

The

# HR Journal

A publication of the International Holographic Repatterning® Association



*Olivera, Rebecca, Clae*

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**Cover Image**

A fractal is a mathematically generated pattern that is endlessly complex. Fractal patterns often resemble natural phenomena in the way they repeat elements with slight variations each time. This fractal image was chosen for the cover as a representation of change for the Holographic Repatterning Association.

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Fractal Fantasy 25

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## Practitioner Success: Who We Are Together

By Carolyn Winter,  
Interim President

"A quantum leap forward for HR—yes! As a CPA, I marvel at how an IRS ruling is turning into a great blessing for our organization. This change makes perfect sense to me. ..."

— Post at the JUMP Blog  
by Ellen Shapiro, HR Practitioner

**I**t never ceases to amaze me how one small perceptual shift can change everything. Our organization was born as a response to the blossoming of Holographic Repatterning classes and people practicing the work everywhere. The action of many around the world simultaneously and independently of each other required some sort of structure to hold it together, to define who we were together. So the Holographic Repatterning Association was formed as a loosely organized group of practitioners from around the world.

Strong shoulders created our foundation: Ardis as President for nine years, Chloe as founder, Shady Sirotkin, Dorinda Hartson, Stephen Lindsteadt, Bobbie Martin, Ella Nacht, Lindis Guinness, Michelle Bongiorno as Council members, and Naneen Boyce as Executive Director. We are profoundly grateful for

the vision and structure you have built for us. Without your vision and action, the rest of us may never have met. I am personally grateful to Ardis who is supporting this transition wholeheartedly and gives me the encouragement to grab the torch and run with it. My promise to her is that those contributions will not be lost but cherished as we spiral new beginnings into existence. I am especially grateful to Naneen Boyce who was the lone voice and hub of the Holographic Repatterning Association for so long, for so many.

I am grateful to all the others who have made selfless contributions of time and energy to make it work. I am grateful to all those who have been our teachers, formally and informally and the organizers who first brought this work to our attention. Their contributions have created a structure for us to cycle up the next generation of the Holographic Repatterning Association with more energy, direction and focus.

### Perceptual Shift

Today, in the US, we have been officially designated a Trade Association. The IRS says so. What does that mean? It means that who we are together now is really about personal business success in the very best sense of those words. Your business may be the family and friends you lovingly support with Holographic Repatterning sessions; it may importantly be your own personal development. For more of you however, it is also your livelihood. You hold a career ideal as a Certified Practitioner earning a great living by offering Holographic Repatterning sessions as your profession. That growing fact alone changes the purpose of our group affiliation, at home and abroad.

Out of these spontaneous beginnings new leaders are emerging and I am so proud to stand among them—Gail Glanville who

had the courage to ask, investigate and propose what was needed; Jennifer Johnson who said we have to do something about Certification and has brought together talented practitioners and teachers to solve the problems; my friend Kathie Joblin who has taken on Board Development and building on what Bobbie Martin created just last year; Lynn Larson who has us all talking with each other via YAHOO groups and who keeps The Hologram for Peace Project organized; Crystal Chissell who is creating our new bylaws; Carolyn Campora and Ellen Shapiro who bring a business acumen to our finances, to representatives from all the International Associations who volunteer their wise counsel, and to countless others who have put up their hands and asked "How can I help?" Their actions are empowering every one of us to spiral up the success continuum.

### Awareness Is Everything

Recently Chloe Wordsworth wrote, "...for Holographic Repatterning to be successful in the world we need empowered practitioners. We need this new focus for HRA."

When we have awareness coherence we are enabled to take new actions and act on new "un-thought of possibilities." I invite each of you to take the new awareness of who we are and be part of the transition movement. What you think matters. What you do about it changes all of us. You are empowered to create the next legacy for HRA—as a vibrant member-operated Trade Association dedicated to practitioner success—for you, for your family and for your profession.

Carolyn Winter  
Interim President

### CONGRATULATIONS! FROM CHLOE

I would like to congratulate Karine Bourcart, Ardis Ozborn and Shady Sirotkin. Shady is now teaching the *Principles of Relationship*, Ardis is teaching *A New Vision*, and Karine is teaching the *Meridian and Five Elements* seminar. These wonderful people began teaching in the early '90s and are our most experienced HR teachers. They have given of their time and energy to Holographic Repatterning in extraordinary ways:

Shady initiated and co-founded our HR Association, is an Editor of the HR Journal, is involved in training HR teachers and is always a source of wisdom, insight and support wherever and whenever needed. Ardis has been the President of the HR Association for six years, was a principle organizer of four conferences, has trained our first Empowering teachers and wants to see Holographic Repatterning move forward into the world as a successful

business. Karine was the first practitioner and teacher in Mexico and has successfully trained practitioners and teachers in this wonderful country, as well as in Chile and Spain, has overseen the huge task of translating all the books into Spanish and is a visionary who puts her life in service for her ideals. Welcome to each of you in your continued journey of teaching Holographic Repatterning!

—Chloe

# Report from the Interim Team: Dedicated to Practitioner Success!

## Quick Chronology: Our Past

**April:** Chloe brought together an Ad Hoc Team: Gail Glanville, Carolyn Winter and Jeanne Supin, to look at issues around the HR trademark and IRS compliance.

**June:** The Ad Hoc Team presented a written recommendation to the Council, which was voted on and accepted June 9 by Ardis, Chloe, Dorinda and Naneen. This document said five things:

- The Holographic Repatterning Association is legally a 501 (c)(6) Trade Association, run and funded by and for the profit of its members. This is a US issue; associations in other countries will verify their own in-country regulations.
- The Association's purpose is practitioner success.
- We are required to separate Chloe's business, the training institute, from the Holographic Repatterning Association in order to comply with US Internal Revenue Service regulations.
- In the US, practitioners are "certified" by the Association, which sets the standards of "accreditation" for the training institute. In the UK, we recognize that practitioners are "accredited."
- A Transition Team would oversee creating new bylaws and a new Board of Directors by December for membership vote.

**July:** A review of the finances required a tough financial decision which was to admit we could not support a full time executive director, so with the full vote of the Council: Chloe, Ardis, Dorinda and Ella, it was agreed that Naneen's position be reduced to part-time status, which she declined.

**August:** The terms of office of the hard-working Council expired.

An Interim Team came together, with Carolyn Winter appointed by Ardis Ozborn to take over as Interim President. It included Kathie Joblin, Ellen Shapiro, Crystal Chissell, Carolyn Campora, and Gail Glanville, with help from Lynn Larson and Shyama Orum, Yvonne Brown, Sarah Gibbons and Katheryn Nichols. The JUMP site was activated and documents posted there. Weekly

sessions began by practitioners for HRA and practitioner success.

**September:** A lovely successful Conference in Mexico and a Virtual Conference (with sessions by Chloe Wordsworth, Dorinda Hartson and Carin Block) brought people together from around the world to enjoy our universal hologram. To catch up with overdue dues, a Membership Drive was started that included a questionnaire on what members really want.

Audrey Titus prepared to assume part time administrative duties in Scottsdale. Recruitment of prospective Board members began.

