to support the growth and use of HR in this

school children with working parents converge in the basement for an after-school program. They begin the period of supervised homework with a lively Brain Gym session, while joined by senior citizens from the neighborhood who tutor the younger children. Specific children with academic and behavioral problems eagerly await the arrival of their HR practitioner for their weekly individual or group HR sessions.

An intake counselor moves through the intake process with a new referral to the agency. In relating her history, the client touches a core issue and in a very natural

in the South Bronx

organizational setting and in moving HR out into the neighborhood itself.

What does it look like to enter an organization where HR is becoming a vibrant and integral part of the daily work environment; where staff who work directly with clients are offered the full HR training and weekly supervision in its use; where all staff in the Family Services Division, regardless of position, is required to have at least Fundamentals level training – and use it; and where HR is not only a service offered to clients but a process integrated into the other services of family case management and counseling and psychotherapy as well as a primary tool in staff development? Let's take a look:

The office manager begins her day with a department focus of consciousness that she then emails to the rest of the staff. Artificial role barriers are set aside as a family case worker offers support in the form of a short HR session to the program director who is feeling stressed while preparing for an upcoming audit. Nine Fordham University social work students on a six to nine month internship at HCLC meet for a group HR session that opens discussion on willingness to take risks. The team of administrative directors for the agency do an HR session for both the preparation and guidance it offers them in preparing for their weekly meeting where they will be discussing funding issues. A mother who has recently had her children returned from extended foster care arrives with her children for their weekly HR session. One hundred elementary

conversational manner, the intake counselor moves with ease and skill into an HR Energy Constriction Release, making this client's very first contact with HCLC transformational. Kenya DeRosa instructs a group of Family Service staff in the use of the Diffusion process with their clients. Michelle is in her weekly meetings with individual family case management counselors to discuss their clients who receive regular HR sessions. The discussions aim to reinforce a more strength-centered (rather than problem-centered) approach to working with clients. In a weekly individual staff supervision meeting, a supervisor asks a case worker to write down and clear resonance with the frustrated feelings and projections she has just named regarding a certain client. An HR practitioner leaves for a home visit and HR session with an elderly homebound Spanish-speaking client who has been suffering from severe anxiety since September 11th. Didi Madden, the Director of Family Services, meets with the team of psychotherapists who have all been trained in HR. They translate their understanding of ego functions and defenses into the energetic language of HR and the Five Elements so they might better integrate an energetic understanding into their psychotherapy sessions. An entire department of 20 gathers for their weekly group HR session which helps identify patterns affecting optimal delivery of services to clients. Like this, HR has become an integral part of the work at Highbridge.

(continued on page 16)

Group photo of in-training “Empowering” teachers and several established HR teachers. Back Row L to R: Ella Nacht; Victoria Tennant; Ardis Ozborn; Kaye Paton; Kathie Joblin; Michael Fisher. Front Row L to



R: Josie Airns; Sue-Anne MacGregor; Karine Bourcart; Sylvi Salinas; Bobbie Martin. Teachers in Training who were not present: Julia Ashton; Kenya DeRosa; Jennifer Johnson; Georgia Miles; Wendy Teague.

Empowering Yourself with HR Teacher Training Update

By Ardis Ozborn, HR Teacher and Council President

I would like to introduce a wonderful group of people who have started the training process to become “Empowering Yourself with HR” teachers.

The current teachers created a list of prospective trainees from the HR community. To qualify, these people needed to be experienced, accredited Level 2 practitioners with ongoing HR practices. They were active in their HR community, organizing and assisting with seminars and giving presentations or leading support groups. Each nominee demonstrated personal coherence, relationship coherence and a clear understanding and mastery of Holographic Repatterning techniques. They either had a teaching background or had experience presenting in front of large groups, and had expressed interest in becoming an HR teacher. Each trainee was nominated by at least two existing HR teachers and then invited to participate in one of two trainings held in Seattle and San Diego.

Our new trainees are: Josie Airns, England; Julia Ashton, California; Kenya de Rosa, New York; Kathie Joblin, Canada; Michael Fisher, Canada; Jennifer Johnson, Washington; Bobbie Martin, Missouri; Sue-Anne MacGregor, Texas; Georgia Miles, N. Carolina; Ella Nacht, Washington; Kaye Payton, Colorado; Sylvi Salinas, Texas; Wendy Teague, Missouri; Victoria Tennant, Washington.

Most of these teachers have already begun to teach their initial seminars. They are excited to share their passion for HR and their enthusiasm for the new one-day class with their communities. All of these teachers are eager to teach anyone who wants to learn. Each new teacher brings a wealth of life experience to their

classes and a vision of how HR can change lives. Bobbie and Sue-Anne are interested in bringing this course into the corporate arena where they spent many years working and know first hand how much it is needed. Michael and Kenya both have backgrounds as performers and are interested in teaching “Empowering” to people in the arts. Kenya also works with families in the New York area and Michael is already planning seminars around Vancouver, Alaska and New York.

Ella currently teaches counseling at Seattle University and has arranged for the University to offer “Empowering” as an elective course, which brings great credibility to our organization. Jennifer is working on establishing continuing education credits for nurses who take this course, since she is a trained nurse and is still active with that community. Sylvi wants to teach “anywhere and everywhere” and hopes to share “Empowering” with the musical community in Austin. Kathie is scheduling “Empowering” seminars in Toronto to support the existing community there and re-activate practitioners who have not taken a class recently. Having just relocated to Colorado with her family, Kaye opened her “Empowering” classes to all existing HR students in Colorado so she can meet everyone. HR students who took the class with Kaye were thrilled and excited about deepening their understanding of HR and felt that it would help them explain HR more easily. In fact, because they learned so much, some of the students who were invited to attend the first class want to return!

Georgia is really enjoying her teaching and offers classes in the Asheville, NC area. She recently wrote an article that has brought a high-powered gentleman into

the HR world. He is interested in helping us promote HR by using his rich background in the media. Victoria hopes to teach "Empowering" to the many foster families she works with in Washington as well as do team teaching with Ella and Jennifer. As she gets ready to teach in Kansas City, Wendy is excited about blending her knowledge of toning and sound, from her training with Chris James, into the "Empowering" classes. After an extended time away in the States, Josie is gearing up to start teaching soon and introduce this new class to the UK. Julia is excited about teaching "Empowering" in the beautiful wine country in Northern California and using her background as a therapist to introduce these new concepts to other health care practitioners.

This new group of teachers adds energy and excitement to our communities and this increased

awareness of HR will benefit all practitioners and HR students. In 2004, "Empowering Yourself" will be the pre-requisite for all HR training, so we are encouraging all students to take the course this year, if they can. All of these teachers are willing to travel and teach this class wherever there is an interest. If you have a group of people ready to become empowered, please contact the HRA Association.

We have a vision of expanding HR out into the world and see this course as the first step. We plan to offer one training a year to qualified, experienced HR Practitioners who are interested in teaching "Empowering Yourself with HR." Please join me in welcoming our new teachers and make sure you attend this exciting one-day class soon so you will know what everyone is raving about!!

