

The

HR Journal

The official publication of the International Holographic Repatterning® Association



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Cover Image

Labyrinths are often used as modalities in our Holographic Repatterning sessions. The labyrinth on the cover is a reproduction of the original labyrinth in the nave floor of Notre Dame de Chartres, outside of Paris, France. Constructed according to the principles of sacred geometry circa the year 1201, the Chartres cathedral design is the ultimate adaptation of the ancient labyrinth symbol.

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The HR Journal

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HR's Impact Throughout the Planet

A Monthly Column on Holographic Repatterning in Countries Around the World

Update on HR in South Africa

By Ardis Ozborn,
Holographic Repatterning Teacher
and President of the Holographic
Re patterning Association Council

During my three amazing weeks in South Africa, I felt a real spirit of new beginnings. South Africa is changing and, along with it, the HR members are on board for the wave of change. I taught seminars as intensives, from Empowering through Meridian Patterns. The class pulled in the existing HR community who came to retake

along with new students. We worked on clearing up the past, letting go of what was, and moving into what is. There was a lot of re-inspiration about HR and an abundance of positive energy. In addition, I trained four new designated observers—Niki Kristos, Nicky Benson, Christine McNair, and Nina Frank—who are now certified to observe those interested in becoming Level 2 practitioners.

As HR continues to move out into the world, I was invited to be a guest on nationally broadcast radio talk show that focuses on alternative healers. The live interview went very well. During the interview, I gave out the HR website which, I have since learned, has had a lot of response. They asked me to do a follow-up interview, during which people could call in, but I was soon leaving the country. That interview may be arranged from here in the States.

Additional Note by Mala Naidoo,
Member of the HR South African
Council

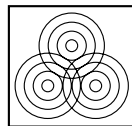
The highlight for many during Ardis' month here, was the group repatterning during the Chakra Seminar. An

educational and healing experience indeed! At the end of the seminar Ardis did a session on Holographic Repatterning in South Africa moving forward in all its strength and wisdom. So much sadness shifted in this session!! It was even more significant that Ardis, being the President of the Association in America, did the session. The South Africans felt this time things would certainly be different. Following this, a meeting to bring more structure into our South Africa Holographic Repatterning Association was set for Wed the 7th of April this year and every one was invited. The meeting was a success and The South African HR Association is on its way. It is safe to say that the stage has been set for some exciting change for HR in South Africa.

Editors Note: The next HR Journal will have more on the September conference in Mexico and the November issue will cover Chloe's engagements in Spain and the UK.

Chloe Presents Holographic Repatterning at ISSSEEM Conference

For the first time, HR Founder Chloe Faith Wordsworth is presenting a lecture on Holographic Repatterning at a major conference. Along with Joel Bennett, Ph.D., Chloe is speaking at The International Society for the Study of Subtle Energies and Energy Medicine Fourteenth Annual Conference. The conference will be held from June 24th through 30th in Colorado Springs, Colorado. Chloe and Joel are presenting on the evening of June 26th. If you are interested in attending, registration information is at: <http://www.issseem.org> or at 303-425-4625.



Conversations with Chloe

By Jeanne Supin

As Holographic Repatterning practitioners and teachers expand their HR work around the globe, the HR Journal invited Chloe Faith Wordsworth to tell her story and her vision of this powerful work. This is the first of several interviews with Chloe that took place in Spring 2004. In this article, Chloe talks eloquently about the people who influenced her early-on in the development of this extraordinary process for quantum change. Interviewer Jeanne Supin is a Level 1 practitioner from Boone, North Carolina.

Jeanne: *As a new practitioner and having recently completed seminars I am thunderstruck by the breadth and depth of information that is joined together to create Holographic Repatterning. What were your earliest influences and what inspired you to create such a broad, visionary healing system?*

Chloe: I was born into healing. I remember when I was about 7 or 8 years of age, my parents knew this very saintly woman, Dorothy, who would pray all night long and people would be healed. She was my hero as a child, and before going to bed at night I would pray that when I grew up I would be a healer like Dorothy. She made a very deep impression on me — what she did, how she helped people.

My father also made a very deep impression on me. He wanted to educate children in ways that were free, creative, and healing. He founded and ran an educational community based on naturopathic principles where I grew up and attended school. We ate organically grown food, were never given vaccinations or allopathic drugs, and enjoyed the

freedom to learn in ways that best suited our individual personalities, interests, and needs.

Later, at age 30, I heard about Dr. Randolph Stone and his polarity therapy. I took his last seminar before he retired at age 84, and he made an indelible impression on me. He stressed that everything is energy based, all pain is due to blocked energy. Release the flow of energy, and the pain disappears. This marked a true epiphany for me. This was the early 1970's and Dr. Stone was the first to introduce this concept of the importance of energy flow. At the time it was revolutionary.

Dorothy, my father, and Dr. Stone also showed me how important our spiritual lives are. Dorothy was a Christian mystic. She would travel into inner dimensions, and she experienced a miraculous healing cure herself. She wasn't just a spiritual healer — she also had this *deep* mystical understanding. My father also had a very deep spiritual base. He believed it was important to nurture our spiritual bodies, as well as our physical bodies. Dr. Stone, too. He spent many hours in meditation each night. His keen understanding radiated from his eyes. With every contact, every encounter he radiated this understanding and high spiritual essence.

I knew I wanted both a spiritual life and a life dedicated to healing. I learned from all three people that, of course, you can heal people. There's nothing extraordinary about it. Dorothy would pray for someone and, of course, the person would be healed. A paralyzed man would see Dr. Stone, and, of course, he could be healed. Without knowing anything about energy, I felt instinctively that healing yourself should be natural and easy. I could never relate to limitations, in life or in healing.

Jeanne: *What were the specific healing systems you learned and eventually incorporated into Holographic Repatterning?*

Chloe: In 1972, I was working at a drug and alcohol center and I began using polarity therapy, studying and applying Dr. Stone's work. I had the freedom to use whatever seemed to help clients—I did polarity therapy, I taught them yoga, ran communications groups. Five years later I went into private practice as a polarity therapist and yoga instructor. In 1977, I moved to Washington, D.C. where I continued teaching yoga, introduced polarity therapy to the D.C. area, and set up a two-year polarity training program.

During my years in D.C., I began to explore many new things. I thought I should know more about body work so I studied massage and cross-fiber therapy. (Cross-fiber therapy works across muscle fibers and is very powerful for any physical problem.) I used it successfully for cerebral palsy, whiplash, and other serious back problems. Cranial sacral work came later, followed by Jin Shin Jyutsu.

In 1982, at age 40, I decided to enter acupuncture school. Amazingly enough the institute closest to my home was also based in the Chinese 5-Element System which has a deep understanding of the spirit level relationship to disease. Energy was the focus, rather than symptoms. Professor J.R. Worsley was another genius who had a deep understanding of the levels beyond the physical and their importance in understanding disease. The 5-Element System teaches you to look at the spirit, mental, and emotional levels of any physical distress. You can address physical symptoms, but if the problem rests at any of the other levels, relief at the physical level is temporary at best. When the energy flow is harmonized at these deeper levels, true healing potential can manifest.

Attending the Traditional Acupuncture Institute was very powerful for me. Once again I recognized the significance of seeing the wholeness, being aware that each of us is body, emotions, mind, and spirit. Instinctively I understood this as a child through my upbringing and my experiences. Now as an adult I suddenly found healing systems that aligned with my childhood intuitions and offered the tools I needed to bring them into practice. When I brought that sense of connection to a client's whole being, it had a tremendous positive impact.

There were little things I learned with Dr. Worsley, as well. I would go to his clinic and just before he entered the patient's room, he would stop, pause, and I felt that he put his personality aside. Then he'd walk in the door and was 100 percent present. He would smell the air to pick up on the imbalanced element through smell. He would look at the color radiating from the patient and recognize the energetic,

element imbalance through color. He would listen to the sound of the person's voice and that would tell him about any imbalance that would further reinforce which element was out of harmony. He would project a certain quality to the person to see how they might respond—tell a joke or be deeply empathetic—as a way of sensing the emotional imbalance.

The 5-Elements are a map for understanding universal frequencies that can be applied to anything: education, intimate relationships, family relationships, and, of course, to physical, emotional, and mental well-being. This became a major foundation as I began to develop a process for quantum change that applies to every area of a person's life.

Jeanne: *Was there a defining moment when all that you learned suddenly came together to form the roots of Holographic Repatterning?*

Chloe: I practiced acupuncture for eight years, both in Washington, D.C. and in Scottsdale, Arizona. I then became involved with Edu-K which was another important influence. I had been using muscle checking for about 15 years,

using my elbow, my fingers, but without any sense of method or structure. I would muscle check for the modality—"client needs this or client needs that." However, it always felt random to me.

Edu-K offered a simple structure. Somebody does something—a child reads a line, you muscle check the child and she's off; she

does an Edu-K modality, you muscle check again and she's on. Many systems were using a similar process—One-Brain, Edu-K, Touch for Health. During these early days in the development of applied kinesiology, there was a great sharing and exploration of ideas concerning muscle checking.

When I "got" this simple structure, the lights went on. I realized I could apply this simple structure (Off, Do Something, On) to everything I had studied, integrating polarity therapy, movement, breath, the charka knowledge from India, the 5-Element System from China, extensive reading and workshops I'd done in psychology. I began to use this structure to identify the energetic cause of a problem at all levels and the specific modality needed to create quantum change in relation to that energetic block. This was the turning point in my development of Holographic Repatterning.

