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*Cover Image*
Aztec Calendar

The ancient Aztecs lived in Mexico. Believing time repeated itself in cycles, the Aztecs invented a remarkably accurate calendar. Constructed approximately in 1479, the figures that cover its surface seem to be a summary of the complex Aztec cosmology. For more details, read the article at the bottom of page 14.

The Holographic Repatterning Association is a 501(c)(6) not-for-profit organization formed to promote, educate and advance the interests of students and followers of the Holographic Repatterning Process for Positive Change. The *HR Journal* is published four times annually at a yearly subscription cost of $50 US. HR Association members receive the *HR Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 505-533-6060 or sign up online at www.holographic.org.
Welcome to Our New Fundamental Teachers

By Ardis Ozborn,
and the Holographic Repatterning Teaching Team

Congratulations and welcome to our new Fundamentals teachers: Josie Airns from England; Jennifer Johnson from Washington; Sue-Anne MacGregor from Texas; Georgia Miles from North Carolina; Sylvi Salinas from Austin, Texas; Rosario Azpiri and Leopoldina Rendon Pineada from Mexico.*

Jennifer and Leo have already taught their first Fundamentals seminar and both they and the students thoroughly enjoyed the new learning. Georgia taught the Fundamentals in July and Sue-Anne has several classes scheduled in Australia, and possibly New Zealand, in the fall.

Karine Bourcart did the teacher training in Mexico and Ardis Ozborn was the principal mentor for the USA training, with Shady Sirotkin doing a day and a half, and Chloe coming in here and there.

During their training week, the new teachers initially focused on personal and relationship coherence, along with some powerful, personal process work. The rest of the week covered the nitty-gritty of teaching every aspect of the Fundamentals. In addition, a positive action that emerged from one of the sessions proved to be meaningful on many levels, as well as being fun. The hotel where the training was held had a water park with a lazy river you could float down using brightly colored inner tubes.

The positive action involved the whole group floating on the river with each person connecting to another by a hand or foot, so everyone floated together as one. A participant said, “We were having such a good time, laughing and connecting with such high energy, that the lifeguards threatened to make us leave! (They were joking, of course). Several other people who were floating clearly wanted what we had! It really affirmed that, when we are coherent, others are positively affected. Laughter is such a powerful modality! This positive action is also a reminder that separation is an illusion: Energetically, we are connected, unified; we are not alone, and we can also have lots of fun as we float down the river of this life together.”

For the final day of the training, about 20 students and local practitioners were invited to participate in a focus group with the new teachers. Each of the new teachers worked with their own group and taught portions of the class, did sessions related to the Fundamentals materials and answered questions. Chloe and Ardis went from group to group, listening and giving pointers. It was empowering for everyone and the focus groups affirmed that these new teachers were ready to go. Some re-takers were particularly excited by the new things they learned or experienced in their focus group.

If you have an opportunity to take the Fundamentals again with any of these teachers, we encourage you to do so. If you have friends who would like to learn Holographic Repatterning, why not take the course with them? Practitioners who retake Fundamentals are usually so impressed with our new way of teaching, since Empowering Yourself became a pre-requisite, that they find the experience incredibly enriching.

Again, we welcome our new teachers and look forward to continued growth and expansion of Holographic Repatterning in the world. We are all looking forward to new growth, new input, and quantum leap changes as we embark on a new phase of development organizationally. Much gratitude to all of our wonderful students, practitioners, and teachers (both present and future), for taking this wonderful work out into the world. Over the years you have all shared your hearts and energy, your skills and wisdom. Thank you for being part of our expanding family!

We look forward to seeing all of you in Mexico for our wonderful September Conference!

* A photo was not available for Josie Airns.
Practitioner and Client Surveys of Holographic Repatterning: Results of Pilot Survey (Initial Brief Report)

Joel B. Bennett, PhD. (Principal Investigator)
Organizational Wellness & Learning Systems

The pilot study was a straightforward survey investigation that asked both practitioners and clients to complete quantitative surveys of the Holographic Repatterning (HR) sessions and subsequent changes in client health and behavior. Both practitioners and their clients were asked about the problems clients initially sought help for, health risks and mental status, and reactions to the HR sessions. While this type of survey provides only an initial window into the perceived effects of HR, findings can set the stage for a larger study of actual effectiveness. The primary focus of this report is on the self-reported outcomes of HR.

Twenty-five practitioners were contacted by the HR Association and asked to provide anonymous, confidential surveys to 2 (randomly chosen) clients who would then independently complete surveys and return to researchers. Responses rate were 96% for practitioners (24 of 25), and 80% for clients (40 of 50). The 24 practitioners completed ratings on 45 clients. Twenty-three of the practitioners were Level 2 accredited, and 15 had practiced for more than 5 years. The typical client was seen in 2 or 3 sessions and 50% of all practitioners had seen the majority of their clients in 4 or more sessions.

Presenting Symptoms
Why do clients come for an HR session? To answer this question, all respondents were given a list of 40 different problems in six categories: emotional (e.g., anxiety, depression), dependency (e.g., weight/eating, alcohol), relationship (e.g., personal relationship, sexual problems), work/money (e.g., career), loss/transition (e.g., divorce, death), and physical health (e.g., specific illness, cardiovascular). Practitioners selected the top three problems for all the clients they see, as well as for the two clients recruited for the study. These same clients reported presenting problems. The top three presenting problems seen by practitioners are in the areas of (#1) personal relationships, (#2) emotion (anxiety), and (#3) loss or transition issues (e.g., divorce, life transition). For the 45 clients seen by practitioners, the top three problems were emotional (depression and anxiety), relationships, and work/money issues (performance/career).
Outcome Measures
Four different outcomes were assessed in the survey.