Board member duties were defined and posted on the JUMP site.

A Certification Team was formed, chaired by Jennifer Johnson and Victoria Benoit, and including Ronna Loerch, Dorinda Hartson, Kathy Kulaas, Terry Blakesley, Kimberly Rex, Liz Tobin and Ella Nacht. International advisors include Joelle Mann Bourcart, Karinne Bourcart, Jenny Moalem and Nicky Benson.

**October:** Results of Membership Questionnaire were tabulated and distributed.

## Vision: Our Future

Our recent reorganization into a trade association gives the Holographic Repatterning Association a clear purpose:

To support practitioner excellence and success, and the growth of Holographic Repatterning as an internationally recognized profession.

As the Interim Team, we understand this to mean:

- Advancing Holographic Repatterning, a frequency-based holistic self-healing process, as a recognized profession with ethical standards and procedures.
- Setting clear standards and a sustainable process for practitioner certification.
- Making our businesses work and helping practitioners succeed financially.
- Developing information, networking, marketing and other resources to further public knowledge of Holographic Repatterning so we thrive as students and effective practitioners.

---

## YOUR HRA

As the HRA reinvents itself, please know that YOU are the HRA. Your hearts, skills and energy are very much welcomed, loved and accepted. It is time for each of us take ownership of the organization. The more of us who choose to get involved, the easier it will be to get things done without overburdening anyone. Most of us are busy people, but know that any time and energy that you can give is needed and greatly appreciated.

Here's how you can contribute!

a) Consider serving on the HRA Board...the Interim Board will be phased out by the end of the year. Some members will

continue in their roles, but there is room for you if you are interested! Contact Kathie Joblin at [kathiejoblin@hotmail.com](mailto:kathiejoblin@hotmail.com) or 705-326-7873.

b) Check out ways that you can offer service through the different committees that are forming—or suggest your own! Here's what's going on in our committees right now:

- Marketing and Publicity Committee is getting off the ground with Mary Schneider, a level II practitioner from Austin TX who was in sales and marketing for twenty years. We'd love to add two more people to support her team. (Thanks Mary!)

*(continued on page 11)*

# The Holographic Repatterning Association

## Interim Board



Carolyn Winter



Gail Glanville



Kathie Joblin



Carolyn Campora



Crystal Chissel



Ellen Shapiro

### ABOUT THE INTERIM BOARD

You've been hearing quite often from the Interim Board, so we thought you'd like to know a bit about who we are and what qualities of experience we bring to our Association. This is the core team working now. In addition, there are 8 to 10 people working on the Certification Board whom you'll meet in our next issue. We hope you'll also get to meet the members of our new beginnings Marketing Team.

We have been meeting weekly, or every other week, via teleconference for an hour and a half. Our purpose has been to build our team, respond to what is most needed right now, maintain financial integrity and seed our holographic field in support of our successful, professional, dedicated members.

We are honored to be serving you until your new Board is elected.

### Carolyn Winter

With an educational background in Human Development, 20 years experience as an Executive Director of Social Service Agencies and a proven ability to lead people with success, Carolyn now helps individuals succeed at finding personal happiness and fulfillment. Carolyn has studied and practiced Holographic Repatterning™ for over seven years. In addition to providing Holographic Repatterning to individuals in person or by telephone from around the world, she combines Holographic Repatterning with internet technology to provide participants with interactive, unique online group proxy sessions on a variety of topics. She has collaborated with practitioners Lynn Larson and Carolyn Himmelfarb to establish the HOLOGRAM for PEACE program, as well as developed the JUMP program web for HRA members. As a recently elected president of the HRA, Carolyn is committed

to a vision of creating practitioner success.

### Gail Glanville

Gail Glanville is an entrepreneur, writer and a full time level II practitioner. She worked for many years as a film production and location manager, owning her own business in New York and in the Caribbean. These skills are once more put to use in "producing" all the pieces of our evolving Holographic Repatterning Association — dedicated and rescripted for great practitioner success.

### Kathie Joblin

Kathie graduated from the University of Toronto with a B.A. in Psychology, and subsequently from Queen's University in Kingston, Ontario with a B.Ed. specializing in Elementary Education. She has been both a school teacher and a music teacher, working with children from birth to age 12. She served on the volunteer board of directors for the Festival of the Sound for three years, and subsequently worked on summer contract doing publicity work for the Festival for eight years. Loving the Festival made it easy and fun to write and speak about it. She has extensive experience teaching and performing music, both piano and vocal, and sings in two choirs. Married to Fred for 34 years, she describes their relationship as "an ongoing adventure and journey of evolution and transformation." A Certified Practitioner of Holographic Repatterning since 1997, Kathie has always felt "called" to do this work, and is eager to see it become widely recognized, acknowledged and accepted for the powerful work that it is.

### Carolyn Campora

Carolyn Campora is Master of her Nabi Su Martial Arts & Healing Center where she teaches Kung Fu and Tai Chi in New York City. In addition to sessions in HR and Astrological Consultation, she gives seminars in Self Defense and Reiki. She began HR in 1996 and is a Level II Practitioner. She is editing Eileen Martin's marvelous book

*(continued on page 10)*

NINTH ANNUAL HOLOGRAPHIC REPATTERNING ASSOCIATION CONFERENCE  
Puebla, Mexico, September, 2004



Teachers, students and practitioners from  
Mexico City, Morelos, Veracruz, Querétaro, Spain and the US

**By Joëlle Mann Bourcart,**  
HR Practitioner, United Kingdom

Some 60 Holographic Repatterning practitioners and students came to Puebla from Mexico, the US, Australia and the UK. There were also around 50 people who attended via the virtual conference. The five days flew by, the pace was quite intense: 9.30-6.30, with three evening group repatternings that included all the virtual participants, a cabaret dinner and a concert! The atmosphere was very warm and loving, and I felt this was in part due to the wonderful heart qualities of the Mexicans. Everyone I talked to in Puebla appreciated the ability to talk to almost everyone else and make real contacts with new friends. I certainly made a point of sitting with different people at every possible occasion, and realized once more how fortunate I was to belong to the HR family.

I won't go into details of all the sessions, but every single one brought increased awareness, insight and "aha" experiences. The Mexican presenters were very creative, incorporating their other work (constellations, knowledge of quantum physics, astrology, art) into repatternings that they created for the occasion. I picked up some fascinating information on how the electromagnetic field of the planets and its various 'forces' affect the baby in the womb (through the amniotic liquid).

There was a wonderful presentation by two doctors on the neurophysiological impact of HR, the relationship between the brain and the 'enteric brain' (i.e. the large intestine, which is surrounded by over 100 million neurons and where we create the largest part of our emotions). They also showed

how the nanotubules in the heart (cf. Roger Penrose at Univ. of S. California) carry light photons that transmit information, and how this relates the work we do in HR. Finally, they showed us graphs of simultaneous delta and alpha brain waves located in the temporal/parietal/occipital area that will explain what they referred to as hyper-synchronicity, that may turn out to be the explanation of how HR actually works.