In the next edition of the HR Journal Chloe will describe the evolution of Holographic Repatterning and the people who helped the work grow. In subsequent HR Journal interviews, Chloe will describe the power of Holographic Repatterning and her vision for its future.

The Chinese 5-Elements are a map for understanding universal frequencies that can be applied to anything. This is a major foundation for quantum change that applies to every area of a person's life.

The Journey of the Holographic Repatterning Research Project

About two years ago, the HR Association initially approached Joel B. Bennett, PhD with the idea of conducting a scientific survey of HR practitioners and clients. The purpose of this survey was to advance our learning of how HR works and foster “mainstream” acceptance of the HR process for positive change. Through research, practitioners will be able to learn, as well as inform others, about the validity of HR. HR is still a very new (young) approach within the field of health sciences, an approach that has the potential to radically transform traditional scientific views of health and healing. At the same time, the scientific method can help us understand how HR works, and even improve upon our techniques. HR is itself a ‘holographic’ science, which means we seek to integrate and synthesize different wellness modalities in order to facilitate optimal health and positive transformation for clients.

Through research, we will be able to foster more widespread knowledge and acceptance of Holographic Repatterning as a legitimate way to promote health and well-being.

Dr. Bennett has a strong interest in helping us because he believes that HR theory and practice lends itself very nicely to scientific study. He has a solid background in survey research and has received grants to both study and promote employee well-being from the National Institute of Drug Abuse; the National Heart, Lung, and Blood Institute; and the Center for Substance Abuse Prevention. His work in the field of health promotion has received awards for being “evidence-based;” that is, the effects of interventions have been established in scientific experiments. Joel is himself an HR practitioner, and—as a scientist—he is committed to helping us study HR in an unbiased manner using scientific methods.

The HR Association has expert consultation and a committed staff to help carry out the initial stages of an important research project.

In November/December of 2002, Joel (with the help of Ella Nacht) worked together to develop a research proposal that would begin a formal study of HR. They submitted

this proposal to a scientific Institutional Review Board or IRB. An IRB is a board of experts that reviews proposals to determine whether studies safeguard the rights and welfare of human subjects and otherwise follows ethical guidelines established by the U.S. Office of Human Subjects Research (National Institutes of Health). **Some of you know the great news that the IRB at Seattle University approved the study in January of 2003!**

The project has been approved by an independent Scientific Review Board or IRB. The IRB found that the study conformed to guidelines for scientific rigor and ethics.

Since that time (14 months ago), the HR Association has been hard at work looking for ways to fund the study as well as to begin the process of using a scientific perspective to advance HR as a legitimate and reliable method for health and well-being. For example, Naneen Boyce and Jennifer Schiffmacher submitted a small grant that was turned down by the Sunshine Well Being Foundation. Joel also presented the study outline at the HR Conference in November, to enthusiastic response.

Most recently, Joel and Chloe submitted a proposal to present at the next conference of the “International Society for the Study of Subtle Energies and Energy Medicine” (ISSSEEM).

WE ARE EXCITED TO ANNOUNCE THAT the proposal has been ACCEPTED!!!

Our session is titled: “Holographic Repatterning, Creating Coherence in the Energy Matrix” and will be presented on June 26 (7:30–9:00 p.m.). The ISSSEEM conference takes place in Colorado Springs, CO from June 24 to June 30. If you are interested in ISSSEEM and wish to read ours and other session abstracts online visit <http://www.issseem.org>. Joel will discuss research and Chloe will give a power point presentation on Holographic Repatterning and do some short demonstrations.

Jim Oschman, a former HR conference presenter who is on the board of directors for ISSSEEM, told Chloe that medical doctors and physicists as well as a large body of lay people—all of whom are receptive to energy

medicine—come to this conference. **This is a huge opportunity for Holographic Repatterning to get on the map!**

Last month, the HR Council met to discuss the status of the research project. To conduct the entire study would require raising about \$50,000. Unfortunately, we have not raised enough funds to support the full project. After much thought, we have decided to scale back the project for now and conduct a small pilot study, in hopes of having enough data to present at the ISSSEEM conference. **We think the time is right to begin this study for many reasons**, including the generous and forward-looking efforts of Joel, Stephen, Ella, Naneen, Jennifer, Dorinda and others on the Research Vision Team; we now have the opportunity with ISSSEEM; and Chloe needs to include a scientific perspective in her new and upcoming book on HR.

HR has been provided with a HUGE opportunity: we have been accepted to present at the prestigious ISSSEEM conference with professional members open to learn about our work. They will be especially interested in any scientific data we have to support HR.

The pilot study will only take about \$5,000 to fund, due to the generosity of those involved. We cannot apply for a grant for this research in time so we have asked our

UPDATE Research Survey for Results of Holographic Repatterning Sessions

The Holographic Repatterning Research Project is well underway. This project is only able to happen because of you, the fabulous members of the Holographic Repatterning Association, and your thoughtful donations! We are so grateful for your donations and participation in the Research Project.

To date we have received more than half of our financial needs for completing this first stage of our Research Project, and we have received abundant offers by practitioners who will be participating in the project. And many thanks, also, to the following people for offering goods/services as an added incentive to anyone giving donations, as the name of each person goes into the raffle box for each \$20 donation, to receive a chance at:

- **One Registration Fee for the 2004 Conference** offered jointly by the USA and Mexican HR Associations
- **Three \$100 gift certificates offered by HR Sales**
- **Five Registrations to a series of six teleconference calls** with Chloe Faith Wordsworth, offered by Chloe
- **Private HR sessions, one each offered by the following teachers:** Jennifer Johnson, Ardis Ozborn, Victoria Benoit, Bobbie Martin, Dorinda Hartson, and Shady Sirotkin

The raffle drawing will be held on June 1, 2004.

Twenty-five practitioners are being guided through the process of getting survey information by Dr. Joel Bennett, our project director. The survey asks questions of the practitioners and their clients. That information is then gathered and entered into the computer by Ronna Loerch and the data is evaluated

membership for support. The response to our fundraising appeal and raffle has been very positive.

Holographic Repatterning has the potential of contributing to a new paradigm of science that will ultimately create more growth and positive transformation for others.

Holographic Repatterning has the potential to transform non-coherent patterns in individuals as well as groups of people. Through HR, we can shift perceptions to be aligned with a higher vision and life-enhancing purpose. These same principles apply to the area of science.

Like human beings, science itself evolves and transforms as new information and “ways of seeing” create a broader and deeper perception of reality. Scientists let go of old paradigms in order to advance their knowledge. Actually, the word “paradigm” means a pattern or model we hold as a way of understanding the world.

As we study the effects of HR, we have an opportunity to get the message of HR to a larger audience, and contribute to a new paradigm of science that will ultimately create more growth and positive transformation for others!

by Dr. Bennett. The survey results will be available to the membership. It is also the first step in our ongoing research program. Each step will go into more depth about the efficacy of Holographic Repatterning.

Because this is being conducted as formal research, it has status in the scientific community as well as the medical fields. This extra layer of credibility supports our efforts at taking HR out into the world. All of this could not have happened without each of you. Your enthusiasm, interest, support, and participation are the ingredients of our success.

Join us in this exciting endeavor by supporting this project at: www.holographic.org/research. All donations are welcome.

THANK YOU!!!!

The HR Research Vision Team: Dorinda Lee Hartson, Naneen Boyce, Ronna Loerch, Ella Nacht



Gail Noble Glanville, Level 2 Practitioner, Jamestown, Rhode Island



How did Holographic Repatterning come to you?

When I was living on St. Thomas, our wonderful teacher Tobey Milne came to the islands to visit her son, an architect in practice there. She began offering the foundation trainings in gorgeous settings on St. John. I had my own business there and had never heard of Holographic Repatterning until a psychic friend recommended the trainings. I took the ferry to St. John and had a session with Tobey...and knew instantly that I had to learn this inspiring kind of new work. Margot Zimmerman and I did several series of trainings there with Tobey, and then Ardis came to the island, along with a vast tropical storm, to teach us the Meridian-Chakra Repatterning. Later, I moved back to the States and worked with Naomi Kronlokken for my Accreditation. I've taken the whole series of trainings over again several times with Chloe (thank you!) and have been practicing in Rhode Island for seven years.

Why are you a Holographic Repatterning Practitioner?

I've learned from the Parental Repatterning how this work evolves from my parent's strengths. My father was a teacher and a highly creative inventor, holding several US patents for devices that managed the flow of energy. My mother's degree was in Social Work. Her inspiration was Eleanor Roosevelt and the work that she did at the Henry Street Settlement

House in New York. She, too, was highly creative, mostly in terms of creating beauty in interiors and the natural environment. So I can teach and serve, work with energy, create inner beauty and be inventive all within the context of Holographic Repatterning. It is filling, satisfying and gives my life meaning.

What have you gained from your experience with Holographic Repatterning?

It has helped me to lessen ego's hold and open the door to live in soul and spirit full-time. It allows me to hold the door open for others to do the same. What is exceptional about Holographic Repatterning is its ability to grow consciousness. We can talk about coherence, and releasing old patterns of limitation, but what really happens with repeated exposure to the process is that my awareness of energy, frequencies, and consciousness has significantly evolved. I can approach self-mastery, and teach others how to approach their self-mastery.