(1) Client ratings of initial problem:
- how much HR helped their initial problem (5-point scale, from “worse” to “better”)
- satisfaction with the HR practitioners treatment of the problem (6-point scale, from “completely dissatisfied” to “completely satisfied”)
- degree to which HR helped with the problem (4-point scale, from “did not help” to “helped a lot”)

(2) Practitioner ratings:
- the initial severity of client problems and progress as of last session seen (7-point scale). Practitioners identified and rated 125 initial problems in 45 clients.

(3) Client ratings of change in emotional state:
- at outset of HR (“very poor” to “very good”), and
- as of last HR session (“very poor” to “very good”)

(4) Client ratings on a measure called “sense of coherence”: This is a 7-item questionnaire adapted from the work of Antonovsky.1 Sense of Coherence (SOC) is a measure of resiliency and capacity to deal with stressors and includes items on comprehensibility of life stressors (e.g., “I can not see things in the right proportion (see the big picture)”; manageability (“I cannot keep things under control”), and meaningfulness (“There is little meaning in my daily life”). The SOC scale was used because (a) it provides an independent measure and (b) the concept of “coherence” is explicitly mentioned as a key part in the theory of coherence within HR. Clients rated the seven items on a 7-point scale (‘always-healthy’ to ‘never-healthy’) to indicate their SOC “How I was before HR” and “How I was after HR”.

Results
The following tables summarize results of the outcome measures. Table 1 below shows that the overwhelming majority of clients reported positive outcomes with regard to the initial problem that led them to seek out help through HR. For example, 65% indicated that HR helped the problem “a lot,” and 90% were either “very” or “completely” satisfied with the HR practitioner's treatment of the problem. In general, these outcomes were the same (and positive) across all the different types of reported problems.

Table 2 below shows results when survey respondents rated change in health—comparing health at the outset of HR and then again as of the last session. Practitioners ratings of 125 problems showed they perceived significant positive change over time. At outset of HR, the majority of clients were experiencing problems that were somewhat severe. Specifically, only 6% were seen as having problems that were mild or not problematic. In contrast, when rating the last HR session, 54% of the problems were rated as mild or not interfering with daily living. Client ratings of their emotional state and sense of coherence showed similar improvements.


(continued on page 15)
It was a pleasure presenting Holographic Repatterning at the ISSSEEM conference, the theme for this year being “The Inner Source of Healing.” There were some fascinating presentations, including Karl Maret M.D. giving a brilliant opening address on “Fields, Physics and Subtle Energies”; Rollin Mc Craty, Ph.D. discussing “Electrophysiological Evidence of Intuition”; and Elliott Dacher, M.D. giving the keynote address on “An Uncommon Health.” I was particularly moved by Dr. Dacher’s address because he said that all healing must involve spirit—that there is no healing without consciousness—without our inner practice and an awareness of our soul. Everyone is yearning for spirit to be acknowledged as the most important aspect of who we are—that without essence, our mind, feelings and body are inert, lifeless. It was no surprise that his keynote address received a standing ovation.

Interestingly enough I had decided that my PowerPoint presentation on “Healing the Energy Matrix” would start with a discussion of what the energy matrix is—to provide the “cosmic step down” of soul: to mind (so we can think), to emotion (so we can feel) to body (so we can experience matter)—this physical creation. It was very much in line with what Dr. Dacher was talking about. It also felt wonderful for me to bring this awareness into a fuller and more direct, public recognition. The rest of the presentation showed how we (Holographic Repatterning) support moving to higher energy states of coherence within ourselves and our relationships—an on-going challenge and joy for each of us. (At the conference in Mexico I will include the presentation I gave for ISSSEEM in an even larger context.)

Doing the PowerPoint presentation at ISSSEEM gave me an understanding of why it is so difficult to say what we do when casually asked, “What is Holographic Repatterning?” Talking for one hour only begins to touch the surface of the power and depth of what we are doing when we facilitate a Holographic Repatterning session. As Shady said, attending the ISSSEEM conference gave her an even deeper appreciation for Holographic Repatterning—we really are on the cutting edge of giving people a practical tool that “does” what so many people are talking about.

On a more personal note, the Holographic Presentation slot was filled to capacity—they had to move us to a bigger room so the 70-80 people could be accommodated. The organizers were so pleased they hoped I would return next year for a longer presentation and I hope we’ll have a more in-depth research study Joel can present! [Editor’s Note: See article on page 4.] Joel did a magnificent job of presenting the initial research project—so professional, and exciting seeing all his pictures proving that we are doing statistically significant work! People loved hearing about HR, seeing the demo and then getting the research. The researchers in the room were particularly happy! Generally people said that they loved the balance between the “what,” the demonstration and the research. Jim Oschman, a wonderful physicist and author who presented at our HR conference a few years ago, told me everyone came out smiling and looking happy!