Chloe gave a presentation on the Energy Matrix, the Chakras and HR. She expanded on the explanation of the Hologram, and how in HR we help realign the field with its natural, coherent state of being. "Holographic Repatterning gives us a tool for healing our energy matrix and transforming our personal and collective hologram so that we can align ourselves with the essence of who we are." It supports every aspect of our lives, but it is not a substitute for food, spiritual practice or looking after the body.

On the last evening, we had a stunning concert in the beautiful baroque old university meeting room downtown Puebla by Nestor Kornblum and his wife Michèle, using a range of instruments high in audible overtones mixed with their singing. We spent the entire following day learning two overtone chanting methods, which left me utterly convinced that if we don't feel confident with chanting overtones, it really is worth having his disks because the experience is totally different (*see article on Right Intention, Page 11*).

I returned home with a full heart, a full head, and a pile of notes. The overall experience was exciting, and satisfying at all levels.



(US and Mexican teachers)

Lourdes Fernández, Ana Signoret, Michelle Bongiorno, Carin Block, Chloe, Rosario Azpiri, Jennifer Johnson, Karine Bourcart, Shady Sirotkin, Victoria Benoit, Yuriria Robles, Maite Herrera-Lasso, Leopoldina Rendón, Dorinda Hartson



Lucy Krauss, Ana Emilia Olivares, Didac Mancera, Rosario Azpiri



Sitting: Paty Trueba, Beatriz Díaz. Standing: Lorenza Herrasti, Ana Mancera, Dorinda Hartson, Rochi Burguete, Judith Urbina, Lourdes Burgos, Francis García



Genoveva Flores, & Berti Burkart



Nestor Kornblum Workshop



Jo Vitek, Kimberly Rex, Joyce Busch, Bob Johnson, Leopoldina Rendón, Jennifer Johnson, Victoria Benoit; standing: Genoveva Flores, Berti Burkart

# Virtual Conference, Mexico, 2004

This year, 2004, has often been about change for the Holographic Repatterning Association. There are changes to the business structure, Council terms were ending and new Council members coming on board. New ways of working and communicating have been going into place. Change has been a topic in many of our lives for a variety of reasons.



Leonardo da Vinci



## by Dorinda Hartson

This year the International Holographic Repatterning Conference was held in Puebla, Mexico. It was a welcome change as the Mexican Holographic Repatterning Association created a very rich conference experience for all of us. Many people from the US were unable to attend so Carolyn Winter proposed and

organized “A Virtual Conference.” The virtual conference consisted of three group repatternings that people were proxied into that were done concurrent with the live conference in Mexico. Chloe Wordsworth did a group repatterning with her new repatterning, Healing the Heart. Carin Block did a powerful session combining Family Constellations with Holographic Repatterning about taking in our parents. I did a group session on change so that we could joyfully accept change and easily move through the process.

The session that I did was on resonating with change, being at ease in the process of change, looking forward to the opportunities and the benefits that accrue from change if we allow the “positive” to be true by resonating with it.

Here is the amazing session that came about with approximately 60 proxy participants, plus all the conference attendees who were naturally proxied in and about 45 people who came to the session in Puebla, Mexico.

## Resonating with Change

This session was about resonating with the process of change—the “before,” the “during,” and the “after” phases of change. Some or all of these phases of have caused a glitch to the flow of life for us. As we got clarity on the “before” phase of change, we discovered that people became afraid of what they thought they would be losing, afraid of not being able to cope energetically or physically with the change.

Some people needed to create a crisis in order to justify changes they really wanted to make. Others couldn’t make changes they really wanted to make because wanting to or needing to wasn’t enough motivation or justification for change. Others were not ready until they had hit rock bottom. So there were even issues around initiating change.

Being in the change was a problem for some people as they realized it wasn’t what they wanted or they became overwhelmed trying to accommodate the change or they felt alone. It was very common for people to report feeling totally responsible for “everything” and alone and without support as they moved through changes. And God was often the negligent party to this experience of change. People went into resistance not wanting to leave their comfort zone. Others had to blame someone to tell themselves it was a change they were being forced to make.

The “after” phase of change was equally foreboding. It meant “loss,” “unwanted outcomes,” and “exhaustion.” If that were what we had to look forward to as a result of change, why would we want to do it?

To get oriented before this discussion, we had to do zip-ups. There was a list of problems that had been emailed to Carolyn as the virtual participants had sent in their particular concerns and issues around change. We combined that with a list from the group in the room. These are some of the statements that emerged:

- Everything depends on me. God is not co-creating with me.
- I feel desperate and God doesn’t hear me.
- God gives me opportunities but he doesn’t help me fulfill them.
- I feel blocked and don’t see the change.
- I am afraid of making a bad decision that will have a negative impact on others, including the environment the energy field, the past, the present,

the future and how life is naturally unfolding.

- Change is fine. The difficulty comes after the change.
- The problem with change is the fear of losing something and feeling an empty space and sadness.
- The change is not what I wanted.
- I am afraid that I don't have the strength and perseverance to make the change.

At one point a woman told a story of having been so depressed that she had prayed to God that she please not wake up the next morning. She described her disappointment when she did. In the midst of this hopelessness, a book fell off the shelf. When she opened it, what she read changed her life. She decided at that point to say, "Yes," to life. The story was very touching in her telling of it and the point was not about the words she read in the book, but the decision she made. She modeled for us allowing change to happen and being open to change even in the darkest hour.

Each person is a piece of the hologram as well as containing within them the whole hologram. She reflected to all of us the strength of spirit that we all contain. Another woman reflected for us the basic need that if met allows change to be easy and organic. She actually had an energy constriction and the communication that needed to happen was at conception. She needed to know that her parents made her out of love and that they were expecting her and that they wanted her. Lesley, who was our translator, and I proxied as her parents. Lesley, by the way, made all of these subtleties and nuance of feeling possible with his expert and sensitive translation. Josie Smith, who was taking notes for me in English and also speaks fluent Spanish, wrote down what I had to say in Spanish and I responded in Spanish to this brand new spirit/child who needed to know she was needed, wanted and called for. It was a wonderful moment of affirmation for all of us.

Perhaps our "problems" with change go all the way back to conception because that is the biggest change of our lifetime — to come from where we were to this physical form. We want to know that the love of our heavenly father will be found with our earthly parents.

Then we needed a new possibility, this is what came from the group and the list from the proxied participants:

- I am full of hope that the changes are positive and free of pain.
- I accept change and am confident that God is holding my hand during this change.

- I accept change and flow with it with the hope that the change has the best results for me.
- I accept change confidently and free of judgment.
- I feel happy and enthusiastic about change.

We needed to do the Compensation Repatterning from Transforming Unconscious Patterns. We needed a statement from the collapsed response as well as the over assertive response to the lack of unconditional love that we experienced as children.

Collapsed response

- I must fix everybody's pain to be loved and feel secure.

Over Assertive response

- I must have a crisis to receive love.

### Modality for Creating Coherence

Sound: Affirmation from 6-18 months

You can know what you know.

We also needed to smell the essential oil – Acceptance.