A Significant Experience with Holographic Repatterning

A client said the other day: "What I've most learned from you is that I don't have to stay sad, or angry all the time like I used to. I can set an intention and choose to change. And even when I'm happy, I know that it can change too, and that's OK. Because it's all energy and all available all the time from my heart."

He told of his experience the night before when he had decided to go to a jazz club where a local musician he knew was hosting a guest artist everyone wanted to hear. When my client arrived at the club, the first set had just finished and he was aware that the energy was subdued and "didn't feel good." He discovered that the guest artist had been delayed in Colorado, so the audience and his friend were

registering their disappointment. My client said to his musician friend: "That's OK. I'm going to sit up front and send you good energy for your second set. You'll be great." And he did just that. And the second set was wonderful. And the energy of the room transformed.

How do you maintain your practice as a business?

It took several years to come to terms with the "churn" factor and its accompanying stress. Holographic Repatterning is so effective (and we're so good at it!) that many clients find quick resolution to their problems, and vanish! I had the notion of building up a stable practice with weekly repeating sessions like traditional therapists I knew. I've since changed my idea about what I offer. Rather than worrying about the "churn," I focus on the larger picture of world service, one person-one session at a time. With each energy constriction release, with each shift out of non-coherence into coherence, I help to make the planet ever more beautiful. So tuning in at a higher more coherent level has stabilized both my perspective and my flow of clients.

Another thing that has worked is networking with traditional therapists who come for a session or two and then refer their patients who seem stuck. This client base has deep-seated issues and crippling histories. They are grateful to come for a series of sessions because they begin to realize significant change and movement in their lives in ways that didn't happen with the traditional therapies.

And...this is a comment about branding. I believe that we would be well served to use our full name, Holographic Repatterning, rather than HR. Our name describes exactly what we do and offer. As a practitioner, I offer to help you repattern your ancestral hologram. That's pretty powerful. Also"

HR” has a somewhat negative connotation, and truthfully, the Human Resources industry has prior claim to it. So I make an effort to consistently speak and write the full name, Holographic Repatterning, believing that it is my, our, best advertising statement.

Do you have a vision for the future of Holographic Repatterning?

Yes indeed. I see opportunity for Holographic Repatterning to grow...

first by adopting more business-like principles of marketing and centralized management. I think we're now at our quantum leap place and are ready to benefit from taking this next step.

A second idea is to grow by consciously developing Holographic Repatterning as a product for use by businesses and institutions. We can train and market Practitioners in a model that offers stress management, how to shift from

non-coherence to coherence, and the power of intention. Just those three pieces alone would be well-received and would make a significant difference to those working in the corporate world.

Gail lives in Jamestown, Rhode Island and can be reached at 401-423-2480 or gglanville@cox.net.

Prospering Now—Recurring Wealth

by Gail Noble Glanville

The soul is a circle. —Plato

Have you noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round...everything the Power of the World is done in a circle. —Black Elk

As you increase circulation (moving your energy in a circle), you increase wealth.

Because what goes around comes around, we can open ourselves up to more of the good we want in our lives by giving what we want to receive. If you want people to listen to you, make a point of listening more carefully to others. If you want more understanding, be more understanding of others. If you want greater material abundance, focus on giving your innate gifts and abilities. This commentary adapted from John Boldt's "The Tao of Abundance" suggests that giving more generates receiving more. Let's look at ways we can expand our circles of giving so we expand our circles of receiving.

In the New Energy, movement can leap out of the circle, out of the old circles of how we have always done things, and quantum leap into a spiral of increasing coherence and prosperity. In this session we look at our circles of abundance and how we might quantum leap into an upward spiral of expanding recurring wealth. Quantum leaps occur when the

circular momentum is at just the right place to take off, and an appropriate application of extra energy is applied at just the right place and time. When it is the right time and the right action, it takes very little effort and energy to make a quantum leap. (A quantum leap in New Physics is defined as a sudden moment when a large aggregate of random molecules suddenly come into alignment).

Our present circle of abundance in attunement with spirit provides "just enough" income to meet our everyday needs. There is an adequate circular exchange of our gifts for earned income, and even though our circle expands, our income remains "just enough." Thank you! Now let's define what spiraling prosperity looks like vs. circular prosperity. Spiraling prosperity creates "spiraling" rather than "circulation," and it can include:

Recurring wealth:

Regular clients who pay well over a long period of time

Additional services:

To provide more products and services to recurring clients

Bigger venues:

To reach and attract more clients

Technology ramp:

Using technology to amp up our universe

Subtle energies:

Using consciousness to draw in

high-level recurring wealth

Deep reserves:

Wealth in reserve so there is more than enough

New choices:

Travel, to gift and support others, to provide better self-care

What stops us from moving fully into our quantum leap spiral? Here are some obstacles:

I am accustomed to my present level of effort and rewardsheer laziness keeps me from changing.

I don't want to be caught up in "getting," or even caught up in desires.

There is a competitive stance that I bump up against in others if I am too successful.

Resentment and withholding love keeps my energy from spiraling up.

I hold back rather than putting my whole self into my efforts.

I lack the mental discipline to stay focused on high levels of conscious intention.

I wouldn't know how to handle a real exponential increase in wealth. I'm not big enough.

Recurring wealth and spiraling means exponential increase rather than sequential. *(continued on page 13)*

THE BASIS OF THE UNIVERSE

How Being Proxied into a Holographic Repatterning Session is Accomplished

By Brandy Reich, Colorado Springs, Colorado

One hundred fifty BILLION galaxies is a number so huge it hurts our heads to think of it. The outer reach of known matter is many light-years large. In the other direction is “inner space,” the sub-atomic levels. Matter there is so small that we can’t see it, can’t feel it, aren’t comfortable thinking about it. Why? Because we are made up of sub-atomic particles. Us and everything else. So let’s be brave and wrap our brains around some of these concepts.

Let’s start with atoms. Atoms are one of the basic building blocks of matter. An atom is more than a million times smaller than the thickness of a human hair. Atoms form the building blocks of the simplest substances—chemical elements. Each chemical element has one kind of atom. You are probably aware of hydrogen, oxygen, and iron. Compounds are more complicated substances of two or more atoms. Water is a compound where each molecule consists of two atoms of hydrogen linked to one atom of oxygen. H₂O.

Inside atoms are sub-atomic particles. Three basic types are protons, neutrons, and electrons. Each atom has a definite number of these particles. The protons and neutrons are crowded into the nucleus, at the center of the atom. Each proton and neutron has three even smaller parts within them called quarks.¹

This is the important part of what I’m trying to say.

If a hydrogen atom were about four miles in diameter, its nucleus would be no bigger than a tennis ball. The rest of an atom is mostly empty space. The electrons whirl through this space, around the nucleus, billions of trips each second. This fantastic

speed, coupled with the programming of human perception, makes atoms behave as if they were solid.

Another example is this: To see how many atoms are in an orange, imagine the orange is enlarged to the size of the earth. The atoms would be the size of tightly packed myriads and myriads of cherries. The nucleus inside each cherry-sized atom would be invisible. To see the nucleus, enlarge the atom to the size of a football field.... It would still be invisible.

Enlarge the nucleus to the size of a small mountain (the size of Castle Rock). The nucleus would be the size of a grain of salt. The electrons would be dust particles at the edge of the castle-sized mountain.²

Our perception causes us to believe that matter is solid. But if the doors to our perception were opened, all matter would appear as it really is—infinite. Non-finite, or without end. In fact, at the subatomic level, mass and energy change unceasingly into each other. That’s Einstein’s special theory of relativity: mass is energy and energy is mass. Where there is one, there is the other.³

What effect does our perception have on the world around us? It’s HUGE. And it’s all based on science, not metaphysics or feel-good pop psychology.

The evidence gathered in the development of quantum mechanics indicates that subatomic “particles” constantly appear to be making decisions. Subatomic particles seem to know instantaneously what decisions are made elsewhere, and elsewhere may be as far away as another galaxy! But how can that be? We are dealing with matter. A particle is present in space

and time. It’s either “here” or “there.” But at this basic level of energy/mass, particles are relating with each other in a dynamic and intimate way that we define as organic. They are conscious of each other. So on this basic level all the things in the universe (including us) that appear to exist independently are actually parts of one all-encompassing organic (conscious) pattern, and no parts of that pattern are ever really separate from it or each other.⁵

In 1803, Thomas Young conducted an experiment, which proved that light was wave-like in structure. In the early 1900’s Albert Einstein “proved” that light is particle-like. But a wave can’t be a particle and a particle can’t be a wave. Our perception of either a particle or a wave is a matter of choice based on the equipment we want to use to “prove” one or the other of what is essentially a “both” situation. In other words, we have a choice as to how we want to perceive these particles of energy.

And what is really amazing is that the photons themselves exhibit consciousness as they instantaneously choose how they want to form.

Some of you may be familiar with the book, *The Message from Water*, in which Masaru Emoto showed crystals of frozen water from various sources such as polluted rivers and beautiful clear springs. The former had ugly misshapen crystal structures and the latter were ethereally beautiful. Next he showed the same polarity of crystal structure between water exposed to various forms of music, which range from classical to hard rock. He carried this experiment into the area of “subjectiveness” by identifying the

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BRINGING YOUR HR PRESENTATION INTO THE COMMUNITY

By Georgia Miles, Level 2 Practitioner and *Empowering* Teacher, North Carolina

During one of my Holographic Repatterning introductory talks in Asheville, a social worker told me she had just heard the name "Holographic Repatterning" and felt immediately that she had to take the seminars. She had overheard a co-worker talking about it on the phone and, after questioning her closely, showed up at the meeting with the seminar schedule printed out and ready to transform her life. When I meet someone like this, I remember that this process changes lives and moves individuals out of the doldrums into joy. I also feel reinspired to inform as many people as possible about this wonderful opportunity to learn the HR process for positive change for themselves and for others.