Our HR presentation felt highly significant in a symbolic way—our first presentation to an established non-HR community at their 14th annual conference, my first experience of doing a Holographic Repatterning PowerPoint presentation, and our first research project and its presentation. It felt BIG! Many practitioners, friends and family said they were thinking about us and sending loving thoughts. They, too, were picking up on the significance of what was happening for all of us and for Holographic Repatterning. We felt your wonderful energy.

(continued on page 15)
In alignment with our Coherence Continuum, which demonstrates that life requires constant and continuous growth to higher energy states of coherence, Holographic Repatterning is poised for its next, new level of growth.

Before discussing what our new growth spurt entails, it is important to acknowledge the strong foundation of our most visible accomplishments this year that support our onward movement.

- The new books and training materials are now in full use around the world.
- We have successfully completed our first pilot research project.
- I’ve just presented Holographic Repatterning, with Dr. Joel Bennett reviewing the research results, at the International Society for the Study of Subtle Energies and Energy Medicine 2004 Conference in Colorado. The response was very positive and ISSSEEM has already invited me to present at their 2005 conference.
- The new Intensives format for teaching Holographic Repatterning is proving very successful, is attracting students and most important is improving their ability to incorporate the Holographic Repatterning method into their lives and professions with greater ease and skill.
- The 2004 International Holographic Repatterning Association Conference will be held in beautiful Puebla, Mexico under the direction of our thriving Mexican and Latin American practitioners.
- We have five new teachers who have just completed their Fundamentals teacher training and have begun teaching the Fundamentals of Holographic Repatterning in their areas. Many congratulations to them!

Ad Hoc Team Formed
Recognizing both the opportunities and the challenges growth can bring, I formed an Ad Hoc Vision Team this spring dedicated to looking at the vision, mission and organizational structure of the United States Holographic Repatterning Association. The Team, consisting of Gail Glanville (RI), Carolyn Winter (Ontario) and Jeanne Supin (NC), agreed to review and make recommendations about the following:

- Patent and trademark issues
- Legal and tax status of the HR Association
- Accreditation
- Organizational structures that will support the long term growth of Holographic Repatterning

The Team agreed to find opportunities that will enhance and assist all of our practitioners and students. Their recommendations outline a much-needed plan for clarifying the relationship between the business of Holographic Repatterning and the members’ Holographic Repatterning Association.

For me personally...
This has been a very interesting and enlightening process. Holographic Repatterning is an extraordinary holistic self-help method for personal growth and its continued success requires positive change in our organizational structures.

We are seeing more clearly that the time has come to make a clear distinction between the Holographic Repatterning Association, which serves its members, and Holographic Repatterning—the separate business entity that offers the trademarked seminars, training, books, supplies, etc. dedicated to providing the best curriculum of training in Holographic Repatterning for students and teachers.

One consequence of this distinction is that we will have two separate websites: one for the Holographic Repatterning Association that is membership based; and another for Holographic Repatterning, the business, that will list all the available seminars, skills development workshops, books and supplies. Of course both websites will be linked so that visitors can quickly find a seminar and just as quickly find a practitioner. The new website will be up and running in the next six months.

In the meantime, you’ll find everything continuing as usual on the Holographic Repatterning Association website while the new changes are carefully phased in.

In the following pages you will read the results of the Ad Hoc Team’s recommendations and how they specifically affect the Holographic Repatterning Association. These recommendations provide a wonderful opportunity for all of us. I am pleased to commend the following report, and endorse its findings with gratitude and a whole heart.

Chloe Faith Wordsworth
Founder and Developer of Holographic Repatterning
July 2004
Just like an explorer on the tip of an iceberg, the Ad Hoc Team found more interesting information and greater opportunities the deeper we delved into our task. We presented a written report with recommendations to the Holographic Repatterning Association Council in June, and the Council unanimously accepted the report and its recommendations on June 9, 2004.

Here are the highlights and the new opportunities you will continue to hear about over the next six months.

**Holographic Repatterning Association**

The Holographic Repatterning Association was originally formed to support the growth of HR, to support students in their development as practitioners and to create a staff who would maintain a data base and further promote Holographic Repatterning. As it grew, the Association filed for 501 (c) (3) non-profit status. The IRS however changed the designation to a not-for profit trade association called a 501 (c) (6).

This seemingly simple bureaucratic shift actually has huge and exciting implications for the Holographic Repatterning Association.

**What Does This Mean in a Nutshell?**

As a Trade Association, the HR Association is dedicated to serve and benefit its members by promoting a positive business environment for Holographic Repatterning practitioners.

Overall, these are our new requirements and opportunities as a Trade Association:

- The Association’s sole purpose is to promote the successful business of its practitioners in a valued profession.
- It is run by its members. Members ratify the bylaws and elect the governing Council.
- It certifies practitioners (see below about the difference between certify and accredit).
- It can accredit the Holographic Repatterning, Inc. training institute as well as other training institutes or organizations.
- It can lobby at the federal, state, and local levels on behalf of Holographic Repatterning.
- It can set up booths to market Holographic Repatterning at trade shows.
- It can advertise nationally on behalf of Holographic Repatterning.
- It can host a web site dedicated to public awareness about Holographic Repatterning and supporting HR Association members.

This new website can provide a list of certified practitioners and can offer links to training organizations. (But, because a trade association cannot promote a particular practitioner, teacher or training program, the web site cannot list class schedules in the way it has in the past.)