Empowering Yourself with Holographic Repatterning The New One Day Seminar

by Georgia Miles, M.A., Accredited HR Practitioner

For this seminar, HR has been honed down to its pure essence. It is powerful and empowering. I have always felt that the modalities we learn in Holographic Repatterning are a treasure chest of good things. The new one-day seminar brings these modalities into focus in ways that are new and unexpected. The information is clear and concise. Everyone gets it. I'm catching the vision of Chloe and Ardis who see this seminar helping thousands of people create positive change by taking HR into their daily lives.

Students learn the basic principles of HR. They study 25 modalities that will help them stay oriented, balanced, focused and energized no matter what is going on around them. They also learn to muscle check themselves to determine which modality will move them out of the problem and into tune with what they want for their lives.

The focus of the seminar is on helping themselves, although they can muscle check which modality others need (with their permission). After all, only when we know how to swim ourselves, can we jump in and help others. If people are interested in going deeper, they can continue with the HR series.

During the seminars, I saw person after person moving into a new attitude in just a couple of minutes. For me, who has somehow believed that HR had to be an epic performance or nothing would change, these transformations were illuminating.

At lunch, one student was getting angry and frustrated because the line at the restaurant wasn't moving and he knew the seminar was restarting soon. Suddenly he remembered what he'd learned that morning. He quickly muscle checked which modality would help him. As he finished the modality, the line was still long and unmoving, but his frustration was gone and he felt great.

So simple, so short, and so powerful. Imagine what this tool could mean to people as they go through the daily difficulties of their lives. One student who has had many difficult experiences wrote on her feedback form, "I learned that my attitude towards a problem can turn my problem into an opportunity, a catalyst for change. I do not have to be a victim. My attitude can make me a victor."

Another student was distraught over the terminal illness of a close relative. She could hardly muscle check the modality. Yet, when she finished doing it, she was calm. Before she had felt hopeless, but after the modality she felt that she would be able to make it through this painful experience and would have help.

I know that some of you who have taken the seminars may be thinking, "I already know this information." Well, yes, maybe we do, but Chloe has clarified much of HR in this seminar. Also, are we using all our tools? Knowing the tool is empowering. Using it at the moment of stress is a whole other level of empowerment. And that is the focus and value of this new one-day seminar.

(continued on page 19)

Chloe Announces Teleconference Sessions Starting March 31

by *Chloe Wordsworth*

I am aware that, as HR is expanding, people may want to have a way to connect on a personal level with me to ask questions, air concerns, say hello, or receive a session. This spring, starting March 31, the HR Association and I will be offering a new possibility for all HR Association members and students who would like to have a more direct and personal connection with me.

Each teleconference call will be an opportunity to spend two hours with me on the telephone. In the first hour, after a short orientation, I will be happy to answer your questions related to HR. In the second hour, I will do an HR session on issues that are arising for the group or issues that have come up during the discussion.

To participate and register for one or more of these teleconference experiences, please call Sue-Anne MacGregor at 972-898-8833. An on-line registration

page is now under construction. I am looking forward to connecting with you.

For general information and to register for the Teleconferences, please contact Sue-Anne MacGregor at 972-898-8833 or samacgregor@hotmail.com. You can also register on the HR Association website (www.holographic.org) on a special Teleconference page. The fee to participate on each two-hour call is \$65. Or, you may purchase a package of all six calls for \$350. One week before each call, you will receive a pin number by email or telephone. You can use this pin number to join the conference call. Thanks for participating in this exciting new project.

A complete Teleconference Schedule can be found on page 8 of the blue pull-out section.

The Butterfly's Wings

by *Georgia Miles*

Note from the Editorial Staff: In New Physics we speak of the butterfly effect. Seemingly small inconsequential acts can have very large and unexpected effects. The words and actions that come from each of us are in a very real way the "butterfly's wings" that set and keep in motion the steady unbroken movement of HR into the lives of more and more people around the world. We have no idea the far-reaching effect that our words and actions will have when we share HR with another person.

A few months ago, a friend asked me to submit the following humorous article to the magazine Integrative Health and Healing. Having seen the article in a one-page HR Newsletter that I created locally, my friend thought it would be great in the magazine's pet section.

Years before, Netta Pfeifer originally penned the short article for the HR Association Newsletter. At that time Netta wrote: "Erika Faulkner, an HR practitioner from Phoenix, AZ



*Photo by Brian Walb,
oneplanetartworks@yahoo.com*

wrote the following on a card she dropped into our HR for Animals box at the Conference: 'My friend was a physicist and now raises endangered animals on his ranch. He was trying to mate a pair of emus (a large, flightless bird from Australia.) The older female didn't want anything to do with the younger male.

"I asked my friend if he was open to using HR to assist the process. 'Sure,' he said with a gleam in his eye that said 'show me.' I asked permission and got an okay from the emus. All it took was one self-healing modality with one tuning fork for the female. Ten minutes later they were copulating in front of us. My

friend has had several sessions with me for himself since then."

Integrative Health and Healing is published in NC and just recently began to be distributed nationally. So in December the emu story made it's way back to Arizona where it originated. A doctor, who has been promoting alternative health therapies for many years, read the article and called me. He was interested to know more about HR. After some discussion, a mini-phone session, and a look at the website, he was very enthusiastic about featuring Chloe on his weekly radio program as well as other promotional ventures that he and Chloe are now discussing.

Our actions to share with others the empowerment offered through HR become like the flapping of the butterfly's wings, creating effects that we would never expect.

*Georgia Miles, M.A.
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Shady Sirotkin, Albuquerque, NM



"I really like to help people get in touch with their dreams — how they see themselves able to be of service, be empowered, and taking action..."

HRJ: What is your background, and how did you learn about HR?

Shady: In 1973, I became very interested in holistic health. I studied polarity therapy with Pierre Pannetier, was interested in herbal medicine, and many holistic approaches to health. I had always been fascinated with the five elements. I met Chloe in India in 1982, when she was practicing acupuncture. In our friendship we were always talking about the five elements of Chinese acupuncture. When Chloe was teaching brain gyms, I organized for her in New Mexico, and took both Brain Gyms I and II.

In the 80's I trained in Hakomi therapy, a body-centered psychotherapy, and was developing a practice. Even at the beginning, Chloe was brimming with knowledge. I would share with her what I was learning in my Hakomi practice. We had a lot of creative conversations.

Then I had a serious car accident that interrupted everything. At that time, HR wasn't yet developed. I began doing all kinds of things to heal, which helped, but I wasn't really moving into self-correction. About two and a half years after the accident, Chloe began to teach what she had been developing. The initial session I had from her was simple yet very profound in the results. It was the first time I had any hope since my injury. I began getting better from that point on. So, it was the accident that helped bring me into HR.

Our creative conversations continued, and sometimes Chloe would develop a repatterning while she was giving me a session, and we would talk

about it. So I felt closely connected to her and to the work. I felt very much a part of it.