When we were all done, a woman said that she was very angry. I paused and took in the words and then asked her what she was angry about. She said she was really angry at all the wasted paper on the flip chart. I said that I heard her that she was really angry that we used all that paper for lists and, because the writing was big enough for people to see from their seats, we used extra paper. Someone else asked her what the wasted paper symbolized for her.

She said, "All the time I have wasted resisting changes and not being happy." She became very calm after that realization. I asked her if she needed anything and she said, "No, I feel much better." Her own awareness moved her through the feelings.

It was a great example of how within the session there will be models of the different elements. We got to see that the shift we had made concerning not having to "fix" had already been integrated. None of us got anxious or compulsive about the feeling of anger being expressed. No one jumped to comfort or talk her out of it. We just responded and the ability to respond free of any agenda or judgment was enough. And we got to see that feelings don't portend a "crisis."

So now we are ready to enjoy and accept love and change!

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## This session was about resonating with the process of change - the "before," the "during," and the "after" phases of change.

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# Using Art in Your Holographic Repatterning Session

By Claudia Fujinaga

Level 2 Practitioner and Artist, Hawaii



Maite Herrera-Lasso

Maite Herrera-Lasso, a teacher of Empowering Yourself with Holographic Repatterning in Mexico, brought the power of deep love and caring to her art therapy. While teaching as the true artist she is, the resonance in her voice changed as she moved into working with a problem as an opportunity. She reached inside to ask the pertinent question after our thoughts were transposed

into image as we drew the problem. Then she called for a few minutes of introspection before we drew the solution.

The solution seemed so simple in retrospect. Then we were led to work with a mirror (very effective for children working with homework problems) in a special way to integrate the solution into our brains. We muscle checked to see which pattern was right for us. Then she asked what we wanted to do with the problem. Each of us in our uniqueness reacted differently. One person destroyed the paper with the picture of their problem quickly without looking at it. Another person wanted to examine it further. Another said, "I would like to draw further on my picture." Maite emphasized that there is no right, no wrong—we were allowed to follow our own impulses.

Using the NLP process, Maite used guided visualization. As the person is reminded that they are in control, they drew the dream that was produced by the dreaming process in the brain. Maite then showed us how to work with anger (teenagers are able to grow quickly using this method). We examined what makes us angry—we feel anger, we draw

anger. Then Maite pointed out the correct questions to ask in regard to our anger, such as "How do we react to anger? Do we run, shout, hit?" She told a beautiful story about a Master and pupil. The Master said, "Show me your anger." The pupil replied, "How? I don't feel it right now." The Master said, "When you get angry again come to me and show me." The pupil got angry and ran fast to his Master to show him. But when he arrived he didn't feel angry. So the Master pointed out that if you can't bring it to me, then it isn't in you. It is a separate entity that you can leave behind. It is not you. Then Maite, had us draw light into our picture of anger, and it was transformed.

The process was experienced firsthand, and integrated by each of us into our consciousness to be used as a healing modality for our clients with the proper muscle checking procedures.

This new knowledge took a full day to practice, experience and integrate. I would have liked to spend another day or two. The other participants expressed the same desire. As I returned home from the conference with the love and thoughtfulness of all our Mexican colleagues, I knew that many persons here in Hawaii would be interested in this special class that Maite offers.

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## Interim Council

*(continued from page 5)*

on the Archetypes, and hopes with Eileen to bring this enriching work to the HR community. Her background includes an MBA in Finance and work as a High Yield Bond Portfolio Manager, the credentials that led to her becoming Interim Treasurer of HRA.

## Crystal Chissell

Crystal Chissell is a Level 1 practitioner who has been studying Holographic Repatterning since 1998. She is an attorney at a government agency that provides environmental services to communities. During her 18-year legal career, Crystal has advised several nonprofit organizations. She is also the Mayor of Highland Beach, a town founded by abolitionist and statesman Frederick Douglass, where she has implemented several environmental restoration projects. In

addition to being a passionate advocate for the environment, Crystal is an avid sailor and dancer.

## Ellen Shapiro

Ellen Shapiro, MBA, CPA, BA Psychology, has worked in the corporate world for 15 years in the areas of accounting and taxation. She has been involved professionally in the healing arts since 1987, with varied trainings and certifications, including RPP (Registered Polarity Practitioner) and Level 2 HR practitioner, and has been in full-time HR practice since 1999. Ellen's practice is focused on women's empowerment, abundance, career and life fulfillment. She is passionate about HR and enjoys writing, communications, marketing and helping get the word out about the wonderful work that we do in HR.

# Intention + Right Action = Extraordinary Outcomes

By Joëlle Mann Bourcart,  
HR Practitioner, United Kingdom

I want to report on a conversation I had with Chloe during the conference in Puebla, in which I checked with her about the use of some modalities, such as in placing a tuning fork or a finger *directly on acupuncture points on the body rather than using the meridian chart as a proxy!* The argument people often use for using acupuncture directly on the body is that all is intention and therefore it doesn't matter if in fact we are placing the tuning fork, colour torch or finger contact in the wrong place, nowhere near the acupuncture point we are intending to contact.

Chloe says that she only demonstrates using acupuncture points on the body if she has taught point location on the body for those points (for instance, the Mu points or those points taught and demonstrated in the Advanced Meridian Training). If she has not taught point location, she demonstrates acupuncture points using the meridian diagram as a proxy for the clients meridian, even though she herself is an acupuncturist. She says it is essential that we model responsibility and professionalism. If we are not trained in the skill of acupuncture point location, the meridian charts used as proxy for the client achieve positive results. For those who have learned point location and the subtlety of feeling for the exact point, they are welcome to do those points on the body rather than use meridian chart as a proxy.

Similarly, when a *note* is required and we do not have a pitch pipe or other musical instrument available, some people 'intend' that the *sound* they produce *is the note they muscle check is needed*. In actual fact a musician can hear or demonstrate that the note being toned is not the note that was muscle checked as needed. It is important that we maintain the credibility of Holographic Repatterning, and our credibility as practitioners in the use of modalities. For this reason we need to purchase a pitch pipe or use a musical instrument, so we can identify the exact note that is needed, and tone this same note! If you are in a situation when you don't have an instrument or pitch pipe, you can tone a sound and (mcs) if this is the sound needed. However, it is unwise to call this sound by the name of a note unless you have perfect pitch and know the name of the note you are toning.

Chloe says that intention on its own may have value, but that it is only when combined with right action that we get extraordinary outcomes (see New Possibility Intention, and the structure of all repatternings). What Chloe says is **Coherent Intention + COHERENT action = extraordinary outcomes**. It takes skill and practice to use the Modalities with right intention and right action for the greatest possible benefit for our clients.

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## Holographic Repatterning Connects with EnKa

The Energy Kinesiology Association (EnKA) recognized the need to organize kinesiology practitioners and the many kinesiology systems in the United States. When you visit their website, you'll find a listing of the many kinds of kinesiology based models who support this organization, including Holographic Repatterning.

They are hosting a conference in Utah June 1-4 of next year,

you can find more information on their website at [http://www.ask-us.org/vhome\\_page.htm](http://www.ask-us.org/vhome_page.htm).

The mission of EnKA is to unite energy kinesiologists, thereby energizing, enriching, and empowering the profession, practitioner, and all recipients of this technology. EnKA supports all the kinesiology organizations and welcome them to join as both organizational members and individual members.