- It can offer other services to members, such as insurance, marketing, and collateral materials.
- It is wholly supported by its members.
Because this new status doesn’t allow the Association to receive grant money, it must raise funds in other ways such as:

- Membership drives
- Charging a fee for certification of practitioners.
- Offering workshops to enhance practitioner business development, such as how to market yourself.
- Holding conferences with paying sponsors, vendors, and underwriters.

The Association is dedicated to promoting all its members though it cannot promote a specific practitioner, teacher or even Chloe, and it cannot conduct a business. And it is dedicated to upholding the value and standards of Holographic Repatterning as a worldwide practice.

**What You Can Expect in the Next Few Months**

**New By-Laws.**
A Team is being created to write new Association by-laws that reflect its new status and mission as a Trade Association. By December 2004 you will receive a copy of the new bylaws and a proxy ballot. With your affirmative vote you will activate the new bylaws.

**New Council.**
The new bylaws will include a provision for the Association membership to elect its own governing Council. By December 2004 you will receive a slate of potential Council members for your vote.

The new bylaws will include a provision for the Association membership to elect its own governing Council. By December 2004 you will receive a copy of the new bylaws and a proxy ballot. With your affirmative vote you will activate the new bylaws.

**Certification.**
Historically, we have used the term “accreditation” when recognizing competency and advanced standing for practitioners. This term comes from the British use of the word. In the United States, individuals are certified, and organizations are accredited. The Holographic Repatterning Association will certify practitioners who meet a set of pre-defined standards. You already receive your paperwork and certification from the HR Association. This will continue, just as you continue to meet the requirements for maintaining your certification status.

**What About Practitioners in General?**
Upon completing the HR training, a practitioner can choose to obtain certification through the HR Association. Once certified, a practitioner will pay Association membership dues. As a trade association, the HR Association will be solely run by its members and dedicated 100 percent to practitioner excellence and success. We are excited about the Association’s new focus and its possibilities for increasing new membership and increasing our members’ participation.

**What About Those Of Us Elsewhere in the World?**
We acknowledge that these recommendations have been driven by U.S. laws and practices, for the reality is that the Holographic Repatterning Association is a U.S. corporation and must abide by U.S. laws. Holographic Repatterning is a global treasure, however, and we are committed to nurturing a global community dedicated to this extraordinary self-help method for personal growth.

Each country has its own laws and customs regarding certification, accreditation, and trade association organizations. We suggest that each national organization as a matter of course research their own country’s laws and make similar steps to comply to its national laws rather than following U.S. law and practice.

**Next Step for the Associations**
This represents a great opportunity to form an International Holographic Repatterning Association, perhaps as an advisory board with members from each country. Our primary intention will be to come to agreement on worldwide standards for practitioner certification, while honoring the different requirements for certification in each country.
New for You on the Web—JUMP

As we would love to hear, and need to hear, your comments and suggestions, we have created a new discussion and information forum called JUMP (which you might recognize as a quote from Joseph Campbell that expresses this new opportunity given us to jump to higher dimensions of possibility).

The site is www.Holographic.org/Jump.

Discussion among Holographic Repatterning Association members world wide as we proceed with the next steps is crucial for you and for our success. We need to hear from you. We welcome your feedback. Your active participation, comments and opinions count and will make a difference in this process.

To access the forum you will need the membership password issued to you at your last membership renewal. Password information is available at the site.

This membership web site is intended to support all of us with up to date communication throughout our transition and beyond. When you visit the site, you’ll find:

• A place to share your comments, suggestions and vision with members and with the transition team.
• Replies from the transition team.
• Downloads of the latest documents as they become available for distribution.
• Timelines and status
• Membership peer group proxy sessions to support the process, the Council and the membership.
• Subscriptions for email project announcements.
• A certification forum for discussing the certification journey.

We also urge you to join the practitioner discussion group at Yahoo accessed at http://satori.com/hr_prac.htm (See the HR Journal May 2004 issue for more information on joining this exciting group.)

If you are unable to participate electronically, please mail your comments directly to:
The Transition Team
Holographic Repatterning Association
P.O. Box 14
Aragon, NM 87820

How Can I Participate and Help?   WE NEED YOU!

This is a huge transition and we need your help to create the kind of organization you’ve always wanted. Here are some options:

• If you are a certified practitioner, have some business or not-for-profit experience, and can serve for three years. JOIN THE COUNCIL. This is an exciting time and transition and we need your energy.
• Join a Vision Team. All sorts of tasks need to be done to make all the transitions successfully. If you have skills in ANY of the following areas, LET US KNOW!
  • Marketing
  • Membership development & support
  • Fundraising & financial development
  • Business and strategic planning
  • Taking HR into businesses
  • Accounting
  • Law
  • Workshop & conference planning
  • Lobbying
  • Networking with other organizations
  • Research
  • Practitioner certification
  • Web design
  • Team to do proxy sessions that support the transition and clear resonance in relation to your comments and suggestions.

Email your resume and a description of your skills and areas of interest to Naneen Boyce, our Executive Director, as soon as possible (hra@holographic.org). OR visit www.Holographic.org/Jump for easy sign-up. We’re actively seeking new energetic people to support our exciting opportunity for positive growth for all practitioners.

Our grateful thanks to all of you for taking in this information, integrating it and communicating with your responses and support.

From your Ad Hoc Vision Team,
Gail, Jeanne and Carolyn.