HRJ: What does HR mean to you?

Without it, I don't think I would be where I am in my life, both in my physical body, my healing, and my relationships. Because the accident occurred about a week after I moved in with my husband, it was a difficult way to begin a relationship. I am certain that my husband and I would not have been able to work through the challenges and stay in our marriage without HR. My husband learned HR a long time ago, and he has retaken the seminars over the past few years. He has brought the principles into law practice to use with himself and his cases.

As a teacher of HR for about eight years, I've traveled all over the world, and met hundreds of people. It's been a sacred privilege to be able to grow in myself and be able to part of other people's growth. HR has also given me an avenue for expressing spiritual love through a system that is not really associated with a spiritual path, but is a way to bring spiritual principles into the world without it being named. I really appreciate that. I value that a lot.

HRJ: In addition to doing sessions, how do you apply HR?

In the past few years, I've done process days where students come and we just process. People have really appreciated these and gotten a lot of benefit from these. Whoever is processing, at that moment, we very much use the group energy and focus for their healing. It creates a very deep container. Whenever I work with groups, there is always a desire for group bonding, coming together with a sense of community whether it is consciously part of the group or sometimes more of an unconscious need. People always love that. I'd like

to begin doing process days with people who are not HR students, and with families or small groups of people.

HRJ: Do you have a vision for the future of HR?

I have a personal vision in terms of my own work and a general vision for HR. In terms of my own work, if I do less traveling and stay in a community for a while, I want to find a way to bring the community together, particularly working with teenagers as a pilot project. I also really like to help people get in touch with their dreams—how they see themselves able to be of service, be empowered, and taking action.

In terms of the larger vision of HR, I see it expanding beyond what has primarily been a grassroots development. We now have new "Empowerment" teachers. I'm excited about the new energy and new blood coming into the teaching pool. As HR becomes known—more public and higher profile—increasing numbers of people are going to want to learn about it, and to have sessions. To respond to the demand, we are going to need a foundation of excellent practitioners. For that to happen, we must steadfastly support those individuals who have taken the seminars and want HR to be their work. Following through with these people needs to be our main focus. We can do that by supporting those who want to become fulltime practitioners so they know—and we know—they can handle any challenges. In fact, our next conference, in November, will be about nurturing individuals in their practices and in their lives, so they can have personal healing as well as support for becoming the best practitioners they can be. Our current practitioners and all the potential practitioners we have not yet met—they are the future of HR.

Stories abound of the serendipitous events that draw every seminar participant and practitioner into the global HR community. This article was written by Eric Paton, sixteen-year-old son of Kaye Paton. Kaye is an HR accredited practitioner from Colorado and one of the newly trained teachers for the Empowering Yourself with HR seminar. How grateful we are for the unexpected events that bring people to HR.



Kaye's Journey

by Eric Paton

Nine years ago, Kaye Paton supervised seven social workers, treated hundreds of clients dealing with the pain of abuse, and led a "normal" life. Even with a Masters degree in Social Work, she found that she still wasn't finished learning. One day she attended a seminar on child abuse. As the seminar was winding down, the speaker began to answer questions from the audience. An unknown person unwittingly asked a question that changed the course of Kaye's life. The question was: "How do you treat a client who has witnessed a sibling's abuse?" This

awakened a hidden memory from her past and she had a panic attack right there. She barely had enough strength to drive herself home.

Enormous questions began to taunt her: What had happened? Why did it happen? Just a few faded memories surfaced, but as they did, she instantly lost all ability to function. She was no longer able to supervise those seven social workers, or work with her clients. She began to fall apart.

She started seeing a therapist three times a week. "I became the victim," she said. After six weeks, the therapy had yet to provide an ounce of relief for her. She thought she had to know everything about the plaguing memories to regain control of her life. As a last resort, she traveled to Fairfield, Iowa to see her brother. She hoped he might help her understand what it was she was seeing when she experienced the memories.

Her brother had no recollection of the memories she was describing. He told her about a woman he knew who was practicing a type of therapy that could heal the painful memories of a client, without the client having to relive them. This went directly against everything my mom had studied in college and throughout her career. She was so desperate to regain even a semblance of control in her life that she was willing to try anything. Kaye received her first Holographic Repatterning session.

After one session, something changed. She no longer felt incapable of dealing with the memories and began to regain complete control of her life. She was so impressed with

what HR had done for her that she felt it was her duty to do as much as she could to help this remarkable type of therapy become available to others. She attended HR seminars and, in just a little over a year, she was an official accredited Holographic Repatterning practitioner.

When Kaye began introducing people to HR, some found the new therapy sort of novel. Some even feared it because it was different. What Kaye soon found was that she would have to look for open-minded people for clients to first build some credibility. Once she had established herself as an accredited practitioner, she could then branch into using HR within the mainstream community of therapy.

In 1998, Memphis, Tennessee was a hotbed for New Age therapies. So Kaye felt right at home. She introduced her family to all sorts of unique people and unique ideas. Kaye, her husband and eldest son became involved in alternative therapies, such as Reiki. Kaye felt welcomed and accepted, and was ready to blend HR with more traditional therapy.

Kaye and her family have since relocated to Boulder, Colorado, where she easily uses HR alongside traditional therapies in a hospital setting. She also teaches others how to use HR in their lives. Kaye's story shows that you never stop learning. With an open mind and a strong will you can accomplish anything!

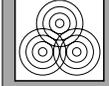
Photo: Kaye Paton and son Eric

In Memoriam

Lucinda Hobart, one of our HR accredited practitioners whom many of you know, and who was the first to organize HR seminars in Chicago many years ago, passed away from cancer on November 1, 2002. She was prepared to leave and had a very peaceful death at home surrounded by lots of love. Lucinda shared my Ashland, Oregon home for the past three and a half years. She used HR extensively for herself and others

and gave wonderful support to the Ashland HR students and community. From the time she arrived in Ashland, Lucinda used her HR skills avidly as currency to receive help with her health during these last years of life. She introduced many people to HR through her exchanges for their services! As a spiritual sister and friend, she will be missed by many.

— Shady Sirotkin



Mary Cameris, Tulsa, Oklahoma



"I work with people who routinely schedule HR sessions once a month to clear issues that are coming up in

their lives, and who want to be and feel the best they can."

HRJ: What is your background?

MC: I am a Licensed Clinical Social Worker with an MSW degree from Rutgers University. I am a Certified Hypnotherapist and a Reiki Master. I teach both Tai Chi Chih and Reiki. Before entering the world of HR I utilized both traditional therapies and energy therapies, such as Dr. Francine Shapiro's Eye Motion Desensitization and Reprocessing technique (EMDR), Roger Callahan's Thought Field Therapy, and, the Tapas Accupressure Technique of Tapas Fleming. My professional experience as a traditional therapist covers the broad spectrum of clinical work at a mental health agency in Princeton, NJ, the design and facilitation of domestic abuse programs at three U.S. Army bases in New Jersey and New York State, and staff consultations and family education groups for the Mercer County, New Jersey Head Start Program. Currently, I have a private practice in Tulsa, Oklahoma where I use primarily HR with my clients.