We may feel like we have spent years trying to find the right words to convey to people what HR is and how remarkable it is. Here is one version of my explanation of HR that you are welcome to use: **Holographic Repatterning is a process that anyone can learn to do for themselves and others that enables them to identify and transform the unconscious patterns, limiting beliefs, and energy constrictions that are stuck in their systems and underlay all their problems whether they be on the physical, emotional, mental, or spirit levels, or in relationship, health, money, business—in other words, just about anything you can think of.** Almost every day I see unbelievable shifts in the lives of my clients, other practitioners and students, not to mention my own life, from using the HR process. Of course our own resonance is more important than any words, so we keep doing sessions on ourselves.

When we think of moving Holographic

Repatterning into our communities, we may feel reluctant or hopeless, especially if we live or work in areas that are not familiar with alternative health processes and seem resistant to new things. If you find yourself in that state of mind as a student or practitioner, I suggest rereading the inspiring HR Journal March and May 2003 articles about Michele Bongiorno's and Didi Madden's work at the Highbridge Community Life Center in New York. Michele took a chance, followed the opportunity, and now the social workers there are doing HR very successfully with their clients.

I also have found that if I make the effort to arrange talks and put myself out there, just the right people will show up. For a year I basically stayed home in the small town in North Carolina where I moved to help my mother and family, thinking that there was no one that would be interested in HR (self-worth issue? fear of criticism?). Gradually I began to do presentations for local groups and health food stores and have actually taught the *Empowering* seminar here four times. Right now, I am working with people in this area who love HR and want to include it in their organization working with the TBI (Traumatic Brain Injured) population.

One good way to use HR to connect with people is to get a booth at the local health fairs or set up for a day at the local health food store. Put up a sign that indicates you are simply offering to muscle check people attending to see which modality will energize, focus or relax them in that moment. People can see you doing cross-crawls or toning a note and want to know what you're doing. When they do the modality, they usually feel the difference right there

and you can then give them more information on HR. Keep it simple. Doing a modality gets the "energy humming" as Donna Eden expresses it in her book, *Energy Medicine*. This is no small event because when our energy is humming, we feel fabulous!

Recently, I've begun to connect my HR presentations to various relevant topics. For example, I did a talk for the local raw food group where I discussed the acid/alkaline balance and how stress affects that balance and therefore our health and well-being. It was then easy to talk about how Holographic Repatterning releases stress from our systems and the value of having an HR session or taking the seminars.

Frequently in my talks, I will use the scientific information that is so beautifully described in Chloe's HR books and the HR Journals. I recommend getting Bruce Lipton's video *The Biology of Belief* and learning about his perspectives and how they relate to HR. (www.bruce-lipton.com) I especially like his explanation of what happens in the cells due to our perceptions about life — that the cell can only go into "protection/degeneration" or "growth/regeneration." These days, he says that people tend to stay mostly in protection and our cells are then dying. Ideally, we can go into protection if we need to, but we want to be mostly in growth and HR helps us stay in growth mode.

Again, I think it's best to use simple explanations and then relate them to our lives and then explain how HR helps.

For Homeopathic study groups or Reiki groups, you can talk about how HR reorganizes and realigns the

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Practitioners' Yahoo Chat Group You Are Invited!

Have you ever been in the middle of a session and asked yourself, "OK, what am I supposed to be doing here?" and wished you could get an "official" answer? Or wanted to understand something about a session process more fully? Or share some wonderful insights you've gotten? Have you ever wanted to connect with other HR practitioners in your area, or around the world? Catch up with friends from the conference or trade sessions? Find out what other HR communities are doing to spread HR? Or learn more about things that could benefit your practice?

Thanks to the internet, there is a way to connect to each other, get answers to our questions, and have an HR community for practitioners that's available around the world, 24 hours a day, 7 days a week, and you are now officially invited to participate! An on-line group has been set up for HR

Participation is easy. Send an email to the address:
HR_Practitioners@yahoogroups.com.

Customize your profile at the group site so that you get email once a day or only when you access it at the site:

http://health.groups.yahoo.com/group/HR_Practitioners

practitioners where these needs can be met and communication can flow "at the speed of the light." The HR Teachers will be there, too, and have kindly agreed to make themselves available to respond to technical questions.

When you send email to this address, everyone in the group gets the email, too. (It's a little like getting the floor at the HR conference!) You can receive email as it is posted or customize your profile at the group site so that you get email once a day or only when you access it at the site: http://health.groups.yahoo.com/group/HR_Practitioners

Want to join in? To subscribe to the group, find the link on the HRA site in the HR Practitioners Bulletin Board area. (The link is: <http://www.holographic.org/yahoo>). When you sign up, you may receive a couple of notes

asking to confirm your ownership of the email address you have submitted and your status as an HR_Practitioner. This is to keep the group private and safe for HR practitioners—the group is not listed at the yahoo groups site and none of the posts or membership information are available outside of the group. This allows practitioners to freely discuss issues.

If you have any questions about joining or participating in the group, Lynn Larson is the group moderator and can be reached at (512)869-7903, lynn@satori.com, or worldpeacehr@yahoo.com.

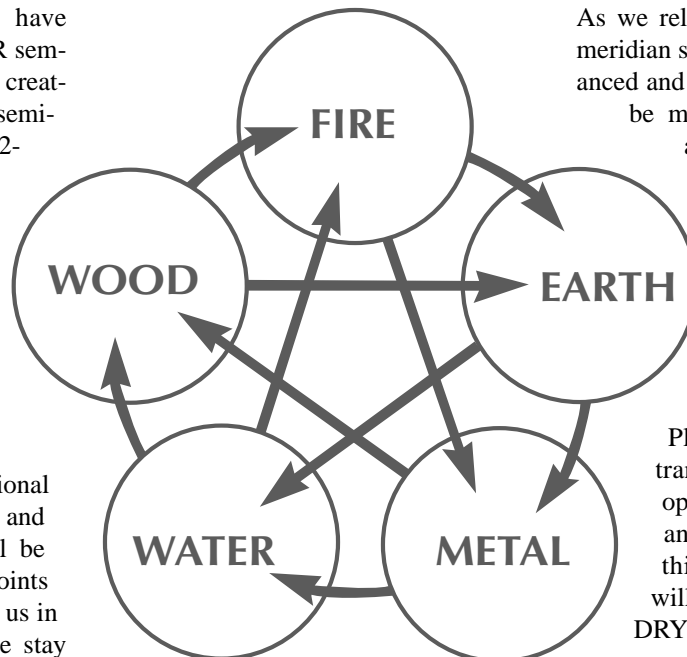
Come join in!

* If you haven't received an invitation via email, you may want to check your email listing with Naneen at the HR Association office: 505-533-6060 or hra@holographic.org.

Chloe's New Advanced Meridian Seminar

Practitioners and students have asked Chloe to develop more HR seminars and she has responded by creating an exciting, new advanced seminar. Chloe will be teaching this 2-day advanced seminar in Scottsdale, AZ, July 31– Aug 1. This is the only time she will be offering this seminar in the USA in 2004. The requirements for attendance are completion of the basic training through Transforming Meridian Patterns.

Chloe will give an inspirational overview of the Five Elements and the Meridian systems. She will be teaching specific acupuncture points for self healing that will support us in resolving our own issues so we stay relaxed and grounded during our sessions and in our daily lives.



As we release blocked energy in our meridian system we become more balanced and confident. This allows us to be more skilled as practitioners and enhances the quality of our sessions.

It is easy to create high skills when our own energy is flowing. Once we open these key reservoirs, our new possibilities are limitless!!

Please take this opportunity to transform your energies and open the flow of your meridians. Come to Scottsdale for this wonderful weekend. It will be HOT but it will be a DRY HEAT!!!

To register contact Ardis Ozborn at 480-481-9023 or ozardis@earthlink.net

Prospering Now—Recurring Wealth

(continued from page 9)

It requires a shift in thinking from linear third dimension to unlimited multi-dimensional perspectives. It would mean for example that each person we see sends us not one client but ten clients. What would it take to create that result? It's not that we're not good enough at what we do and offer, it's that we don't entertain the possibility and therefore the language to set that possibility in motion. What would it take to internalize the Fibonacci sequence to such a degree that everything we touch grows in the elegant matching spiral of a nautilus shell? Once our obstacles are removed, it requires that we resonate with this new possibility of 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 235, etc. as our model for recurring wealth. This sequence is innate, in our bodies, and in nature. Let's activate it!

"In order to fly, you have to give up the ground you are standing on. Humanity conceived of quantum leaps in order to prepare itself to make them.

The art of leaping needs to be taught. Education, physics, sociology, psychology, spirituality, anthropology and medicine are among the systems of knowledge ready for renovation. They are stretching to make their circles big enough to contain their expanding awareness, but they must spiral. They must leap...and they must teach leaping".

—Elia Wise

To model leaping and to teach leaping, our intentions to orient to this new possibility might include:

I expand my circle of giving and receiving. I create and give more and so I receive more in ever-spiraling circles of influence.

My money flow increases exponentially so I have more to give, and more to earn.

I intentionally focus on dynamic multi-dimensional expansion using images of expanding geometries.