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### Your HRA

*(continued from page 4)*

- HR Journal Editorial Board is coming together with new volunteers Tara Harrick and April Smith-Gonzalez joining Andrew Adelman and Gail Glanville.
- Conference Committee: Patricia Cote from New Mexico is holding the field for a Conference Committee, and we'd love to have your assistance with this long-term effort.
- Information Technology: Our most-needed list still includes a great IT person to help with the database and creating new web-based services.

- Income Development/Fundraising: A few creative triple-heater people who can form a team and brainstorm new ways to bring in funds to support HRA. We have a terrific opportunity in this area, in developing courses (besides HR seminars, which are being run by Chloe and the HRI) and information to further practitioners in their professional development and in growing their businesses. There are a number of ways HRA can provide this as a needed and wanted service to its members, via teleconferences, phone and Internet as well as more regional events.

# — Appreciation —



Though your terms in office have expired, though you have served for many years, though you are handing over the “lead geese” roles for the Holographic Repatterning Association...

There will always be a place for you in our Association and in our hearts.

In gratitude, we gift each of you with a lifetime membership in the Holographic Repatterning Association.

You are the foundation for all that exists now and will be created in the future.

We receive all that you have done, hold it, and honor it.

We respect your efforts. We most humbly build from your foundation. With your collective energies standing behind us, we will create something new and different, never better, just new and different, out of the growing energies of our Association.

Please, give us your blessings and your support. All the effort and sacrifice that you endured will not be in vain. We learn from you. From your experiences, we are building something new. Your work, and your selves, are part of this new structure.

We appreciate all that you have engendered.

- We especially appreciate **Chloe** for creating such a wonderful modality and introducing us all to the world of higher frequencies.
- We especially appreciate **Ardis** for her nine years of steady guidance as President of the HRA Council.
- We especially appreciate **Dorinda** for holding high the flame of our pilot research project.
- We especially appreciate **Bobbie** for creating grounded structure and communications.
- We especially appreciate **Shady** for her creative caring and healing space of values.
- We especially appreciate **Ella** for creating a crucial piece in the research projects and for her quality of listening and solid, wise voice.
- We especially appreciate **Naneen** for her six years of devoted service to the Council and to every member of the Association, near and far, to every practitioner, to every student, to every teacher, to every inquiring seeker.

Thank you. We love, honor and respect you.

Out of all that we receive from you, we will create anew.

*With much love from the HRA Interim Board on behalf of our membership.*



**Carolyn Winter, Level 2 Practitioner, Toronto, Canada**

**I**t was a cold dreary Toronto winter day in 1996, drearier yet as I was heavily contemplating a career change with no idea of where I was to go next. To support my quest, I had embarked on the path of a seeker learning amazing new ways to view the world through a local healer named Tamara Penn. Tamara was always on the look out for the next new process to improve life holistically. On this day, she put yet another video into my hands and insisted that I view it.

I was busy, I was annoyed. I thought I had learned too many alternative things already and I didn't need this one. Thankfully, I had not yet learned how to say no to powerful people. I took the video and tried watching it on three separate occasions. It was Chloe Wordsworth, of course, spending an hour talking about sound and light frequencies and a second hour doing a demonstration session. Every time I attempted to view the video, I would fall asleep during the first hour and wake up bright and alert for the demo. By the third attempt, I had to admit there was something special in what I was watching. So I enrolled in the first course presented in Toronto in March 1996 with Chloe Wordsworth. It seems like just yesterday and I am grateful that Tamara insisted I view Chloe's video.

During the next 24 months I would take all the courses available. By the time I finished the Transforming Unconscious Patterns course and had practiced on 25 people that I did not know, I came to realize that this was my new career path. I was recommended for certification in 1997.

The leap to being self-employed as a Holographic Repatterning Practitioner sprung from a 20 year career managing social service agencies — Boys and Girls Clubs and a municipal day care before that. My undergraduate degree was unique in its day — a 4 year specialization in Child Studies from the University of Guelph (1976). My interest in this field of study was how the events of early childhood could influence happiness in adulthood. I was convinced back then that if we were to eliminate misery from the world it started in childhood or before. I was led to career choices that helped me test out this theory and chose jobs where programs could help meet the unmet life needs of disadvantaged children, youth and their families. These included managing the Edmonton municipal day care center and in Toronto two different neighborhood Boys and Girls Clubs — United Way funded agencies. It was gratifying work.

In a way, my interest in Holographic Repatterning is similar to my earlier interest in early childhood education—both are queries on how to make life better. The events of the present are never what they appear to be. There is always something behind an unhappy situation that holds the key to improvement. I have found this key in Holographic Repatterning. It is the quintessential Sherlock Holmes energy tool needed to solve the mystery of life the way it is, and to create how you want it to be or better.

Holographic Repatterning has helped me to embrace every

presenting problem with fascination. I hear Dorinda Hartson's voice echoing in my mind "it's just a pattern. You can change a pattern." Her statement gives me encouragement that I am in control of my life. I am so fascinated by the power of awareness that I am compelled to do a session for myself everyday to get to the bottom of how things are and change them.

The different ways of applying the Holographic Repatterning process also fascinate me. For myself I do sessions for what ever comes to the MCS "we need a session." However, I also use Steven Covey's *7 Habits of Highly Effective People* time management system to organize my life. I routinely (bi-weekly) repattern my own vision statement, mission and roles to accomplish my vision, goals, and maintenance tasks. Whew! Be careful what you repattern yourself for: I found myself saying "Yes!" to being involved in the transition for the Association.

My greatest challenge with being self-employed and doing Holographic Repatterning continues to be marketing. Mastering marketing was my motivating factor in develop my own interactive web site ([www.LightTravels.com](http://www.LightTravels.com)), along with pricing packages and different ways to apply Holographic Repatterning to meet client needs. I especially enjoy offering group proxy sessions where clients may participate by submitting their information for a topical session. The reported outcomes make this very rewarding for me.

There are so many stories of amazing sessions, unexpected surprises and transformations. Miracles get to be a little routine in this work and we tend to forget how extraordinary they are. The session that stands out for me is one that has to do with my mother selling her house. It was our family home for nearly 40 years. It was the year my mother had retired from teaching. Dad had passed on the year before and the house and property was just too much for one person. It was time to sell the house, but mom was dragging her feet on the matter.

So, we did a Holographic Repatterning session together. What I remember was the metal element challenge of having to say good bye to the house and the place where all the family memories were born. She was concerned that there would be no "home" for the children to return to and that she might not like an apartment. It was all cleared in one session.

The session was on a Saturday near the end of September. The following Monday mom met with a real estate agent. On Tuesday they set a price and put the "For Sale" sign in the ground. On Wednesday they showed the house to a young couple with young children mirroring the family that had moved in 35 years earlier. That night they made an offer. On Thursday they sold the house for nearly the asking price in a depressed housing market. The closing date was November 1. So in less than 5 weeks 35 years of stuff was sorted out, a perfect

downtown apartment found and a new life started. My mother has turned a page and started a brand new life, or third career of

*(continued on page 17)*

# Holographic Repatterning and Maslow's Four Stages of Learning

By Susan Grace Wisniewski, Shepherdstown West Virginia

I am one of those people who live and breathe some facet of Holographic Repatterning every day of my life. The beauty of this work is that each individual can mold it to fit whatever type of work is needed in any moment. I find myself doing mini self-repatternings in my car, on my walks and even at soccer games.