HRJ: How did you learn about HR?

MC: In 1998 I received an invitation from a colleague in Pennsylvania to attend an HR seminar he was sponsoring. I had no idea what HR was, but I knew I should take the training. As I was driving home from the seminar, I was surprised to notice that my vision was different. Everything was clearer and brighter. For me this was a sign. I immediately signed up for the next class and have been taking HR seminars and using HR ever since.

HRJ: What does HR mean to you?

MC: I believe I was "asleep" before HR came into my life. Now I use HR to set an intention or clear my way through issues that come up during the day. If I can't move myself through an issue, I know help is available just a phone call away. I have a monthly session with an HR practitioner or teacher, and find that it helps me in my own work with clients. When I became a therapist, I knew that if I wanted to be helpful to others I needed to heal myself. So I focused on my own personal therapy with a traditional therapist. Although that was helpful, I felt I was still reacting from younger parts of myself and from limiting beliefs that I was unable to let go of with traditional therapy. Now with HR, when an issue rears its head, I have a wonderful tool to help move me through it. I operate from a vantage point of pure love and light and sense that I am fully awake.

HRJ: How do you apply HR with clients, in relationships, and with yourself?

MC: I work with clients in my office, by phone and when necessary from a distance by proxy. I facilitate a monthly HR group with a focus on improving our spiritual selves. I utilize HR healing modalities for orientation with my students before my Reiki and Tai Chi Chih classes. Many of my clients who have been through traditional therapy continued to experience anxiety, depression, phobias, compulsions, traumas, and addictions. A number of my clients have had electric shock treatment or have been on long-term prescribed medications. Many found they still had difficulty functioning and had lost hope that anyone could help them. HR gave them back their hope. I also work with people who routinely schedule HR sessions once a month to clear issues that are coming up in their lives, and who want to be and feel the best they can.

HR is a wonderful tool to use with my family, including my dog. My two

daughters, who live in New York and Philadelphia, call me whenever they are having a personal, relationship or work issue. I see delightful changes in my girls when they come to visit. I also use HR in my marriage. There is much more love and understanding between me and my husband and we owe a lot of it to HR. We use HR to clear personal issues and enhance our ability to communicate with each other as adults, not as children. I find that HR not only helps my clients, but has improved my whole life and the lives of everyone around me. Recently, I have been using HR with a number of psychotherapists, which gives me hope that as they experience the quick results of HR, they too will want to learn HR to help themselves and their clients.

HRJ: Do you have a vision for the future of HR?

MC: I am so grateful to Chloe for developing HR, and to the HR community for the support, love and nurturing they provide. I would like everyone to learn HR and would love to see more people in the mental health profession using HR routinely to further enhance their own lives and the lives of their clients. When I was using traditional methods, I frequently felt overwhelmed with the workload and the intensity of the issues afflicting my clients. Now I never experience burnout. I am constantly gratified to see positive movement and improvement in my clients' lives and my own. I would like to see research conducted on the positive effects of HR. This would further validate the technique in the eyes of insurance companies and the mental health community.

*You can contact Mary at:
mcameris@aol.com or by phone at: 918-488-8454*

Editor's Note: The next edition of the HR Journal will contain an article by Joel Bennett about HR Research.

WHAT'S IN A NAME?

By Ardis Ozborn

Years ago I met a Shaman in Hawaii who explained to me the importance of a name. Your name is your calling card and, if you announce yourself with pride, holding your head up high, then you can expect to be received with respect.

In my classes I explain that we are all holographic in nature. We can't separate ourselves from ourselves. If we make a change in one area of our lives, it affects all areas of our life and the lives of those around us. We all have an internal hologram that has stored in it all our patterns and responses accumulated throughout life. In HR we are simply changing the patterns of our hologram so we can free ourselves from limitations and experience more joy and love in our lives. That is what the name means to me: changing the pattern of our hologram.

Chloe has created some wonderful responses to that question in the new *Empowering Yourself with HR*. I will share some of these with you:

"Holographic Repatterning is a process you can do on yourself and others to create a higher state of coherence—a higher state of energy, harmony and success in all areas of your life."

"HR is a process that allows you to identify and transform unconscious patterns causing any problem you have, or that others have with you."

"Positive change is not something outside of yourself; it is inside yourself. HR transforms life-depleting patterns and supports life-enhancing responses."

"HR offers you a process and a tool for actualizing who you wish to be as a human being, how you want to be in relationship, what you long to do and contribute."

We are ready to move HR further out into the world. We want HR to be received with growing respect. Do we each resonate with the name Holographic Repatterning? Join me in committing to a session to resonate with our wonderful name. Let's hold our heads with pride and announce to everyone: "We are students and practitioners of a wonderful process called Holographic Repatterning—a gentle, respectful process of transformation that is sweeping the planet and supporting people in changing their lives. Would you like to experience this wonderful work? I would be happy to give you a session!"

Do you have a simple explanation of HR to share with us? If so, please email it to Naneen at hra@holographic.org. We will post it on the website and/or publish it in a future HR Journal.

YOUR HR BUSINESS—Attracting Clients

Q & A by Bobbie Martin, Missouri

EL: After a client's session, how long should I wait to call if I want to check to see how they responded to the session and inquire if they are interested in another session? What do I say? What are some other ways to attract clients without advertising?

BOBBIE: On occasion, especially with new clients, I say: "Checking to see if your system needs another session," (m/c if yes), say: "Yes, and is it essential, beneficial, or good?" I then m/c the answer and give it to them. I say: "This only indicates what your system resonates with; it is entirely up to you." Many times, they will respond, "I definitely would like to set an appointment." I also usually say, especially when I have been seeing someone on an ongoing basis, "Would you like to set up an appt now or would you rather call me when you are ready?" All of these options leave it open to them, which I believe implies little pressure, and it also says I am ready to take action for them if they are ready. Calling the client later can be perceived as very supportive and helpful, if han-

dled well, or can be seen as pressuring. I get too busy to follow-up on all of the sessions. My intention is that the session does what it needs and that they are empowered to call me when needed.

At the end of a session, I say: "Many people simply feel lighter and easier with things and some see and feel significant changes. Simply observe yourself over the next few days without expectations and see what happens. Also observe how others respond to you, sometimes it is easier to notice changes in others than in ourselves. When we change, how others respond to us also changes."

I may add: "Feel free to call me if anything comes up for you or if you are uncomfortable about anything. It doesn't happen often, but if it does we can often handle this over the telephone with a modality."

This opens the door to the client feeling free to call you and also feeling served without you having to initiate the action. Usually by the time I have said all of this, they have set an appointment or say they will call me in the next few days. With those that don't, I accept that

the offer was made and they need time. Regarding advertising, you can do demos for groups that you know, or ask clients if they would like to have a free demo at their home or yours and invite five or more friends. People just need to experience the work—it's the best advertising. Also, at the conclusion of these groups, say: "I am ready to take appointments for anyone that would like to make one now."