Recurring wealth matches my expanding awareness, matches my new language.

I recognize and act on the opportunities for growth inherent in teaching the art of leaping.

Have fun as you resonate with leaping into exponential geometries!

Bringing Your HR Presentation into the Community

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energy field. For meditation groups, you can demonstrate the power of HR to help us relax, go inward and focus. I'm sure there are many fascinating ways to present HR to the public and I encourage all of us to have courage and keep exploring.

We are explorers. We are always moving into the unknown and clearing the tangled brush in front of us. It may seem difficult or even like nothing at times, but eventually we will see the value of every movement we make to heal ourselves and to share HR with others.

Georgia Miles
Accredited Holographic Repatterning
Practitioner & Teacher
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The Basis of the Universe

(continued from page 10)

crystalline structure of water in which positive and negative words had been taped to the containers. Amazingly, the same range of "ugly to beautiful" presented itself.⁵

This will help all of us to see:

1. The underlying connections at the sub-atomic level that we all share. We perceive ourselves as separate and distinct individuals who exert influences on each other to a limited and somewhat random extent. In reality, we exist in a sea of energy and are intimately connected with everything in our universe at the level of sub-atomic energy.

2. Our intentions, or expectations, exert a tremendous influence on us. Our thoughts have a direct bearing on our well-being and the shape of our (perceived) little section of the universe. We can spiral up or down in any given situation, based on our perception of that experience.

Being proxied into an HR session works because of both of those factors. We acknowledge the inherent interconnectedness of matter, and we voluntarily allow that connection to influence our resonance with the other participants.

Sources:

¹ *World Book Encyclopedia* 1986 edition pg. 836

² *Mindwalk*, a video based on "The Turning Point" by Fritjof Capra

³ *The Dancing Wu Li Masters*, by Gary Zukav, page 32

⁴ *The Dancing Wu Li Masters*, page 48

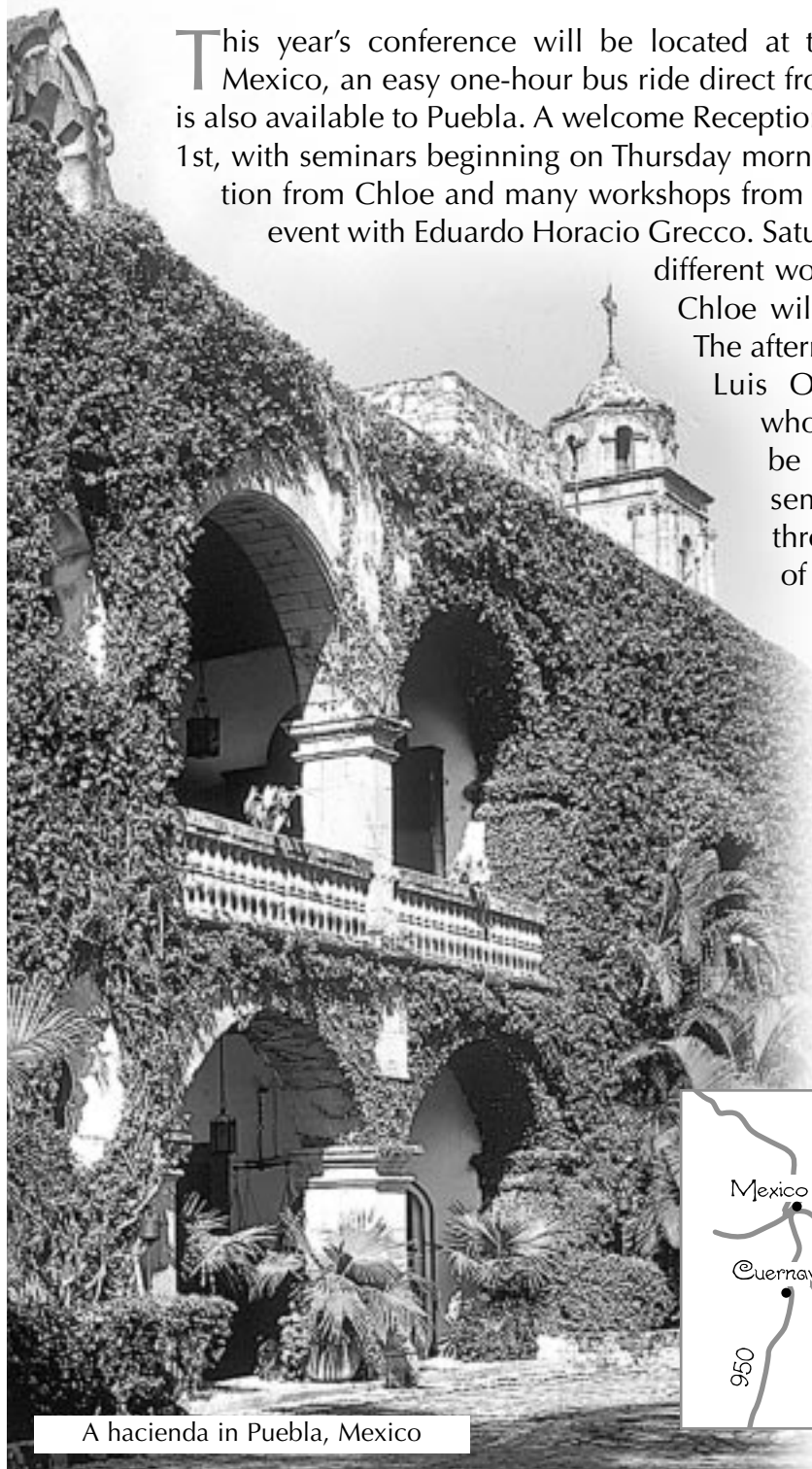
⁵ *The Message from Water*, by Masaru

Brandy lives in Colorado Springs, CO and can be reached at 719-598-3376 or sunflower1650@aol.com

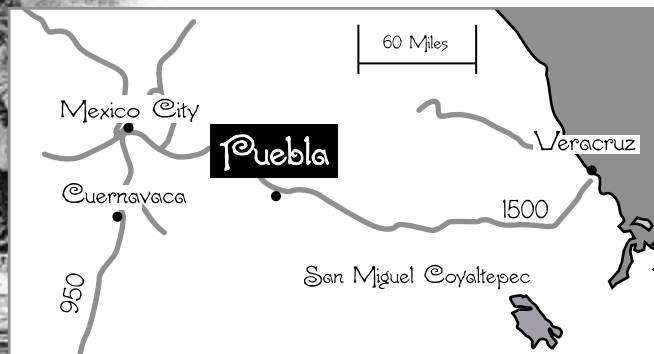
2004 International Holographic Repatterning Conference

Talks, Seminars and Presenters

This year's conference will be located at the Crowne Plaza Hotel in Puebla, Mexico, an easy one-hour bus ride direct from the Mexico City Airport. Air travel is also available to Puebla. A welcome Reception will be held Wednesday, September 1st, with seminars beginning on Thursday morning, September 2nd, with a presentation from Chloe and many workshops from which to choose. Friday is an all-day event with Eduardo Horacio Grecco. Saturday, September 4th, will feature four different workshops. On Sunday, September 5th, Chloe will address the group in the morning. The afternoon session will be presented by Dr. Luis Ortiz Oscoy, an exciting presenter whose information on neuropeptides will be a great follow-up to Bruce Lipton's seminar last year. For those staying through Monday, the 6th, it can be a day of tutorials and/or touring the wonderful town of Puebla. Special tours of historic and ancient sites are being arranged for us. In addition, there may be one more post-conference workshop, which is in the process of being confirmed. Please come and join us in the rich week of learning, exploring and receiving the wonderful, warm hospitality of our Mexican friends. The whole Conference is oriented around bonding and opening the heart.



A hacienda in Puebla, Mexico



Editor's Note: This is a partial list and is subject to updates. You will receive more information on seminars, presenters, accommodations, and transportation by mail and email.

PLANETARY FREQUENCIES WORKSHOP

By Yuriria Robles, Empowering Teacher

In this workshop we will review the planetary frequencies of the Sun, Moon, Mercury, Venus and Mars. Through HR, each one of the attendees will get in touch with their own planetary energy through sessions and modalities for each frequency, such as movement, sound and image. Connecting with our personal planetary coherence is the main objective of this workshop. We selected the Sun as the frequency that touches our vitality, the Moon, our sensibility, Mercury our capacity to adapt, Venus, bonding with others and Mars, contact with our action and passion. We invite you to explore your personal planetary frequencies.



The following will be a full one day seminar from our guest keynote presenter:

SEXUALITY, EROTICISM AND LOVE BONDS

By Eduardo Horacio Grecco

In the same way that personality is the pivot of existence, bonds are the key to the evolution process. In our lives, our bonds with others represent a mirror where we can see the material out of which our souls are made and also become masters of our own growth. It is through others that we learn to discover ourselves. Each one of our encounters is a date. Each date becomes an opportunity for learning and we can see where our personality many times offers resistance. These resistances are due to our attachments and transferences, and as we grow, we learn how to allow the Soul to do its job. In each encounter and non encounter, there is always a reason of the Soul to be revealed. There are no agreements or ruptures that are casual or that we do not deserve. Everything always makes sense. Based on this, we will explore several concepts such as: Soul and Personality, Encounters and Non Encounters, Family and Life Patterns, Bonding Archetypes, Love and Power, Sexuality, Seduction and Eroticism, Body, Emotion and Soul, among others.