From Chloe:
Profound gratitude to our wonderful Ad Hoc Vision Team, for the MANY, MANY hours they are devoting to this transitional phase; for their generous sharing of their experience and business knowledge, and inspiring new possibilities for our next spiral of growth and coherence.

THANK YOU FROM ALL OF US!!!
The answer I have discovered, as a member of the ad-hoc committee, is the opportunity to participate. Actually, it is more of a privilege to participate. You get a chance to become part of the cosmic dance of creation in a corporate system that has meaning for you. Anything can happen when you participate fully.

My active process of using Holographic Repatterning daily, for any number of possibilities in my life, has helped me to turn inward and really get to know myself, be confident of who I am and what I have to offer the world. But one can stay isolated for only so long. Continued growth causes us to want to connect with others for our shared interests. In any organizational system, of two or more people—be it a family, a company or an association—there is a tendency to want to organize, and become something more than who we are on our own. An identity is shaped. It is part of the coherence continuum for organizations.

What do I get for my membership fee? It's the opportunity to shape the identity I want for myself and my professional group. The opportunity to sprinkle the seeds for an organizational identity to emerge to a new level has been my exciting experience on the ad hoc committee.

They say that organizations spiral through the coherence continuum much like individuals, reaching higher and higher levels of coherence. For an organization to spiral at all requires infrastructure for individuals to connect, communicate, get feedback, and know what the other is thinking. It starts with a good set of by-laws and other legalities that bring us together.

So while the work of this committee may have sounded like a lot of legalese and quite dull, on “True Looking” it has been a spine-tingling opportunity to find and recommend the actions needed to bring changes to a group of people who specialize in coherence and the possibility to spiral to new levels of coherence together.

In the process I got to meet and know two great people—Gail Glanville and Jeanne Supin. Our combined talents, insights, styles and commitment has led to more fulfillment than I could ever have imagined possible. I hope the work we have done together will also be your experience as a member of this organization as you participate in the dance of creation.

What exactly are we creating? Only time will tell, as all of us jump in and talk to each other and evolve what is possible. But here is what I am thinking…. Together, as Holographic Repatterning practitioners, we stand for a brand of something in the holistic world that is unique and extraordinary. Just like the images that come to mind when you hear “Maytag Repair Man” we can create a collective public image or brand for a worldwide audience to associate with what it means to call on your Holographic Repatterning practitioner. We can create marketing strategies for Holographic Repatterning practitioners as a group that can contribute to the prosperous practices of each of us. We can support each other for success, because in a holographic universe… my success is your success. Your success is mine.

The work done by the Transition Team is only a seed. But the crop wanting to grow is an organization that wants to happen. It needs the input of many and I invite you to come out of isolation, stop going it alone, and JUMP… get into this process and help create something dynamic, something that will help you and your practice, and inspire good work that will transcend anything you ever thought possible. Get to know one another, reach out and just talk. Talk will lead to ideas, ideas will lead to action, and action will lead to higher levels of organization and spirals of accomplishment. It is my belief that together, we will create something more.

Carolyn Winter,
Certified Practitioner Holographic Repatterning
ShiftHappens... http://www.LightTravels.com

Contact Carolyn Winter at:
416-410-2349
carolyn@lighttravels.com
Welcoming arms await the world Holographic Repatterning community for the Ninth Annual International Conference. This year’s Association event, held for the first time outside the United States, will be hosted jointly by the North American and Mexican Holographic Repatterning Associations at the Crowne Plaza Hotel in the sunny Mexican city of Puebla.

“When we are oriented, we feel grounded and we are able to hold our center of equilibrium in the midst of our daily life happenings,” states founder Chloe Wordsworth in the description of Orientation for the HR process for Positive Change. Our personal lives and the planetary situation hang in the balance of many changes—transformational and chaotic—that can easily disorient us. This year’s program is an exciting combination of presentations, hands-on workshops and events over six days focused on Orientation—to forge a powerful connection to our personal selves, our practitioner skills and our HR community.

This year’s event seeks to deepen our knowledge of ourselves as well as our knowledge of the HR process. The program is designed to meet the needs of all practitioners; and support new HR students and members of the local Mexican community interested in the Holographic Repatterning process. This is a perfect opportunity to nourish your heart and your mind, reconnect with the HR community and powerfully reset your compass—both personally and professionally.

Our Pre-Conference event on Wednesday September 1st will provide an orientation to place and a warm welcome. The Mexico HR Association has arranged a special tour of the city of Puebla, considered a precious architectural gem among Mexican cities. The Association will then offer their gracious hospitality with a welcome reception in the evening.

The main Conference will kick-off Thursday, September 2nd with opening greetings from Chloe and the HR teachers, followed by in-depth workshops. Participants will have a choice of four different topics aimed at deepening our understanding of varying aspects of the Holographic Repatterning process. We will be invited to learn either Using Art in Your HR Sessions from Maite Herrera-Lasso, The Principles of Quantum Physics in Relationship from Dorinda Hartson & Shady Sirotkin, Exploring Our Shadow Side from Karine Bourcart or Understanding Prenatal Body Movement in the Energy Constriction Release from Michelle Bongiorno. Each stimulating selection promises to strengthen all levels of practitioner skills.