If you really work from this perspective, I think you will find that the people you know and the people they know will make a good market to start. You could also continue a group demo once a month on a certain night and continue to spread that by word of mouth until you get going. I did group repatterning once a week for almost four years. I charged \$15 and it provided an opportunity for those who couldn't afford individual sessions, and also provided me with new clients. Another benefit was that it was great practice and I now have no problem doing group sessions.

Notes from the Editorial Staff:

• *Students who have completed HR seminars through Transforming Meridian and*

Five Element Patterns can apply to the HR Association to become a Level 1 HR Practitioner. As a Level 1 Practitioner you ARE able to advertise using the HR name and logo.

- Some practitioners offer a special introductory session at a reduced rate. The session can be shorter in length and a price

that is inviting to all. Others offer those present a special series of three sessions at a reduced rate. This offers you the opportunity for more experience if you are a beginning practitioner and a chance to meet with the client more than once so they have the chance to experience the benefit of repeated sessions.

- Another approach is to offer a free session to those who organize a group introductory demo for you.

- Whenever you do follow-up calls, check your resonance to determine if you are genuinely calling to be helpful and supportive. Clear any resonance with “needing” the client to schedule another session.



HR AND THE PONDEROSA PINES

By Lyndis Durwin, Prescott, Arizona

As we face situations where we feel powerless to have an impact, it's helpful to remember the effectiveness and versatility of HR. When I moved to Prescott three years ago, I was thrilled to be living amongst the incredibly tall and beautiful Ponderosa Pine trees. Soft breezes rustle through the pine needles, and I sometimes fall asleep with that gentle sound filling the room.

I had heard that there was a drought, but was not too concerned. However, by my second year here, I found myself beseeching god to send sufficient rain for my beloved trees. During this past year, the Ponderosa Pines began to die.

I noticed the top of one tree turning a golden brown, though not too brown, and the color would creep down the entire tree so that, within a week or so, the tree turned totally brown. I observed this with one or two trees at first, then more and more. I learned that they were being attacked by bark beetles that carry a blue fungus fatal to trees. In times of sufficient rain, the trees have plenty of sap to take care of such infestations. But now they lacked sap, and thus had no protection. All their flowers—their pine cones—eventually dropped off. My darling trees were obviously in great trouble.

This was confirmed when I read in the paper that over 80 percent of the Ponderosa Pines were expected to be lost. The trees where I live are part of the largest Ponderosa Pine “stand” in the world, one that stretches over hundreds of miles. I watched, horrified, as three trees died just across the road

from me. When one of the beautiful pines on the slope outside my home started the tell-tale browning at the top, I finally went into action. With his/her permission (the tree wouldn't tell me its sex), I used a wonderful huge pine outside my door as proxy and did a session on all the pines around me on the top of my hill.

After the session, the trees here seemed just fine. The one that had started going brown almost seemed to stop overnight, and the brown never went further. I was overjoyed. However, I am sorry to say that many trees in the general area are still dying. At first, the pine I proxied for the initial session wouldn't proxy all the Ponderosa's in Arizona, as I suggested. However, after that initial session, the tree said it would and, later, I did one for all the pines in Arizona. I keep muscle checking that they need another one and the answer is always “no.” At least the trees in my area responded. I am always awed by the power of HR, and how we who use it are empowered to have an impact on the world around us.

Photo of Ponderosa Pine thanks to the website: MountainsMagnificent.com

With Love and Appreciation from the Australian HR Community

In response to the news that Lori Forsyth will no longer be available to teach HR, we would like to express our appreciation for her contribution to the Australian HR community.

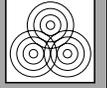
Over the past two years Lori has devoted a great deal of energy to anchoring and supporting the growth of the HR community here. Aside from traveling to Australia to teach seminars and facilitate practitioner support days, Lori and her partner, Bruce, have traveled over from their

home in New Zealand, often at their own expense, to spearhead the establishment of our Association—HRA-Pacifica. During the past year, they have held the positions of Chairperson and Treasurer respectively, providing grounding, leadership, inspiration, and expertise for our budding Association.

We would especially like to acknowledge Lori for the quality of heart that she has brought to her teaching and mentoring, her positive

focus and commitment to truth, her authenticity, accessibility, and the generosity of spirit that she has consistently shown us.

Lori's departure from HR leaves a huge gap 'Downunder' and we will miss her very much. With much gratitude and appreciation for all that Lori and Bruce have shared with us, we wish them every joy and success for the future.



WHO'S AFRAID OF SCHRÖDINGER'S CAT?

An A-to-Z Guide to All the New Science Ideas You Need to Keep Up with the New Thinking

by Ian Marshall and Danah Zohar, with contributions by F. David Peat, New York, William Morrow, 1997

Reviewed by Kathie Joblin, Accredited HR Practitioner, Parry Sound, Ontario, Canada



I hated Physics when I was in high school. In fact, this attitude probably changed the course of my life. I realized that if I wanted to be a dietician, I'd have to study Physics at university, the very thought of which put me into a tailspin. And yet, here I am, several decades later, deeply immersed in work based on "new physics."

When Chloe Wordsworth trained me in the Fundamentals of Holographic Repatterning® in Toronto in 1996, she assured me and my classmates that this work "works" even if you don't understand why, or what it is based on. However, that doesn't prevent clients from asking why and how HR works. So began my journey to reacquaint myself with physics, since I had to be able to explain this stuff to others!

I found Michael Talbot's book, *The Holographic Universe*, quite helpful, and cheerfully recommended it in response to these sorts of questions. I think that *Who's Afraid of Schrödinger's Cat* deserves a place on my recommended reading list as well.

I really like the way this book is organized. The authors introduce the

topic of what has been going on in the realm of science for the last century or so in four short essays which constitute an "Overview of the New Sciences." The rest of the book is like a small encyclopedia of new science terms accompanied by a paragraph to a few pages of explanation. As these terms appear in the four essays at the beginning, they are capitalized, e.g., COHERENCE, and the authors explain in their introduction that when a term appears in caps, you can turn to that part of the book, and read about it.

This book is very "user-friendly." It is easy to dip into it by looking up any new science term; alternatively, you can start at the beginning and read the four essays, looking up more details on the terms as they arise, or not, as you choose.

To give you an example of how this works, I turned to COHERENCE: "Coherence refers to the cooperative behavior of an astronomical number of particles in, for example, LASERS. Within a laser, individual light waves are all in PHASE."

The entry goes on for three more paragraphs to explain coherence. Note that you might also look up "Lasers" and "Phase." I have enjoyed perusing this book in this way, going from one entry to another as its name appears in the definition of the first.

Perhaps you are wondering, as I did, about the unusual title of this book. The authors open the book with a Prologue in which they explain how quantum theorist Edwin Schrödinger came up with a fictional "quantum cat" to help explain some of the paradoxical qualities of quantum reality, where all possibilities—even mutually contradictory ones—coexist. Space does not permit me to give you the whole story here. You can read it for yourself when you add this valuable reference work to your bookshelf.