I was trained as a scientist, with a Master's degree in Botany and Plant Physiology, specializing in tree diseases. I left the scientific world for motherhood and began a 20-year study of Homeopathic Medicine. I learned along the way, not only what a great modality Homeopathy is, but also its limitations.

In 1996, I was ready to learn about modalities that could be successful every time you used them. Enter Holographic Repatterning, I began taking classes every few months, and had repeated all three beginner-classes within a year of starting my first class. I completed the certification process three months later and have been devoting my practice to that work ever since. While my practice was initially part time as I raised young children, it is now up to full time. I have seven years of experience using Holographic Repatterning in my practice. I have incorporated numerous modalities along the way, always on the lookout for the most efficient healing tools out there.

My work with Holographic Repatterning has continually evolved, as I gained experience through working with clients, taking advanced classes and through self-sessions. My own evolution with this work mirrors what a scientist named Abraham Maslow called the "Four Stages of Learning." For those of you unfamiliar with these stages, I will list them below:

UNCONSCIOUS INCOMPETENCE  
CONSCIOUS INCOMPETENCE  
CONSCIOUS COMPETENCE  
UNCONSCIOUS COMPETENCE

UNCONSCIOUS INCOMPETENCE simply indicates that you don't know what you don't know. You are new to a process or technique and have never seen it before and have no idea what is involved with it. You have never even heard of Holographic Repatterning and have never had a session.

CONSCIOUS INCOMPETENCE simply indicates that you now have some experience with the process or technique, you may have seen it, taken a class on it, and now you know what you do not know. At this point, you may have inklings about the process, but not any real confidence in it. You may even be overwhelmed by all the material covered in the class. You may have begun doing sessions on yourself or others and keep finding places where you get lost, confused or simply have no idea how to proceed. Sessions may run on for long periods of time.

CONSCIOUS COMPETENCE simply indicates that you know what you know as long as you are concentrating or focusing on it. You have taken the classes, you are starting to apply what you've learned, but it is strictly by the books. You are doing sessions on yourself or others; they no longer take hours to complete. You have a greater understanding of the process and more familiarity with the modalities.

UNCONSCIOUS COMPETENCE simply indicates that you know what you know and you don't have to think about it. The process or procedure has become part of you on an unconscious level. You are creative with the process, able to create repatternings on your own, able to simplify the process and still have it be effective. You are free to use your intuition to guide you through the process. Anyone who doesn't believe this is possible has not gotten past stage three.

How does all this apply to Holographic Repatterning, one might inquire? Each student of this work has started from that place of not knowing and may gradually move through these four levels of competence; each individual learns the material at their own pace. Within each repatterning, you could experience all four levels of competence simultaneously. You may feel comfortable with the beginning of a repatterning, less comfortable with certain aspects of the repatterning and there may be some parts you know like the back of your hand. The same goes for the myriad of modalities we have to choose from in this work. It is a rare person who feels completely competent with all the modalities.

As one realizes how this work will serve them and their clients, the work will evolve on its own, as it has for me. It is not my personal goal to be unconsciously competent with all the modalities. I have been working in this field of complementary medicine long enough to know there are many ways to an end. At one point, I was consciously competent with all the repatternings I had learned in all the classes. I faithfully muscle checked all the details required and moved through the repatternings with ease. I am sure I was unconsciously competent with half of the repatternings. I found over the years that the simpler the repatterning the better for the most results in my clients.

Gradually, I moved away from complicated repatternings and focused on what I consider the essence of Holographic Repatterning. Essentially, in each session, the client describes what issues are up, or what it is they want to work on. We identify the feelings associated with the issue. I then encourage the client to ask internally for the age that we need to look at that is connected to the current issue. I have never had a client's inner knowing be incorrect.

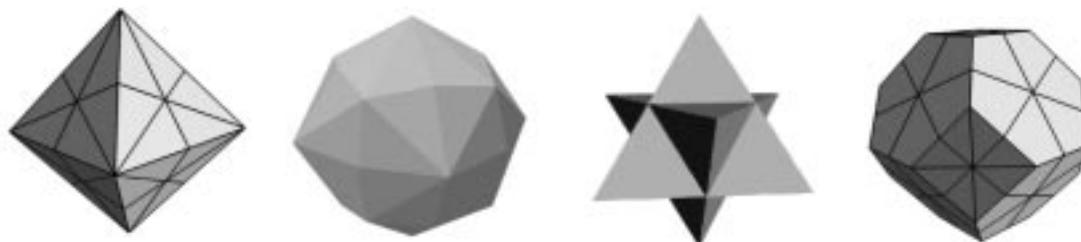
We examine the past experience, identifying the emotions, beliefs and mental states surrounding it. We basically do an energy constriction release with breathing combined with Reiki, releasing the unresolved emotions, mental states and limiting beliefs. We may bring in the response needed and some visualizations and affirmations to anchor in the new possibility. I ask for guidance throughout the process and am guided intuitively on how best to proceed.

While Holographic Repatterning is one of the foundations of my work, I am continually seeking simpler and more efficient ways to use it. My sessions tend to be client led, intuitively inspired and transformational for most of my clients. My work has evolved toward simplicity and efficiency. I rarely use the books and continually use the essence of Holographic Repatterning. I am grateful for this work giving me the

*(continued on page 18)*

# Holographic Repatterning Conference at Hogsback, South Africa

By Nicky Benson, Level 2 Practitioner, South Africa



In August, the 2004 South Africa Holographic Repatterning Conference came together in a very magical way. Thanks to you, dearest Hilary — it was your heart-child from start to finish! Hogsback itself is a true pocket of heaven—the natural vegetation and mountains are so welcoming and magical. I realized by now that no tiny detail was going to be an accident. On Saturday afternoon, I started to see a pattern:

We had 8 participants. We had 8 speakers. A star of 8 lights shone down on us from the centre of the rondavel. Around the inside of the walls were 16 gumpoles arranged like sentinels—8 with lights, and 8 without! And the last speaker for that day, Anton Grove, who spoke to us on Sacred Geometry, said that 8 was the number of the Heart Dimension!

The whole weekend unfolded as if in a dream. As I was giving an explanation of how HR works, our first speaker, Gwyneth Lloyd came in. This, too, was no accident. What we came up with was:

We move forward  
with open-heartedness and  
integrity  
to create  
the infrastructure we need  
to reach  
critical mass transformation.

The greater plan was unfolding. This was no tiny conference intention—and we knew that through the Holographic principle, what we set in motion would affect the whole Universe!

## Conference Highlights

Gwyneth Lloyd, a retired opera singer, gave us a wonderful expose of how the Alexander Technique works, gently releasing somatised tensions and emotions, to free the student up for more energy and an enhanced technique in whatever they are doing. She noted a few parallels between HR and the Alexander Technique - and asked to be put on the mailing list for the next set of courses!