Friday, September 3rd will highlight our first keynote presentation with Eduardo Grecco. Dr. Grecco will explore the masculine and feminine energies of love relationships and inspire participants to embark on a journey of personal understanding. His teachings may help us to deepen our awareness of the relationship patterns in our own lives, strengthen our orientation to others and deepen our abilities as practitioners. “He is a pioneer,” says Karine Bourcart of Eduardo. “He helps us to understand one another and bring that understanding to our life and our work as we cannot heal in others what is not healed in ourselves.”

On Friday evening we will enjoy an unusual interactive presentation with visionary artist, poet and musician Vijali Hamilton. Vijali focuses attention on the resolution of environmental, spiritual, and social problems through art, spirituality, peace activism, and education. Attendees and members of the local community will have a unique opportunity to cooperatively create and experience transformational energies.

Another day of in-depth training will resume on Saturday, September 4th with a choice of one of three experiential workshops. Participants will be offered the opportunity to connect with their personal planetary coherence in Yuriria Robles’ wildly popular workshop on Planetary Frequencies. Another class will offer an extraordinary chance to enjoy the peace produced by a day of deep change with Lourdes Fernandez Palazuelos. Or, we will be
given the opportunity to examine the Hellinger therapeutic model that will help us to better understand the “entanglements” of *Family Constellations* with special presenter Carin Block.

On Sunday, September 5th, there will be two more keynote speakers. Drs. Luis Alfonso Oscoy and Manuel Gonzalez Oscoy will present compelling reasons for the effectiveness of Holographic Repatterning from a neurophysiological perspective. They will review how brain wave vibrational changes, or synaptogenesis, impact our life attitudes. Continuing with this exploration, Holographic Repatterning founder Chloe Wordsworth will create a 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 of people who have experienced amazing results from the application of this wonderful tool!

Conference organizers have invited Dr. Nestor Kornblum of Alicante, Spain to present a post-conference workshop on Monday. Nestor and his wife, Michèl Averard, are co-directors of the International Association of Sound Therapy. They originally founded the association to establish standards of practice of sound therapy in Spain and now conduct intensive courses throughout the world in both English and Spanish on the therapeutic and transformative uses of sound, particularly with the voice. Through vocal harmonics (overtone chant) and many other vocal techniques, their course participants will take a Sound Journey through physical, emotional, mental and spiritual dimensions. Nestor will give a special Sound Journey concert Sunday evening that is open to conference attendees and the public.

In addition to all the scheduled presentations and workshops covered by the various levels of registration, attendees are invited to a Saturday night Mexican Fiesta at El Sindicato (The Union Hall) for an additional charge of $20 which includes a traditional feast and entertainment. A new Modalities Fair is in the works and opportunities for tutorials on both pre- and post-conference days are available by special arrangement.

Register now for this rich and empowering week. Go to: www.holographic.org—click on the conference registration link. You can also register by phone, mail or fax. (See form on back cover.) The best registration value is the Full Conference Package with the Post Conference Workshop for only $390. Not only will you receive a free admittance to Nestor Kornblum’s concert, but you will receive his workshop for half price.

Conference organizers encourage attendees to book their hotel rooms as soon as possible. A special shared room rate of $95 is available on a first come, first served basis at the Crowne Plaza Hotel—our beautiful conference site. This rate includes food, receptions and all gratuities.

The easiest way to reserve your hotel room is online. Go to www.holographic.org and click on the “Click here to book your room” link. You can also call the reservations department directly and speak to Lissette. If calling from the USA, dial 011-52-222-213-7070; from Mexico, dial 01-800-22-67-600. Be sure to mention “Holographic Repatterning” to receive the special rate.

Air travel is available directly to Puebla and to Mexico City. The Crowne Plaza Hotel is an easy one hour bus ride from the Mexico City Airport. Please let organizers know (on your registration form) your flight information as soon as possible so they can assist you with your ground transportation needs. If you have any logistical questions or need help with a reservation, call Huberta (Berti) Burkart +52-555-593-8883 or email her at bbprofessional@hotmail.com. HR Practitioner Berti is our local hotel and travel coordinator in Mexico City. (Read more about Berti in her Practitioner Interview on page 14.)

Please look for Conference follow-up emails to be sent throughout August.
Huberta “Berti” Burkart de Mendez, Mexico

HR: How did you learn about HR?
BB: I used to take my grandson to his special therapy and the therapist, a beautiful young girl named Peri, asked me if I had heard about Holographic Repatterning. Of course, at that time I hadn’t and she said she didn’t know much either, but that she had received a session that made a great impression on her. With no more information, I felt an “urge” or “inner call,” so I phoned Lourdes. When she mentioned the dates of the seminar, I realized I had a seminar from my teaching job on that same weekend. I hung up, resigned. But then the teaching seminar was cancelled. So I said to myself: What more can you expect? And I started this wonderful journey on the weekend of September 30, 2000.

What is your background?
I have a B.A. in English Literature and a teacher’s degree both from the UNAM (Mexican National University). I also have taken seminars on Brain Based Learning (Eric Jensen in San Antonio, Texas) and Accelerated Learning (Houston University).

What does Holographic Repatterning mean to you?
For me, HR is a way of life. It’s a path of learning how to live well. It’s a wonderful tool that helps me to improve and at the same time help others.