We are in the midst of a scientific revolution:

"The new sciences require us to come to terms with uncertainty, ambiguity, and the importance of context and relationship. They focus on emergent, creative and holistic physical processes. . . attempts to apply the paradigm of the new sciences to a study of consciousness. . . [may contribute to] a conceptual revolution in science itself.. . toward reintegrating subjective and objective paradigms." (p 110)

Although this book does not mention HR specifically, I think it helps us to understand the bigger picture that we may be a small part of—the shaping of the new paradigm of consciousness.

Additional Notes on Schrodinger's Cat

by Stephen Linsteadt, N.D.

Erwin Schrodinger is best known for THE SCHRODINGER EQUATION, which is a probability function used to calculate, for instance, the probability of either the location of a particle in space in the future 'or' it's velocity, but not both. The Uncertainty Principle by Heisenberg speaks directly to this phenomenon whereby one can not measure

both the velocity and location of a particle simultaneously. Schrodinger used his cat in the box to illustrate one small problem with trying to calculate the probability of where quantum particles will show up. One expects the probability of the cat to be dead or alive to be 50/50. In the split screen experiments it is found that quantum particles can be at more than one place simultaneously and don't follow the 50/50 rule. The best explanation for how this works is Richard Feynman's theory of quantum

electrodynamics, but even this requires electrons to travel back in time on occasion.

The book is called *Who's Afraid of Schrodinger's Cat*. It starts with the story of the cat as a way to lead into this new science in a manner that lay people can understand. The prologue tells us that "it is also a story of new ways of looking at ourselves, of understanding the mind and its capacities and our human place in the larger scheme of things." Sounds like HR... (continued on page 15)

Schrodinger was sorry he ever met the cat because he never solved the puzzle. Stephen Hawking, probably the greatest scientific mind since Einstein also said, "I hate that damn cat." It is a torture for the scientific mind to admit that we just don't have the answer to how quanta can be both particles and waveforms at the same time; how do they know they are

being measured or observed; how do we affect the outcome of our measurements of them by our 'expectation' of their behavior, etc.? Physicists have struggled with trying to find a mathematical equation that will explain this phenomenon. As I noted earlier, Feynman has come the closest as far as I'm concerned. Other formulas come close but again you have

to then accept parallel universes, etc. and even then the formulas breaks down at some point. This isn't supposed to happen according to our scientific model... So, the cat puzzle remains unsolved, as do the workings of our universe. That's what makes it such fun.

A Tree in the Forest

By Stephen Linsteadt, N.D.

The age old question of whether or not a fallen tree in the forest would make a sound if there was no one there to "hear" gives rise to an even more interesting question: Would there even be a forest if there was no one there to "see" it?

From the standpoint of quantum physics, specifically quantum field theory, there is nothing out there except a sea of energy floating in a field of unlimited potential. Anyone studying energy medicine has heard or read again and again that over 99.9% of what we perceive as physical matter is actually empty space. Even the long-held notion (at least since Einstein) that the basic building blocks of our physical reality are made up of electrons orbiting around a nucleus has been challenged by modern day quantum physicists, who have shown that these particles of energy are also simultaneously "fields" of energy. Quantum field theory regards all particles as excitations of some underlying field and views all entities as patterns or ripples on a "pond" of energy, rather than being seen as solid, individual lumps.¹

Physicists have found compelling evidence that the only time electrons and other "quanta" manifest as particles is when we are looking at them. At all other times they behave as waves.² Therefore, it is we—as observers—who have the ultimate responsibility of what we see and experience. This has enormous implications and helps to explain how our beliefs and attitudes can literally create our reality. Taken a step further, it explains how those with psychokinetic abilities can move or bend spoons using only their thoughts, or intentions.

The child psychokinetic in the movie

"The Matrix" explains that the trick to bending spoons from a distance is to realize that "There is no spoon." A spoon is a construct of our perception. Certain molecules in specific formations, sharing similar frequencies, relay to our sense perceptions the presence of a spoon. One who can bend spoons with their mind does not view the spoon as a physical object, but rather as a configuration of molecules or a field of subatomic particles. Therefore, they are not bending "the spoon," they are "intending" only a change in the quantum field that encompasses the spoon or holds the quantum particles together.

The human body is also a field of energy. The energy that radiates from the body is made up of positively



Photo by Aja McAdams, Santa Cruz, CA

charged electrons. These electrons are largely held in check at the surface of the skin by negatively charged ions from the atmosphere. This explains why being at the ocean, where the atmosphere is rich with negatively charged ions, is so grounding and energizing. The reality is that the only thing that separates us at the end of our skin from the rest of the universe is this thin veil of polarity. Seeing reality in that way enables us to understand that, in truth, much of the radiant energy of our body and mind extends beyond our physical body and encompasses the rest of creation.

From the Holographic Repatterning

perspective, it is easy to understand the profound implications of having a tool that allows us to change and shape the various frequency patterns that make up our physical, mental, emotional and spiritual realities. If everything is energy, then objects, things, and events are only as real as we make them. Probably, the only thing that is "real" is our response or reaction to things and events.

Therefore, we have a tremendous responsibility to ourselves and those around us to ensure that all aspects of what we resonate with are coherent and optimal. Indeed, we are all part of the same sea of energy that we call our physical reality. Carl Jung equated our shared vibratory experience as the "collective unconscious." This is why in Holographic Repatterning we say that any shift we make in ourselves affects those around us. As we change our perception of reality we are also changing the perception of reality for everyone else.

It is our perception that tells us that some things are internal and some are external or "out there" and separate from us. It is the brain that fools us into thinking that some things are located outside our body. The holographic experience shows us how it is possible for an image to appear to be where it is not and is no more "real" than the image you see of yourself when looking in a mirror.² From this perspective, a tree falls in the forest only if we believe it is a tree and we all collectively accept that there is a forest.

¹Ian Marshall and Danah Zohar, *Who's Afraid of Schrodinger's Cat?* Quill, 1997

²Michael Talbot, *The Holographic Universe*, Harper Perennial, 1991

Stephen Linsteadt is a Naturopathic doctor, certified Nutritional Counselor and Holographic Repatterning practitioner and is the founder of the New Hope Quantum Wellness Center in San Diego.

(continued from page 5)

Sowing the Seed

"How did HR find it's way to the South Bronx?"

Michelle shares:

Even as a teenager I was interested in social change and intrigued by the question of how real social change takes place. After working many years exploring this question in developing countries in Asia, I returned to the U.S. nine years ago and at that time learned HR. As I became increasingly involved and active as an HR teacher, it concerned me that, wherever I went, the powerful transforming process of HR was reaching only a narrow segment of society.

As I began to understand the energetic nature of the universe, life and the "change process," I became increasingly aware of what HR had to offer the world. I became increasingly committed to seeing HR reach and empower large numbers of people. This included HR being equally accessible to the rich, the middle class and the poor. I began searching for an opening to bring HR to those who are less advantaged in our society, and to do so in more than just a token way.