Karen Storch gave us a very clear explanation of Ayurveda, of how the philosophy of Ayurveda aims to support man in mind, body and spirit. For the first time I began to understand the 3 doshas more deeply.

In the afternoon we went to visit Diana Graham, and were honoured to have her show us round her Eco-shrine. The shrine featured a collection of works of art, depicting the process of evolution from the Big Bang to today. She also made us understand that nature had come in recent centuries, to be regarded as a hostile force to be subdued and exploited, but that we were all part of the same great eco-system and that Nature actually supports our presence on the planet. And the prevalent ambience at Hogsback certainly made this very evident.

We finished the day with a brilliant demonstration from Anton Grove of 3D geometrical forms and the principles of Sacred Geometry. Anton also brought his models along, from the simplest forms to representations of hugely intricate energy fields. We were stunned at his ease and naturalness with his subject. Swept up with Anton's enthusiasm, I went home in the dark seeing icosododecahedron outlines wherever I looked. I was glad I was not driving!

After such an intense first day, we were glad of a gentle start with Tim Wigley, explaining how the so-called invader species from abroad, could actually be pioneers, taking the whole environment forward to a new order.

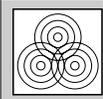
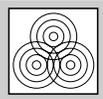
Next we had a delicious home-made tea with Ann Keating (Tim's wife) who told us about the purpose of the Labyrinth (as opposed to a maze). We were then able to walk the labyrinth that she and Tim had created as a reconstruction of the maze at Chartres Cathedral in France. I was intrigued to see a statue of the Virgin Mary at the entrance to the Labyrinth—the goddess figure of the Christian world bringing together again the old tradition and the new in such a gentle and harmonious way.

Athina Copteros gave us a talk on the Transformation Game, a transformational tool from Findhorn, Scotland where she had trained. We all got to participate for a round or two, which made it a very real experience.

The weekend ended with a brilliant and most enjoyable drumming workshop by Rob Hitchings, who first of all explained how the drum was an echo of the heart-beat, not only of mankind but of every living creature on Planet Earth. I was amazed at the level of drumming which Rob took us all to—very quickly and seemingly effortlessly. Even the children joined in and kept pace with us!

As the Conference closed, I thought of how many echoes of the heart dimension and heart energy there had been the whole weekend, and felt something very important had been set in motion.

With love to you all—our very dear HR Family!



**Vivienne Turkington, Level 2 Practitioner, Wakefield, Rhode Island**

We've been collecting descriptions of Holographic Repatterning that serve as your brief "elevator speech" to give when anyone asks you what you do. We're looking for other versions in clear, simple, pragmatic and grounded language that gives a clear "reason why" for having a session. We'd love to share them, so if you have one that works for you, send it in to the next Practitioners Corner.

**WHAT VIVIENNE SAYS:**

**I**n your first session with a certified Holographic Repatterning practitioner, you immediately feel better\*. It's a time-saving, cost-cutting alternative to traditional therapies. Here's why:

Your whole body—your hologram—stores everything that's ever happened to you: the good and the bad, how you felt, how you responded and what you believed as a result.

These beliefs form patterns which help or hinder you through life.

As a practitioner, I access your problem patterns, which are the source of your pain, by muscle checking the holographic database of your body.

When I press on your arm muscle in response to a statement, your muscle's

strength or weakness tells us the source of your pain and how to alleviate it.

With a Holographic Repatterning session, you can let go of the trauma, stress and pain you don't want, and attract the health and success you really want.

For example, Veronica is a triathlete who had been knocked off her bicycle in a collision with an auto. She was unhurt, but unable to get back on her bike and continue her training. In one session, we found the earlier belief pattern that was hindering her. As a young child, her father and uncles had left to fight in Vietnam. Her mother and aunts had moved in together and all were frozen in a belief that they no longer had any protection. Veronica's accident triggered the "I'm not protected so I better not move" pattern. After finding and releasing this pattern, Veronica found an expanding vision of herself as a "wise elder" in addition to becoming a winning triathlete.

I'm a Holographic Repatterning practitioner because I can help people alleviate their pain and move into greater potentials for health and success.

Here's the speech I've honed after seven years of practice, from Mary Schneider, Level 2 Practitioner, Austin Texas.

Hi, I'm Mary Schneider. I'm a professional Holographic Repatterning practitioner.

Holographic Repatterning is a process for positive change. It's based in physics theory which says that all matter is energy. If all matter is energy, then everything has a frequency, including your low back pain. Diseased organs, angry relationships and declining incomes all have their own frequencies. Since thought is also matter, things like negative thought patterns and limiting belief systems have frequencies as well.

If we can optimize our frequencies, then we notice profound dramatic change in our lives.

Holographic Repatterning is a process that optimizes our frequencies, so that we are healthier, happier and more successful.

When someone asks me what Holographic Repatterning is, I always take the time to answer them completely using this speech.

\*June 2004. In a Pilot Research Project sponsored by the Holographic Repatterning Association, 95% of the clients surveyed reported feeling "better to a lot better" after only one session with a certified Holographic Repatterning practitioner.

*Carolyn Winter (continued from page 14)*  
her life—doing what she desires and has never been happier. Pull-out sofa beds mark a space for the adult children to "come home." It started with one Holographic Repatterning session in September.

Sometimes I think Da Vinci himself would have loved Holographic Repatterning and would create a secret society to preserve its continuation through the ages, maintaining it as a well kept secret known to a few. For me, it has been a puzzle that so many have been touched by this work and yet in the scheme of things is so unknown in the world. It is not for lack of trying by so many practitioners. You have to admit it is a mystery!

In my philosophical moments, when I look at Holographic Repatterning in the

grand scheme of things, I think that we are all molecules in a system of energy governed by the laws of physics. With each Holographic Repatterning session each practitioner does for themselves or others, a field of intention is building. That field is strong, is intelligent, is coherent and life affirming. It is contributing to a world consciousness that physicist David Bohm declared was too late and would never happen. As Chloe continues to research and develop her work, and the Holographic Repatterning Association becomes a leader in supporting practitioner success, the world will have a system of working with energy that is supported by a network of practitioners world wide, classes online and local workshops. I think the applications of this work are boundless and we haven't come close to exploring what

they are. The foundation we put together today—practitioners everywhere doing sessions—will support amazing things in the future.

As a system we are also governed by the laws of chaos... I know that everything can change in an instant. A quantum leap is inevitable. When Holographic Repatterning has 15 minutes of fame—and we will—every practitioner will have a new set of problems involving how to manage success.

Carolyn Winter  
Toronto Canada  
[www.lightTravels.com](http://www.lightTravels.com)

## HR and Maslow (cont. from page 15)

foundation for understanding how true healing happens and I have experienced this myself on many levels.

The process I have described may draw strong reactions or skepticism as there are few of us comparing notes in the land of

unconscious competence. The teachers of this work need to stay very close to the conscious competence levels while teaching, so that the foundation of this work is passed on. However, all things evolve and grow and change; I hope each one of you opens to the process and finds the way that best suits you and your clients. I encourage you to keep it simple.