Biography of Eduardo H. Grecco

I was born in Buenos Aires, Argentina. At present, I live in Mexico, in the city of Cuernavaca, where flowers and green are present all year round and where I learned to enjoy not being in a hurry.

My formal studies were in Psychology, but further on, Psychoanalysis, a discipline I taught for many years. My therapeutic orientation and my need to find answers and tools for the problems and conflicts I heard about daily led me to discover fields like Bioenergetics, Transpersonal Psychology, Jungian Psychology, Psychosomatics and the Emotional Reading of the Body. For some time, I was the President of the Argentinean Psychopathology Association. Psychopathology had a gift for me: my interest for emotions and understanding how those emotions that we do not express become sickness...symptoms appear instead of a missing emotion. Once I read Theillard de Chardin and Edward Bach, I realized that the Earth is a school where we have come to learn, and that symptoms are not negative, but are signs that speak to us about attachments that hinder our growth.

My encounter with Flower Essence Therapy was not casual—like Argentinean author Jorge Luis Borges says, “it is a date.” I became a patient and after acknowledging the healing effects it had on my health and my life, I began studying and researching Flower Essence Therapy, which after 20 years is now part of my therapeutic “tool box.” I became a teacher and world expert on Flower Essence Therapy, and part of my life now is dedicated to traveling to speak at conferences in Argentina, Chile, Italy, Mexico, USA, Costa Rica, Cuba, Nicaragua and Spain. As a summary of my work in natural medicine, I received the “Benedict Lust” Naturopathic International Award in 2003 in the city of Malaga in Spain.

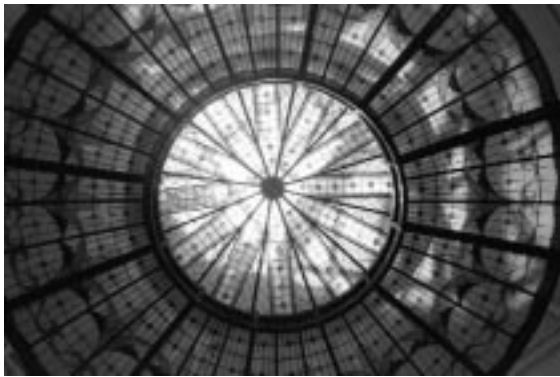
I discovered bipolarity the same way I discovered Flower Essence Therapy, as a patient. Like many other brothers suffering the same illness, diagnosis came late and amidst a profound existential crisis. I made my way through it and began facing the slogans used with bipolar patients which I summarize as: stability at all costs, hopeless pathology. With this perspective, I began searching and experimenting, and little by little, finding answers. For the past 13 years, I have dedicated myself to work with bipolar patients and am putting together what I’ve learned in seminars, books and conferences, some of them apparently not connected, but always somewhere near bipolarity.

Dr. Grecco is the author of more than 28 books on the topics which have been present throughout his life.

HOW TO LIVE WITH MINIMAL EFFORT AND OBTAIN MAXIMUM RESULTS

Workshop by Lourdes Fernandez Palazuelos, HR Teacher

Inside ourselves we have the natural signs that enable us to reach anything we want in life in an effortless, easy, fast, loving and happy manner. We can attune to the natural codes that allow daily reality to be full of passion and safe at the same time, we have the clues that lead us to unconditional love.



Glass Dome, Puebla

We invite you to participate in this adventure, discovering that you are able to become extraordinary, live every step you take and enjoy the peace produced by the certainty of perfection.

EDUCATION, LEARNING AND THE REPTILIAN BRAIN

Workshop by Lourdes Fernandez Palazuelos, HR Teacher

In this workshop we will experience those alarm signals that obstruct successful learning in life, school, our work



or our relations. We will learn what is impeding us to communicate that which is essential for our lives, for team work or living with our family. How to communicate and receive others' messages with a maximum learning, a deep change, feeling relaxed and how to feel safe under

any circumstance, moving in a group without losing ourselves and learning from others. Share this fun experience with us. Wonderful for any type of audience, including children.

EXPLORING OUR SHADOW SIDE

Workshop with Karine Bourcart

We have many fears which we often cannot face and, when they remain in denial and unexplored, they are said to be our shadow. We expend a great deal of energy keeping these fears at bay, both personally and through social taboos. We also, then, are unconsciously afraid to connect with this place of fear in our clients, or we feel unfamiliar and awkward as to how to approach this place. This



both limits us from living our lives to the fullest, and it limits our ability to facilitate our clients in their healing process. This shadow side may include fear of death, of madness, (which by its nature includes fear of life and fear of our power), hopelessness, grief, and more.

This seminar is about bringing that which is in shadow into the light of day, and to de-mystify these fears through compassion, love, laughter and play, gentleness and ease. It will be done in a setting of safety, which both accepts the depth of the theme and gives it the respect it needs. Transformation can often come in areas where children will go and play, but the adults just stay silent. Move here, though the shadow, into the light which waits on the other side.

HOLOGRAPHIC REPATTERNING PROVIDES A PROCESS FOR QUANTUM CHANGE – QUANTUM CHANGE MADE EASY

Half-day presentation by Chloe Faith Wordsworth, founder and developer of Holographic Repatterning



This is a presentation for practitioners that gives the background information about what quantum change is, and how this change happens in our lives. In Holographic Repatterning, we can have quantum change because we are accessing the energy system of who we are, and we are healing the energy matrix. This presentation will deepen our understanding about why the amazing results we see in Holographic Repatterning are possible. Chloe will go into the overview of how the energy steps down into our chakra system, and she will create the context for understanding our energy, and our ability to shift from one frequency to another. She will also bring this all to life with real stories from real people who have experienced amazing results from the application of this wonderful tool!

PRINCIPLES OF QUANTUM PHYSICS IN RELATIONSHIP

(Based on the book, Events in the Elsewhere by Dorinda Lee Hartson)

Seminar leaders: Dorinda Lee Hartson & Shady Sirotkin

Quantum physics is about an invisible world of sub-atomic particles, the stuff we are made of. We don't see that world and we are



not aware of the trillions of atoms of which we are made. But there is an invisible world we are aware of and that is the one of our minds and

hearts whose thoughts and feelings are just as intangible as an atom.

Though they seem like worlds apart—thoughts and atoms—the principles of quantum physics apply equally well to the landscape of the sub-atomic world and our internal landscape.

In this experiential seminar we are going to explore relationship through five fundamental principles of Quantum Physics: Relativity, Uncertainty, Probability, Complementarity, and the Quantum Jump. We will learn their meaning in terms of our daily lives. In a fun and interactive way, we will also learn a little science.

USING ART IN YOUR HR SESSIONS

Maite Herrera-Lasso



Maite, teacher of *Empowering Yourself with Holographic Repatterning* in Mexico, has also been teaching Art Therapy for many years. She will be teaching about working with art as a resource for us in our sessions, integrating it into HR. Art as therapy and art as a healing modality

has many expressions and applications in our work, and becomes a powerful tool for change.

GUEST SPEAKER

Vijali Hamilton

Vijali Hamilton will be a guest speaker and performer for two of our evening gatherings in Puebla. You will be inspired and moved by her and her work.



Vijali in front of Achilli Pachacamac, the sculpture she carved with the help of the community in Peguche, outside of Otavalo in the Andes of Ecuador

Vijali, a visionary multimedia artist, sculptor, poet, and musician is the originator of Earth Mandala. This work, a global peace project, combines sculptures in living rock and community ritual-based theater. Her work includes education, art, spirituality, peace activism, and focuses attention on the resolution of environmental, spiritual, and social problems. Earth Mandala is an artistic forum for global understanding. It activates awareness of our interconnection with all life.

Vijali writes: “The world became my studio. I was a pilgrim who made offerings and gave voice and form to the spirit of the earth and the people I met along the way. I

kept expanding the borders of what sculpture was, what art was, integrating it more and more into life itself—the people around me; their problems, their hopes, their dreams of the future. I saw that at the root of these problems is the misunderstanding of ourselves as separate, isolated beings needing to exploit the earth and each other for our gain. This dualistic way of thinking is the direct cause of our ecological and social problems which is rapidly leading us toward global disaster.

As soon as I arrived in a country, I would ask each person I meet three questions:

1. What is our essence?
2. What is our sickness, our imbalance ... personally, communally and globally?
3. What can heal this sickness, what can bring us into balance?”

Her life has become an exploration of how we can live together and work creatively to heal our world. Visit www.vijali.net to learn more about Vijali Hamilton.



Governor's Palace, Puebla

A very exciting and rich learning experience is being planned for you this year in Mexico. Our intention is to make your travel experience easy and hassle free. Please make your hotel reservations early. Rooms at the Crowne Plaza - our home base for this year's event—are on a "first come, first served" basis. Prices are reasonable and include food, receptions and all gratuities. **Go to <http://www.holographic.org/hotel> or call 01-800-22-67 600** today and book your room. Be sure to mention the Holographic Repatterning Conference. If you have logistical questions or need help making a reservation, call our local HR conference coordinator in Mexico City, Huberta (Berti) Burkart 01-52-555-593-8883 or email her at: bbprofessional@hotmail.com. See you in September!