Three and a half years ago, the opening came. Carol Keaney, an HR practitioner in New York, communicated my desire to Didi Madden, the Director of Family Services at Highbridge Community Life Center. Didi is a visionary whose visions always manifest! She immediately recognized the possibilities HR offered the residents of Highbridge. In two weeks eight family case planners and psychotherapists (including herself)

from Family Services at HCLC began their Fundamentals of HR training.

This group met their own non-coherent patterns and defenses head-on, and the resistance was great. Their ability to disconnect and distance themselves from their own feelings and core places of pain

What does it look like to enter an organization where HR is becoming a vibrant and integral part of the daily work environment?

was highly developed, for this is what it takes to survive working in a neighborhood like Highbridge. When working with clients whose lives are characterized by fear, separation, chaos and the resulting trauma, staff experiences constant activation of their own unresolved places of pain. I began to deepen my own understanding of the intensity and impact of these non-coherent patterns and constrictions which are activated and defended against daily in countless other social service programs around the city and the world. This drains social service professionals, affects the delivery of effective services and leads to burnout. HR offers a very real opportunity to be in the work environment in a whole new way.

Initially progress was slow. Staff was wary of moving too close to both their clients' and their own place of pain. This was projected onto their clients as doubts that their clients would accept a process like HR. Direct support was needed to guide and model the safe use of HR in the work environment with both staff and clients. It became

clear, if HR was going to fly at this particular agency in Highbridge, HR staff would need to be hired from outside the agency to give the necessary guidance and support. I was hired two days a week as a consultant to help direct and support the growth of HR at Highbridge. This began as direct service to clients with case planners present at all HR sessions. A new paradigm was being modeled. Now as more staff is trained and they become increasingly inspired by, relaxed with, and competent using the HR process, my role can be one of planning, supervision, and training.

Expansion of the HR training to community leaders, teenagers and parents can take place. Kenya DeRosa was also involved from the start of this project and hired to provide direct HR service to clients and staff.

The work that the staff is doing at HCLC with HR is truly groundbreaking and is a prototype for other organizations wishing to do the same. Internships in HR are being established at HCLC similar to the university level internships offered each year. Funding is being sought to expand HR services within the agency, where Didi holds the vision of HR being present and actively used within every program of the agency: education, job training, community organizing, etc. Funding is also needed to bring a modified form of the "Empowering Yourself with HR" seminar to both English and Spanish speaking people of all ages in the neighborhood, including the many with very low level literacy skills. HCLC is a tremendous learning ground for anyone in the HR community wanting a) to explore bringing HR into

an organizational setting, b) to develop skills using HR with children and families, or c) to refine skills to a highly professional level that are needed when using HR with highly defended and traumatized clients.

A research component is being built into the project. Videotaping of client sessions is used for training purposes. Our intention is to build HR here at Highbridge in a way that will develop a base of knowledge, skills and resources that can be used to help other organizations do the same.

Why HR?

Didi Madden CSW, shares:

I'm often asked what motivated me to bring HR to the Family Services division of Highbridge Community Life Center and what our experience has been. Highbridge has the highest rate in New York City for removal of children to foster care due to abuse and neglect. We are contracted by the Administration for Family Services to work with those families who live right at the 'edge' of having their children placed into foster care. Within Family Services is CFFL—Caring For Family Life. Through this program our mandate is to help prevent child abuse and neglect and to strengthen and preserve the family. A high rate of children who have been placed in foster care and then returned to their families actually return again to foster care. It is our job to help prevent this by giving support to families. Parents do what they do because that's what they know. They parent as they were parented. Even when they do know what to do, they often don't have the emotional capacity to do what's best for their child.

Prior to 1997, foster care was focused on reunification. All efforts

were made to help the biological parents establish themselves so the child could return to their home. If it took 18 months, three years, or even longer, that was acceptable. In 1997 laws around adoption changed. After 18 to 22 months of placement in foster care, the foster care agency is now obliged to start looking for a permanent home for the child. The focus moved from reunification to putting the child in a stable home. This means the biological family has 18 months to get themselves and their lives together before permanently losing their parental rights. With this increased risk of losing their children, there is also increased pressure for our



Family Services division to find quicker and more effective approaches than what traditional case management/counseling and psychotherapy have offered these families.

If you have a family with a chronic history of abuse or neglect, and they have had multiple social service agencies in their lives, working with the family in the same way is not going to yield significantly different results. I saw immediately that Holographic Repatterning offered hope for these families because HR offers an approach to work with a family in a very different way. Rather than focusing on what the parent does or

doesn't do, HR works in a way that builds a stronger and more unified person.

Core issues for our clients are covered by many many layers of daily life experiences and traumas that can take years to peel through. HR offers a way to go to the core issues very directly. In family case-work counseling there is a tendency to deal with the events, not the themes in a person's life. In psychotherapy we should be working with the themes in a person's life, but oftentimes it becomes event-oriented. From the start, HR works with themes, not the actual events.

Much of the help our clients have received from multiple social service agencies has had short-term benefits at best. Usually help has been ineffective in making any lasting change in the family's experience or situation. At HCLC we too offer traditional services and, like many agencies, we never truly address what is ultimately maintaining the lack of movement in people's lives. HR offers an opportunity to do that without getting bogged down in personal stories. HR offers clients a sense of hope and a felt sense of change. They actually experience their mood or feeling state changing within the session, the tension and anxiety held in their body dissolving, and, from this, their sense of hope increasing. They leave a session feeling that seeking help was helpful. If you can make space for that and move people to a positive place within themselves, a sense of relationship and cooperation can be established that makes it easier for the client to learn the skills we attempt to teach.

HR also offers a means to move both staff and clients away from just talking about problems. HR challenges our staff whose mindset might hold that talking about a

situation will actually change it; or the belief that “If I give advice, or if I threaten, or if I’m stern this will lead to change.” HR not only says that there are other ways, HR offers tools for both our staff and client to BE another way. With HR, clients are met and acknowledged as experts in their own lives. HR offers a way to truly come into relationship with clients. Relationship is the only foundation on which we can hope to support and sustain positive change in our clients’ lives. Relationship is both yearned for and feared by our clients. HR offers an opportunity to access a whole new possibility for changing resonance with patterns of non-coherence and places of constriction that hold clients in a state of survival and paralysis which in turn prohibit and prevent relationship, learning, growth and, ultimately, change. HR offers our clients a way out of the state of perpetual fear and protection and into very real growth.

Many of our clients go on automatic pilot, becoming very disconnected when they start talking about painful experiences in their lives, traumas and even the chronic problems of daily life that wear them down. Part of that disconnection is because they have told the story many times with no results. Why invest any of yourself in the retelling of it or expect that it will be heard and responded to differently this time? HR actually teach-

es and supports staff in working with the disconnected client more effectively. HR includes rather than ignores the very important body experience. HR asks us to take note of the disconnection, the constriction, the disembodiment, the sensations while in the constricted state. HR sees the disconnection or constricted state as important information rather than an obstacle. It presents an opportunity to meet and relate at this place. The disconnection is not something to push out of the way or ignore in order to “get the work done.” Being with the client in that place, relating to it and within it and moving through that place actually becomes the work.