How do you apply HR?
I used to apply HR more on others than myself, but I’ve learned to balance this. I still apply it mostly on my clients. I also use it in my business (I have an institute and we teach English at companies). I hope one day to start giving sessions at these companies. In my life and relationships I’ve been able to help a daughter to get through a very harsh divorce, and have also used HR with my grandchildren, my other daughter, myself and my husband.

What examples of sessions or occurrences stand out in your life?
There are many, as we all know, but one session that made an impression occurred after I had just returned from the Transforming Primary Patterns seminar. A teacher who works with me said she had a student who really needed some help. The boy arrived for a session and, after two minutes, went into an Energy Constriction that was located in his throat. The EC was released and we continued the process and finished the session. Before leaving he told me he was really impressed how I had known. It turns out he had tried to kill himself by cutting his throat. He never came back, but I heard from the teacher that a great change had occurred.

Do you have a vision for the future of HR?
What the world needs now is LOVE and I believe that through HR we all can make a difference by setting our differences and our selfishness aside and making HR not only a process to practice but, as I said before, a way of life.

Editor’s Note: Berti is the hotel and travel coordinator for the 2004 Conference in Puebla, Mexico. We appreciate all of the hard work she has done to make our stay easy, enjoyable and enlightening.

Cover: Aztec Calendar
The Sun is the central figure on the calendar. The four figures around it represent the four suns or previous ages that, together with the claws, main face and rays, create the Fifth sun, born in Teotihuacan. In the next circle (outward) is the twenty-day circle, corresponding to the representation of a month. The Aztec calendar had 18 months with 20 days each, equaling a total of 360 days, plus 5 “fatal” days. The 20 glyphs that symbolize each day are read counterclockwise starting with the glyph on the top left. Next to these is the circle with the four roads of the universe and sun rays. Surrounding the whole piece are two fire serpents whose tails meet in the upper part, where the glyph “13” sits. This glyph is interpreted as a figure related with the year when the Fifth Sun will be born.

About Puebla—Our Conference Location
Puebla is situated in a high valley about 60 miles southeast of Mexico City.

Established by the Spanish in 1531 on the main route between the port of Veracruz (the most important port in Mexico) and Mexico City, Puebla was the principal city of colonial Mexico.

Puebla’s appearance is the most European of all the colonial cities, because it was planned from the ground up by a Spanish city designer rather than being built within an existing Indian community.

Its historic downtown is a Spanish-colonial treasure filled with elegant 17th and 18th century European architecture and art.

Puebla has the largest zocalo or town square in Mexico containing no less than forty-six arches decorated in mosaics trimmed with the distinctive blue on white Talavera style. These impart a beauty that is hard to describe.

When you add a temperate climate year-around, friendly and courteous residents (called poblanos) and delicious regional cuisine, Puebla becomes the ideal place to visit.
Shady, bless her heart, insisted on driving with me to give me support, to set up the computer and projector and to give Joel and me sessions so we could present as a team, rather than two separate individuals. We couldn’t have done it without those sessions! Thank you Shady.

It was also fantastic having the local Colorado practitioners’ presence —loving eyes and open hearts! Also deep appreciation to Yuriria Robles in Mexico. The two of us spent three non-stop days working on my PowerPoint presentation at her home in Mexico as well as making many last minute changes over the phone (some things never change!). I couldn’t have done this without Yuri’s help and know-how. To all you practitioners who created time in your busy schedules to be a part of the research project, your clients, Ronna—our wonderful research assistant, Naneen and Dorinda for co-coordinating this vision, and all those members who made the research project possible through you donations, this VERY important aspect of the ISSSEEM presentation and its continuing importance for the Holographic Repatterning community would not have been possible without you! Thank you to everyone for your thoughts, active participation and support. What a team!

Now to get all this into book form and complete all the projects that have been waiting so long for attention, so we can create a strong foundation for HR to blossom and make a difference to so many. Growth requires so much patience, as well as action. I know there has been frustration about the accreditation process and other issues. Please, we need your POSITIVE THOUGHTS, your positive input, to support us in creating the best possible programs, etc., with which all of us will feel proud to be associated. In this time of transition (Earth Element) we are challenged to ground our work and re-create a foundation for its continued forward movement. This Journal issue is about empowered transition for POSITIVE change! Thank you for your enthusiasm, your belief in Holographic Repatterning based on what it has done for you personally and those you know, and for your support and generosity in giving of yourself and your knowledge. I love the quote: “Friendship is about giving and receiving. Loving is about giving.”

Report from HR Research Project

Summary and Conclusion
The primary finding of this initial pilot study is that HR is perceived to be highly effective by two independent groups. The first group were hand-selected and highly experienced practitioners of HR. The second group were clients of those practitioners who were randomly selected to participate in the study and complete surveys anonymously and relatively independent of practitioner influence. Importantly, the findings are based on multiple outcome measures, including a version of the Sense of Coherence scale.

It should be emphasized that these are initial results from a convenience sample (hand-picked and well known by the HR Association). Accordingly, they may not generalize to less experienced practitioners or to clients who are contacted by an independent third party. Future research, providing a more valid test of the effectiveness of HR, should randomly assign clients to receive or not receive HR and then follow up their health concerns over time. In the absence of this more rigorous study, current results are quite promising and suggest that Holographic Repatterning may be a reliable resource for producing positive change in initial problems, emotional state, as well as Sense of Coherence.