■ HR PRACTITIONERS ■



This information was current as of press time. For most recent updated information, visit the HR Web site at www.holographic.org. To update your information, please email the HR Assn office at 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*

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Himmelfarb•		
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Diarmuid Milligan	650-615-9543	Millbrae
Malaika Namara•	707-773-3366	Petaluma
Cynthia Paul•	310-582-6424	Venice
Joan Rood	714-429-9228	Costa Mesa
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Lee Cronn	719-634-4294	Colo.Springs
Maggie Honton•	719-583-2885	Pueblo

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Cris Ann Mulreed	203-761-1309	Wilton
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Bonnie Chan	808-485-2248	Aiea
Claudia Fujinaga	808-521-4857	Honolulu
Lynn Morgan	808-722-3581	Honolulu

Idaho

Romey Stuckart	208-255-2267	Hope
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Illinois

Janet Harrison	312-822-0099	Chicago
Joan Leigh	815-942-0005	Morris
Marjorie Soule PhD	847-475-8825	Evanston
Jeanie Wheeler	847-604-4477	Evanston

Iowa

Sally Gavre•	641-472-6112	Fairfield
Janet Swartz•	641-472-6486	Fairfield

Kansas

Tina Merritt	913-287-7231	Kansas City
--------------	--------------	-------------

Maine

Sally Herr	207-879-6007	Portland
Naomi Kronlokken•	207-774-3465	Portland
Lucinda Talbot	207-338-9528	Belfast

Maryland

Tina Beneman	410-252-3333	Reisterstown
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Massachusetts

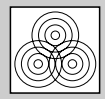
Ray Iasiello	617-739-8455	Brookline
Alicia Sinicrope	617-364-7025	Milton
Susana Sori•	416-924-7912	Boston
Elizabeth Tobin	617-469-2930	Boston

Michigan

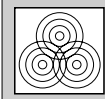
Mandira Gazal	616-361-2118	Grand Rapids
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Missouri

Terry Blakesley•	816-753-5100	Kansas City
Bobbie Martin	816-363-0091	Kansas City
Wendy Teague•❖	816-833-8304	Independence
Wendie Theus	816-309-0219	Kansas City



■ HR PRACTITIONERS ■



Montana

Adele Zimmerman 406-755-4905 Kalispel

New Jersey

Ellen Shapiro 973-655-1745 Montclair

New Mexico

Naneen Boyce• 505-533-6060 Aragon
 Rudrani Brand 505-897-1355 Albuquerque
 Jan DeRusha 505-821-7194 Albuquerque
 Emily Porter• 505-232-3637 Albuquerque
Shady Sirotkin• 505-254-2173 Albuquerque

New York

Michelle Bongiorno• 845-434-7467 Hurleyville
 Carolyn Campora 212-925-2815 New York City
 Meryl Chodosh-Weiss• 212-628-8260 NYC
 Victoria De Masi 630-271-8926 Melville
 Kenya DeRosa• 212-252-4715 NYC
 Leslie Jenney 718-638-4690 Brooklyn
 Eileen Martin 646-602-2079 NYC
 Priscilla Martin 212-674-6460 NYC
Susan Pasternack 845-679-8079 Shady
 Ellen Shapiro 973-655-1745 NYC
 Janene Sneider 212-352-9680 NYC

North Carolina

Quiana 828-298-6191 Asheville
 Ele'AnAriel•
 Annie Hassell 919-309-9345 Durham
 Georgia Miles• 828-267-6466 Hickory
 Tobey Milne• 252-261-6052 So. Shores
 Helene Zahn-Chilberg 910-431-6678 Wilmington

Oklahoma

Mary Cameris 918-488-8454 Tulsa

Oregon

Sally Brunell 503-682-6147 Sherwood
 Ted Brunell 503-682-6147 Sherwood
 Anne Chozinski 541-487-4877 Alsea
 Pamela Joy 541-482-5330 Ashland
 Karen Taylor 541-488-5781 Ashland

Rhode Island

Gail Glanville 401-423-2480 Jamestown
 Vivienne Turkington 401-783-8281 Wakefield

South Carolina

Kathie Smith 803-366-9453 Rock Hill

Tennessee

Marcelle Evans• 901-272-0375 Memphis
 Laura Frisbie 865-850-0011 Knoxville

Texas

Jan Bennett 817-849-1710 Fort Worth
 Nancy Crossthaite 512-450-1148 Austin
 Ann DeRulle 972-733-1719 Dallas
 Jill Humphreys 512-922-6434 Austin

Eileen Johnson 512-836-1573 Austin
 Lynn Larson•❖ 512-869-7903 Georgetown
Sue-Anne MacGregor• 972-898-8833 Dallas

MacGregor•
 Citlali Penafiel 210-979-0273 San Antonio
 Elizabeth Polinard 830-868-2344 Johnson City
Sylvi Salinas 512-389-3990 Austin
 Sandra Stringer 512-306-8422 Austin

US Virgin Islands

Margot Zimmerman 340-777-3954 St. Thomas

Utah

Jayne Lowe 435-634-1736 St. George
 Penny Paccassi 435-851-4305 Mt. Pleasant

Washington

Joyce Busch 360-715-3009 Bellingham
 Jennifer Evans 206-984-7941 Seattle
Jennifer Johnson• 360-384-1415 Ferndale
Ella Nacht 425-885-6266 Redmond
 Barbara Setters 206-232-1208 Mercer Island
Victoria Tennant 360-705-3009 Olympia

Washington, D.C.

Stacey Coates 202-362-1302 Washington, D.C.

West Virginia

Susan Wisniewski•❖ 304-876-3957 Shepherdstown

AUSTRALIA

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 Lesley Gruzin +61-2-9440-2540 Sydney
 Kathy Halay +61-2-4782-9091 Sydney
 Ruth Henderson +61-2-9687-6420 Sydney
 Rod McLean• +61-2-4946-6136 Newcastle
 Jennifer Moalem +61-2-9389-8915 Sydney
 Vikki Sky +61-2-9489-2257 Sydney
 Carolyn Tyrer•❖ +61-2-9918-4353 Sydney

South Australia

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Western Australia

Yvonne Bost-Brown +61-8-9285-0476 Perth

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Michael Fisher•❖ 604-264-9011 Vancouver

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 Kathie Joblin 705-326-7873 Orilla
 Dr. Ana Lulic-Hrvojic 416-531-2660 Toronto
 Leah MacLeod•❖ 905-880-3779 Palgrave
 Carolyn Winter•❖ 416-410-2349 Toronto



■ HR PRACTITIONERS ■



Quebec

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 Andrea Herrera +56-2-215-20-60 Santiago
 Clara Olivares +56-2-343-62-79 Santiago
 Consuelo Castro +56-2-846-81-96 Santiago

GERMANY

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JAPAN

Reiko Sakai leikosakai@yahoo.com Tokyo

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 Olguin Guitierrez

Estado de Mexico

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Mexico D.F.

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 Gladys Brawer +52-555-291-89-97 Mexico City
 Huberta Burkart +52-555-593-88-83 Mexico City
 Zoila Mejia +52-555-277-71-53 Mexico City
 Gamboa
 Herminia +52-555-254-67-69 Mexico City
 Grootenboer
 Maite Herrera-Lasso +52-555-631-63-77 Mexico City
 Claudia Millan +52-555-281-27-70 Mexico City
 Mar Ruiz Ortega +52-555-589-11-95 Mexico City
 Silvia Puente +52-555-529-41-74 Mexico City
 Yuriria Robles +52-555-668-10-35 Mexico City
 de Miranda
 Marisela Sanchez +52-555-33-79-80 Mexico City
 Pardo
 Judith Urbina- +52-555-703-29-03 Mexico City
 Rojas•

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Alicia Balderrama +52-777-326-03-78 Cuernavaca
 Carin Block Bucher• +52-777-311-24-96 Cuernavaca
Karine Bourcart• +52-739-395-00-77 Tepoztlan

Brigitte Bret +52-777-361-91-69 Cuernavaca
 Margara Graf +52-739-395-00-77 Tepoztlan
 Ibarquengoitia

Laura Larios +52-777-321-90-66 Cuernavaca
 Adriana Monroy +52-777-317-61-36 Cuernavaca
 Victoria Ortiz Mena +52-777-317-77-92 Cuernavaca
Lourdes Fernandez Palazuelos• +52-777-316-91-68 Cuernavaca

Leopoldina Rendon +52-777-318-82-58 Cuernavaca
 Pineda
 Anne Signoret +52-777-326-23-50 Cuernavaca

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 Azpiri Avendaño

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 Chriselda McMillan +64-4-569-9019 Lower Hutt
 Amanda O'Connor +64-6-845-0198 Napier
 Ana Raunigg +64-3-525-7517 Golden Bay

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East London

Kim Hucker +27-43-735-4266 Stirling

Johannesburg

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 Nina Frank +27-11-648-4032 Bellevue
 Michael Gunko +27-82-774-8388 Hyde Park
 Natascha Heine +27-11-476-7977 Cresta
 Niki Kritsos•♦ +27-11-485-2667 Bagleyston
 Christine McNair +27-11-788-4353 Parkhurst
 Walter Röntsch•♦ +27-11-782-3080 Linden
 Cheri Stewardson +27-11-453-3888 Edenvale
 Clarissa Tunstall +27-11-787-9936 Randburg

KwaZulu-Natal

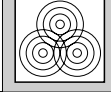
Mala Naidoo +27-83-780-1437 Pieter-
 maritzburg

SPAIN

Marie Jeanne +34-93-684-81-17 Barcelona
 Childers
 Fatima Matos +34-93-458-78-66 Barcelona
 Moreira
 Olga Sacristan +34-983-231-961 Valladolid
 Elissa Akka Sanchez +34-91-437-70-91 Madrid
 Rosario Velasco +34-983-473-232 Valladolid
 Riesgo
 Jeanne Wareing +34-635-785-106 Malaga