Most of our caseworkers have moments of connection and spend the rest of the time trying to push the disconnection and constricted state out of the way so we can discuss the rent subsidy, or talk about child care and other issues. The very act of pushing away and not noticing the disconnection or the constriction actually reduces the caseworker’s effectiveness. Failure to be present for the client in relationship at these times is actually a repetition of the past trauma when attentive responsive relationship was absent and the client’s need was not recognized and met. The HR process formalizes a way that not only invites staff to relate in these moments of disconnection and constriction, but actually

teaches them to welcome and focus on these moments with the understanding that these very places hold the potential for transformational healing—and with this the real possibility for positive change. HR teaches all of us, staff and client alike, a more effective way to be, both within the HR session and within our lives. Then there’s the actual HR process that is a powerful and effective means to help bring us to that way of being that HR teaches. This is what any organization working with people in any capacity would welcome!

In the May edition of the HR Journal, Part II of this article will cover the profound changes that have taken place in the organizational environment within Family Services, the staff and the lives of clients. The clients and staff of Highbridge will speak directly about their experiences with HR.

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Didi Madden, CSW, is Director of Family Services at Highbridge Community Life Center. Email: Maddend@highbridgelife.org Phone: 718-410-6744 ext 25

Membership Renewal Announcement

Membership Renewal Notices for the current year were mailed in January. If you haven’t already mailed in your renewal, please show your support for the HR Association by sending your renewal form and check today to:

HR Association, PO Box 14, Aragon, NM 87820.

You can also renew using a credit card by going to the HR Website at <http://www.holographic.org> and clicking on Membership. Thank you!

The Biology of Belief, Perception and Transformation

Bruce Lipton Seminar at HR Conference



The Holographic Repatterning Association is delighted to announce that Bruce Lipton, Ph.D. will be the key instructor at the Holographic Repatterning International Conference and Practitioner Development Training that will take place in Sedona, Arizona from November 1-9, 2003. Bruce is a cellular biologist and noted researcher in the emerging New Biology. He has taught at leading universities in the U.S. including the prestigious Stanford University. He is a vibrant passionate human being who touches and inspires audiences around the

world with his profound message that he is coming to share with us.

On Saturday and Sunday, November 1-2, Bruce will present "The Biology of Belief, Perception and Transformation." In a fascinating illustrated seminar, Bruce will explain how our beliefs and perceptions actually change our biology at a cellular level. When we change our beliefs and perceptions, change manifests both inwardly in our physical bodies and outwardly in our lives. Bruce will offer knowledge and understanding that everyone in HR, or anyone interested in their own or others' change process, will find foundational. He is a creative and entertaining teacher who will keep you spellbound. He elicits rave reviews wherever he teaches and we are honored to offer Bruce Lipton to our International HR Community.

Anyone attending Bruce Lipton's fun and fascinating seminar will be grounded in a deeper understanding of how the HR process works,

and ready for a week of individualized learning experiences. These will include seminars, workshops, presentations, and other learning activities focused on strengthening basic as well as more advanced HR skills, depth of understanding, personal and relationship coherence, and issues related to using HR both professionally and personally.

Pre-Registration: Bruce teaches to capacity audiences. His public engagements are very limited this year because he is focusing on his newly contracted book that is expected to be a best seller. The November seminar will be open to anyone interested, and we expect participants from around the country to be joining the HR community for this event. The International HR community is being given an opportunity to pre-register. An upcoming mailing will provide registration details. Reserve your place now by sending a deposit of \$125 to the HR Association office or by going to our website (www.holographic.org).

EMPOWERING YOURSELF WITH HR ONE DAY SEMINAR

(continued from page 7)

I taught for the first time in November and was so energized by the experience that I spent the next day in a spiritual retreat. Still, I couldn't fully believe the power of something so simple. A few days later, I was attempting to get some information from an old school of mine. The woman was stonewalling me, although I knew she had the information in front of her. When I hung up, I was furious. My inclination was to call her back and struggle some more. But we do not make wise decisions when we are in the chaos.

Ordinarily, I would make a mental

note to do a session on myself later. This time, I immediately thought, "Well, why don't I try doing what I've just told a whole group of others to do." I muscle checked which modality I needed and, as I completed it, I saw that I had not communicated clearly my needs to the woman, I saw the bigger picture, and my anger was gone. What a gift!

The feedback from students and retakers has been remarkable. Some feedback from those who have taken previous HR seminars: "Understanding that I have simple effective tools to transform negativity quickly." "Using

HR more and in simpler ways." "A renewed sense of purpose and focus." I encourage all those who have taken HR to take this seminar and buy the beautiful book. If you have not taken any HR seminars, this seminar is an excellent way to begin. It is truly empowering.

Georgia Miles, M.A.
Accredited Holographic Repatterning Practitioner
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8th Annual HR International Conference

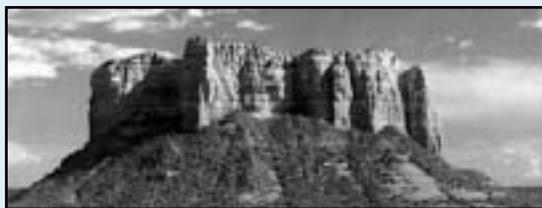
Save These Dates:
Oct 31 to Nov 9, 2003

What Is Offered

A conference where you can sign up for what interests you, stay where you want, and eat what you choose. You can attend all or part of the nine days which includes Keynote Presenter Bruce Lipton and a rich array of seminars (including *Energetics of Relationship*), workshops, presentations, and other learning activities focused on strengthening basic as well as more advanced HR skills.

Location

Beautiful Sedona, Arizona
The Sedona Creative Life Center
<http://www.sedonacreativelife.com>



Who Will Benefit

Anyone interested in HR, or who has had an HR seminar, who is wanting to grow as a practitioner in any of the healing arts, or who is a friend of HR and interested in growth and learning.

Schedule

Details will follow. For now:

October 31, Friday night:

Welcome and Orientation.

November 1-2, Saturday and Sunday:

"The Biology of Belief, Perception and Transformation" with Bruce Lipton, Ph.D.

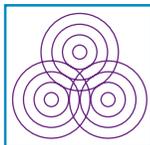
November 3-9, Monday-Sunday:

Seminars, Workshops,
and Other Activities.

To Register

A mailing will follow soon with details for special offerings, packages, and registration. Also, stay tuned to the website (www.holographic.org) for the most up-to-date information!

To reserve a place in Bruce Lipton's seminar, we recommend that you send a deposit of \$125 soon, as space will be limited. Contact Naneen at 505-757-3883 or hra@holographic.org



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