SPECIAL EVENT

Teleconference with Dr. Joel Bennett, Principal Investigator of the Holographic Repatterning Association’s first Pilot Research Survey

Monday, August 16, 2004
7:00 PM CST
Cost: $10.00

Call Naneen at the HR Association office to RSVP: 505-533-6060

In this interactive phone conference, Dr. Bennett will discuss the recent research survey and go through the PowerPoint presentation that was presented at the ISSSEEM conference in June. See first hand the results and information that was gathered as part of this project. Dr. Bennett will be available to answer any questions you may have about this project.
Aussie Holographic Repatterning Practitioners Accredited with Energetic Healing Association

After several months of negotiations, the Energetic Healing Association in Australia has confirmed that they will recognize Level 2 HR practitioners as Full Members.

In order to join the EHA, an HR practitioner must be a financial member of HRA-Pacifica. This alliance not only gives the fledgling HRA-Pacifica some local support, but lifts the profile of Holographic Repatterning, and gives it greater credibility within the healing profession in Australia.

Membership of the EHA effectively acknowledges that the Level 2 HR practitioner accreditation is “equivalent” to a Diploma in Energetic Healing from Nature Care College, which is one of Australia’s most well-known and respected colleges for training in alternative therapies. The only additional criteria required for an HR practitioner to become a Full Member of the EHA are a current First Aid certificate and Professional Indemnity Insurance.

The Energetic Healing Association, which was formed in 2000, aims to promote, protect and encourage the study, practice and further knowledge of energetic healing and the wide range of therapies utilized in this area. It offers members regular events with a view to creating connection and collaboration between practitioners of different vibrational healing modalities.

The vision of the Energetic Healing Association is “To educate and bring greater awareness to the wider community of the interconnectedness of all levels of a person’s being—physical, emotional, mental and spiritual—which affect the health and well-being at individual, national and global levels.”

On a practical level, there are moves to accredit authentic energetic healing modalities with Health Funds so that clients can obtain rebates on sessions. Unfortunately, HR has missed out on its first application to become accredited with a Health Fund, because of the fact that we do not have a resident teacher running regular trainings in Australia and there are not enough Level 2 practitioners as yet.

Jennifer Moalem, who has been responsible for negotiating the alliance between the HRA-Pacifica and the EHA, as well as liaising with several Health Funds, said she believes that this is an excellent opportunity to create greater awareness of Holographic Repatterning. “With fewer than 25 members last year, HRA-Pacifica was in a position where our committee basically had to decide either to grow and expand our Association to a new level, or shut down the local chapter and have our members rejoin the US-based Association.”

Jennifer was invited to speak about Holographic Repatterning at an EHA event in March attended by about thirty members. The response was extremely positive and many of the attendees expressed an interest in learning HR. One Nature Care College graduate who is a successful practitioner of Energetic Healing commented that it was the first time she had felt really excited about a new modality in years.

With a new series of seminars commencing at the end of this year to be taught by Sue-Anne MacGregor, our first Australian teacher (even if she doesn’t live here!), the HR community in Australia, along with the local Association, is poised for a new wave of growth.

The Hologram for Peace Project
by Carolyn Winter, Canada and Lynn Larson, Texas, co-coordinators

It is perhaps one of our best kept secrets. The Hologram for Peace Project is a weekly online group proxy re-patterning session offered by volunteer Holographic Repatterning practitioners from around the world. It is now approaching the end of its third year of operation.

Currently ten practitioners worldwide are offering an online group proxy session weekly. The idea is that if we create peace in our hearts we create peace in the world—one heart at a time. Participants have the opportunity to personalize the group sessions for themselves by submitting issues and/or intentions for different topic areas including relationships, career, money, health, the community or the world.

Participants may do online modalities to achieve peace—the poetry page, peace definition and feedback as well as read the weekly session notes in brief or the full copy. Often there is a positive action that will also help the participants personalize the sessions for themselves.

The weekly volunteer practitioner checks for a topic area and uses the statement as a basis to do the session. To date there are over 500 subscriptions to this program. The volunteer practitioners have a vision of attracting hundreds of thousands.

Lend your support for this program of peace, and visit the site. Join up if you have not already done so and let others know about this wonderful program. Spread the word to your online community that this program exists. Send them the link to subscribe with a few words from yourself on why you recommend it. Thanks so much

Subscribe to THE HOLOGRAM FOR PEACE PROJECT AT: www.holographic.org/peace
The Mandala & Coherence Continuum Posters

In response to those of you who have asked Chloe if you can purchase one or both of the posters, Chloe said she’d be delighted to make the colorful Mandala and/or Coherence Continuum available to practitioners for your offices or to display when you give public talks.

All of the HR teachers display these posters at their seminars.

The Mandala is on the front of the Rainbow Book, and the Coherence Continuum is on page 40 of the Empowering Yourself With HR book.

Each large laminated poster measures 25” x 33”.

The cost for each poster is $70.00 + shipping.

The Principles of Relationship Book

The five-year version of the Principles of Relationship seminar manual is now complete. In this new training manual you will find the complete Clearing Communications Repatterning. This book has been carefully edited with improvements in all of the repatternings. It is available through HR Sales to any of you who have already taken the seminar and need an updated version.

Price: $35.00 + shipping

To order the posters or the manual, call Netta at HR Sales: 928-204-9960; fax: 928-204-9905; e-mail: hrsales@sedona.net, or order on-line at www.hrsalesusa.com