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## Success Stories Needed

Great news! We all know the need for a book on Holographic Repatterning for the general public. Chloe is in negotiations now with a literary agent, and is fine-tuning her manuscript.

To bring the book to life, she needs up-to-date stories of client success with Holographic Repatterning. Here's how you can help.

**Email Ardis (ozardis@cox.net)** with the following information:

Yes, I'm happy to contribute. I have a story about a (fill in the blank). I have another story about a (fill in the blank). Include your contact numbers and the best time to call.

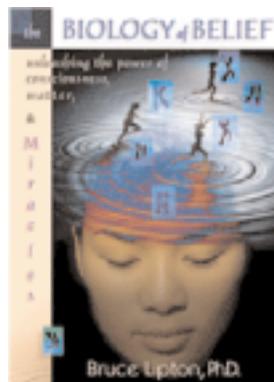
We don't need all the details in your email; Chloe will call you in December to talk about your story so she can write it to fit her manuscript.

Thank you, thank you!



## JUMP

Please join us at the JUMP website and add your comments. It's very active with wonderful practitioners doing weekly repatterning for everyone proxied in. If you have missed any of our weekly emails, they are posted on this site. You will need your membership password to enter.



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## Using HR to Repattern HR

In the questionnaire some of you have asked about using HR the process to build HR the business.

Here's what we have been doing.

Sessions you can read now:

Weekly sessions are done for the HRA by many practitioners and posted on the JUMP site. You can read these by going to the JUMP site today. They address specific problems and intentions that you all have listed. They are excellent and powerful sessions and we believe they provide the driving energy for this transition. Please add your intentions to them, and if you

like, sign up to do a session for all of us.

Weekly sessions have also been done by practitioners for the universal hologram and posted at the Hologram for Peace site. Every week for three years, these sessions have proxied in hundreds of people around the world. The changes we see now are no accident.

Sessions on specific issues over the past year:

Council group sessions were done on conference calls starting late last year, with each member taking turns once a month doing sessions with the Council

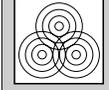
members. They addressed issues such as "lack of a solid foundation" and "distaste for business among spiritually oriented people" for HR.

Interim Team sessions have been ongoing since June with countless sessions on specific problems that have been done amongst ourselves, on ourselves, and for the HRA.

To track the change that's resulted, see the chronology of change article in this issue.



## ■ HR SALES ■



Happy Holidays!

Happy Holidays!

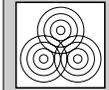
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## ■ HR PRACTITIONERS ■



This information was current as of press time. For most recent updated information, visit the HR Web site at [www.holographic.org](http://www.holographic.org). To update your information, please email the HR Assn office at [hra@holographic.org](mailto:hra@holographic.org) or contact Naneen at 505-533-6060.

• HR Practitioner does Proxy Sessions    ❖ HR Practitioner does Proxy Sessions for Animals    ***HR Teachers in bold italic***

### THE UNITED STATES

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<b>Victoria Benoit</b>	602-864-7662	Phoenix
Susan Billings	623-566-8691	Peoria
Kathleen Cherish	480-461-1448	Mesa
Grace Galvanoni	❖ 602-992-7478	Phoenix
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<b>Kaye Paton</b>	303-516-9676	Longmont
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Bailey Stenson	970-482-3448	Fort Collins

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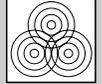
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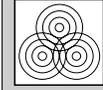
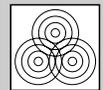
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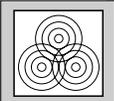
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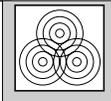
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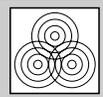
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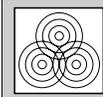
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# ■ H R S E M I N A R S ■



This information was current as of press time. Please check with the local organizer before making travel arrangements. For most recent updated information visit the HR website at [www.holographic.org](http://www.holographic.org)

**Dates:**                      **Teacher:**                      **Location:**                      **Coordinator:**                      **Phone:**

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## **EMPOWERING YOURSELF WITH HR**

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11/13/04	Hebe	Mexico DF	Hebe Aloï	+52-555-212-00-57
11/20/04	Shady	Albuquerque, NM	Shady Sirotkin	505-254-2173
11/21/04	Dorinda	Little Rock, AR	Dr. Betty Everett	501-350-8526
11/27/04	Leopoldina	Mexico DF	Leopoldina Rendon	+52-777-318-82-58
12/09/04	Bobbie	Kansas City, MO	Bobbie Martin	816-363-0091
1/22/05	Josie	Totnes, Devon, UK	Katheryn Nicholls	011-44-1647-440583
1/28/05	Josie	Honiton, Devon, UK	Katheryn Nicholls	011-44-1647-440583

## **INTENSIVES**

11/19/04 - 11/22/04	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
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## **FUNDAMENTALS OF HR**

1/29/05 - 1/30/05	Josie	Honiton, Devon, UK	Katheryn Nicholls	011-44-1647-440583
2/19/05 - 2/20/05	Silvi	Kansas City, MO	Bobbie Martin	816-363-0091

## **TRANSFORMING PRIMARY PATTERNS**

3/11/05 - 3/12/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
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## **TRANSFORMING UNCONSCIOUS PATTERNS**

11/20/04 - 11/21/03	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
3/14/05 - 3/15/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091

## **TRANSFORMING CHAKRA PATTERNS**

1/21/05 - 1/22/05	Ardis	Arcata, CA	Katharina Woodworth	707-269-0345
4/30/05 - 5/01/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091

## **TRANSFORMING MERIDIAN PATTERNS**

11/19/04 - 11/21/04	Karine	Mexico DF	Leopoldina Rendon	+52-777-318-82-58
11/26/04 - 11/28/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
12/03/04 - 12/05/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
1/24/05 - 1/25/05	Ardis	Arcata, CA	Katharina Woodworth	707-269-0345
6/25/05 - 6/26/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091

## **A NEW VISION**

11/05/04 - 11/07/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
12/03/04 - 12/05/04	Chloe	Cuernavaca, Mexico	Lourdes Fernandez	+52-777-316-91-68

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11/26/04 - 11/28/04	Chloe	Cuernavaca, Mexico	Lourdes Fernandez	+52-777-316-9168
1/28/05 - 1/30/05	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

## **ADVANCED MERIDIAN SEMINAR**

11/06/04 - 11/07/04	Chloe	Bellingham Part 1	Jennifer Johnson	360-384-1415
11/13/04 - 11/14/04	Chloe	Scottsdale Part 2	Ardis Ozborn	480-481-9023



■ NEW INFORMATION! ■



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**President** CAROLYN WINTER 416-410-2349

**Treasurer** CAROLYN CAMPORA 212-925-2815

**Transition Team** GAIL GLANVILLE 401-423-2480

**Certification** JENNIFER JOHNSON 360-384-1415

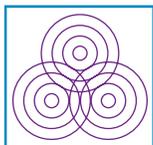
**Seminars** NETTA PFEIFFER 928-204-9960

**Volunteers** KATHIE JOBLIN 705-326-7873

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