■ HR PRACTITIONERS ■



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Josie Airns	+44-1626-774461	Devon
Rachel Blackwell	+44-1647-277231	Devon
Marina Duskov	+44-1344-762181	Berkshire
Christina Edlund-Plater	+44-1803-862803	Totnes/Devon
Jacqueline Finn	+44-776-586-3309	London/ Herts
Barbara A. King	+44-7968-754242	Solihull, W-Midlands
Joelle Mann	+44-1865-51-11-05	London/ Oxford
Katheryn Nicholls	+44-1647-4405683	Devon
Jeanne Wareing	+44-7967-212-444	Lancashire

SCOTLAND

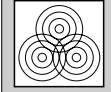
Sarah Gibbons	+44-1314-663-195	Edinburgh
Joanna Harris	+44-1309-690-655	Findhorn
Joanna Legard	+44-1463-236-498	Iverness
Joanna Legard	+44-1309-691-793	Findhorn
Helen Nicoll ♦	+44-1505-842-273	Renfrewshire
Susie Seed	+44-1644-460-257	Castle Douglas
Catherine Vardi	+44-1738-840004	Perthshire
Georgia Wolfson ♦	+44-141-423-2164	Glasgow

UK-WALES

Rainbow	+44-1654-781-376	Powys
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■ HR SEMINARS ■



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

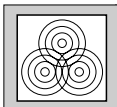
Dates:	Teacher:	Location:	Coordinator:	Phone:
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EMPOWERING YOURSELF WITH HR

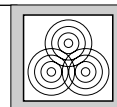
5/22/04	Carin	Amatlan, Morelos	Anne Signoret	+52-777-326-23-50
6/04/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
6/10/04	Bobbie	Kansas City, MO	Bobbie Martin	816-363-0091
6/11/04	Sylvi/Josie	Austin, TX	Kathy Goodenbour	512-347-8781
6/18/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
6/23/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
7/03/04	Anne	Amatlan, Morelos	Carin Block	+52-777-311-24-96
7/09/04	Sylvi	Austin, TX	Kathy Goodenbour	512-347-8781
7/17/04	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
9/19/04	Kathie	Toronto, ONT	Carolyn Winter	416-410-2349
10/09/04	Carin	Amatlan, Morelos	Anne Signoret	+52-777-326-23-50
10/17/04	Sue-Anne	Perth, Australia	Yvonne Bost-Brown	+61-8-92850476
10/23/04	Sue-Anne	Melbourne, Australia	Joy MacGregor	+61-2-91507200
10/24/04	Sue-Anne	Sydney, Australia	Joy MacGregor	+61-2-91507200

INTENSIVES

6/10/04 - 6/15/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
Empower/Fund/PP				
6/23/04 - 6/30/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
Emp/Fund/PP/TUPS				
7/09/04 - 7/13/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
TUPS/Chakra				
8/20/04 - 8/24/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
PP/TUPS				
10/22/04 - 10/26/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
Chak/Mer				



■ H R S E M I N A R S ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
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FUNDAMENTALS OF HR

6/05/04 - 6/06/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
6/11/04 - 6/12/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
6/12/04 - 6/13/04	Sylvi/Josie	Austin, TX	Kathy Goodenbour	512-347-8781
6/19/04 - 6/20/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
6/24/04 - 6/25/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
6/26/04 - 6/27/04	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
7/10/04 - 7/11/04	Sylvi	Austin, TX	Kathy Goodenbour	512-347-8781
8/14/04 - 8/15/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/28/04 - 9/29/04	Dorinda	Scottsdale, AZ	Audrey Titus	602-867-3747
10/30/04 - 10/31/04	Sue-Anne	Sydney, Australia	Joy MacGregor	+61-2-91507200

TRANSFORMING PRIMARY PATTERNS

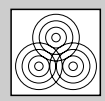
6/05/04 - 6/06/04	Karine	New York City, NY	Carolyn Campora	212-925-2815
6/12/04 - 6/13/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
6/14/04 - 6/15/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
6/27/04 - 6/28/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
8/20/04 - 8/21/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
8/21/04 - 8/22/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/17/04 - 9/19/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
10/01/04 - 10/02/04	Victoria	Scottsdale, AZ	Ardis Ozborn	480-481-9023

TRANSFORMING UNCONSCIOUS PATTERNS

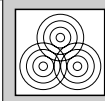
6/26/04 - 6/27/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
6/29/04 - 6/30/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
7/03/04 - 7/04/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
7/09/04 - 7/10/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/10/04 - 7/11/04	Karine	New York City, NY	Carolyn Campora	212-925-2815
7/16/04 - 7/18/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
8/23/04 - 8/24/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
9/10/04 - 9/12/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/02/04 - 10/03/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
10/04/04 - 10/05/04	Victoria	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/29/04 - 10/31/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44

TRANSFORMING CHAKRA PATTERNS

5/22/04 - 5/23/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/28/04 - 5/31/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
7/12/04 - 7/13/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/16/04 - 7/18/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
7/16/04 - 7/17/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
7/23/04 - 7/24/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
7/23/04 - 7/25/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
7/24/04 - 7/25/04	Chloe	New York City, NY	Janene Sneider	212-352-9680
8/27/04 - 8/29/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
9/03/04 - 9/05/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/20/04 - 10/22/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/22/04 - 10/23/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990



■ H R S E M I N A R S ■



Dates: Teacher: Location: Coordinator: Phone:

TRANSFORMING MERIDIAN PATTERNS

7/19/04 - 7/20/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
8/06/04 - 8/08/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
8/06/04 - 8/08/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/10/04 - 9/12/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
9/11/04 - 9/12/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
9/11/04 - 9/12/04	Chloe	New York City, NY	Carolyn Campora	212-925-2815
9/24/04 - 9/26/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
10/25/04 - 10/26/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
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

PRINCIPLES OF RELATIONSHIP

5/21/04 - 5/23/04	Chloe	Santiago, Chile	Clara Olivares	+56-2-343-6279
7/16/04 - 7/18/04	Shady	Colo Springs, CO	Theresa/Crystal	719-380-8851
9/17/04 - 9/19/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/08/04 - 10/10/04	Chloe	Madrid, Spain	Olga Sacristan	+34-983-231961
10/15/04 - 10/17/04	Chloe	Bristol, UK	Katheryn Nicholls	+44-1647-440583

A NEW VISION

5/28/04 - 5/30/04	Chloe	Santiago, Chile	Clara Olivares	+56-2-343-6279
8/13/04 - 8/15/04	Ardis	Colo Springs, CO	Theresa/Crystal	719-491-2601
10/01/04 - 10/03/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
10/08/04 - 10/10/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
10/22/04 - 10/24/04	Chloe	Bristol, UK	Katheryn Nicholls	+44-1647-440583
11/05/04 - 11/07/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023

ENERGETICS OF RELATIONSHIP

9/24/04 - 9/26/04	Chloe	Colo Springs, CO	Theresa/Crystal	719-380-8851
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

HOLDING THE HEALING SPACE

6/19/04 - 6/20/04	Shady	New Rochelle, NY	Michelle Bongiorno	845-434-7467
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SKILLS DEVELOPMENT

5/16/04 - 5/16/04	Ardis	New York City, NY	Janene Sneider	212-352-9680
6/04/04 - 6/04/04	Karine	New York City, NY	Janene Sneider	212-352-9680
7/09/04 - 7/09/04	Karine	New York City, NY	Carolyn Campora	212-925-2815
7/23/04 - 7/23/04	Chloe	New York City, NY	Janene Sneider	212-352-9680
9/10/04 - 9/10/04	Chloe	New York City, NY	Carolyn Campora	212-925-2815
10/19/04 - 10/20/04	Chloe	Bristol, UK	Sarah Gibbons	+44-131-466-3195

PRACTITIONER DEVELOPMENT

7/31/04 - 8/01/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
9/18/04 - 9/26/04	Michelle/ Dorinda	Sky Lake, NY	Michelle Bongiorno	845-434-7467



■ SAVE THESE DATES! ■



Archway leading into the courtyard of a local restaurant, Puebla, Mexico

**This Year's Conference:
"Renewal of Your Soul"**

**A Fantastic Healing Retreat in Mexico!!!
September 2-5, 2004**

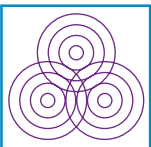
Our conference this year will be hosted by our HR family in Mexico in lovely, easy-to-reach Puebla, near Mexico City.

We are an international community, and the strong and loving Mexican part of our community is opening their hearts to the whole of us to come and share in their warmth and welcoming spirit.

We will have a mixture of 'rejuvenation of self' for our very much needed personal balance, and 'deepening of self as practitioner' in our ongoing work in offering Holographic Repatterning to our clients and students.

The HR training-conference offered in November 2003 in Sedona was a great success which everyone loved, with the one request that we have more open time for self and nurturing at our next conference. Well....you've got it! Don't miss this rich opportunity.

Please mark your calendar with these dates and start planning. This issue contains information on some of the workshops and presentations. More details will follow by mail and email. If you have any questions about local transportation or accommodations, please contact Bertie Burkart +52-555-593-8883 or email her at: bbprofessional@hotmail.com



Holographic Repatterning® Association
PO Box 14
Aragon, New Mexico 87820 USA

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