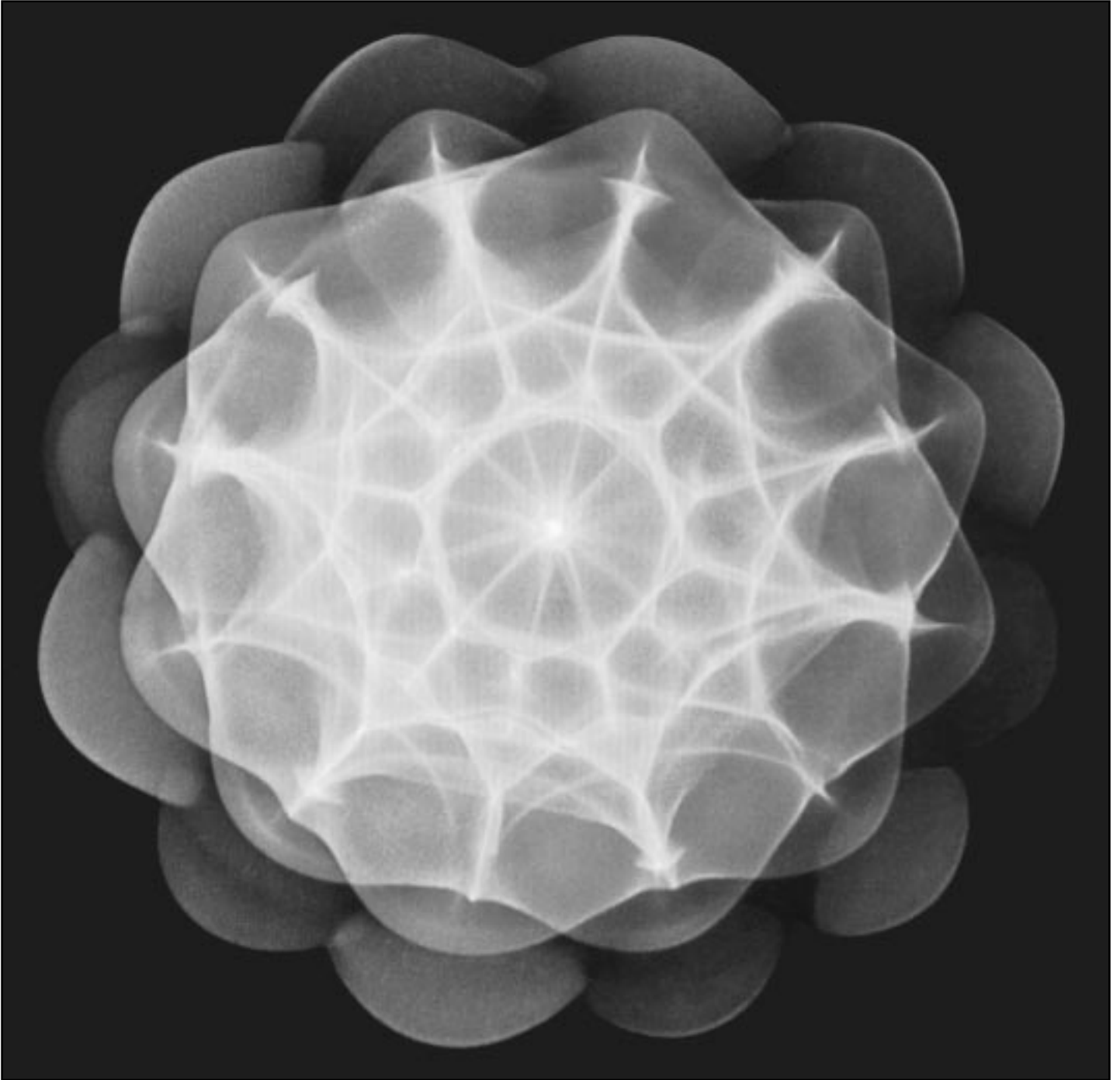


The

HRJournal

The official publication of the International Holographic Repatterning® Association



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Winter—Five Elements:

The cover image displays a vibrational pattern of water, which correlates with winter in the Five Element system. Sound frequencies created this symmetrical harmonic form, or "standing wave pattern." This pattern appears frequently throughout nature, in such diverse life forms as flowers and small sea creatures.

When we resonate with the vibrational patterns of the Elements we experience their positive qualities. The water element represents going deeper within, recharging our energies, and having clarity and depth of understanding.

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Harmonic "standing wave" patterns in a vibrating sample of water, Hans Jenny used by permission MACROmedia Publishing cymaticsource.com

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**From the
HR Association
Council President**

Ardis Ozborn

As we close out another year we would like to take a moment to acknowledge our new teachers.

This past year we have trained many new Empowering teachers. They have been organizing and teaching classes and fulfilling the requirements for accreditation. We would like to acknowledge those newly accredited teachers: Josie Airns, Kenya DeRosa, Jennifer Johnson, Sue-Anne MacGregor, Bobbie Martin, Georgia Miles, Ella Nacht, Kaye Paton, Sylvi Salinas, Victoria Tennant.

Existing HR students are taking this Empowering class and getting so much clarity about the basics of HR and feeling inspired by the simplicity and power of this class. Several Empowering teachers met at the conference to share their experiences; here are some comments from that gathering. Jennifer grew up the daughter of a minister and shared



that she has found her pulpit in teaching this class! Georgia loves this class and attracted students by offering a group repatterning series which people loved. Then they signed up for the *Empowering* class to learn how to do HR on themselves. Bobbie says that teaching for her is like falling back into a warm pool of water—easy and comfortable. Ella, Jennifer and Victoria have taught empowering to 30 or more existing students. The feedback from “old timers” that Ella shared: “Oh, now I know how to explain it.” “Now I can use it every day without having to do a complete session.” “I love these simple modalities.” Sue-Ann taught in her beloved Australia and the HR students there were so thrilled to have their first Aussie teacher and also offered the class as a two-day retreat in Canada, a rich and rewarding experience for all. Victoria is so excited that we can now offer nursing CEUs because she wants to teach *Empowering* to school educators and, with our current CEU status, new ground has been broken for this possibility.

Kaye has taught several classes in Colorado which have been very successful. There is a great deal of excitement as she connects with and empowers the existing community while reaching out to new students. Josie is enjoying her teaching in England and they are excited about having a teacher living in the UK. Josie is continuously amazed at the impact this class has. Sylvi is teaching in Austin and gave an HR session to a reporter who wanted to quit smoking. He was so impressed with the results that he wrote about it in the local paper and she has attracted many people to the classes from that article. Kenya is galvanizing New York City, reaching out to healers and sharing HR with them. “I think it is such a great fit with Yoga, acupuncture and other alternative systems of healing,” she comments.

We are so excited to have these talented people teaching Holographic Repatterning. They are a gift to the entire HR community. If you have not taken this wonderful class, please make it a priority in the new year. Among your friends and family, who needs to feel more empowered? Invite them to come with you, and they will bless you for it. Happy holidays.

Ardis Ozborn

**Introducing the Empowering
Teachers of Mexico**



Maite Herrera-Lasso is a Certified Level 2 HR Practitioner, a Montessori teacher and a very keen, light, brilliant person.

She has taken many different trainings, such N.L.P, Tanathology, Kinesiology, Art Therapy, and Bach Flower remedies. Her practice and orientation is transpersonal, and she

particularly enjoys working with children and adolescents, though she works with all ages of people. She uses HR and all her knowledge in her practice. She has been teaching kids in special program schools, as well as parents, and has worked with companies. She has two post-adolescents, a beautiful daughter and a son. At present, she lives in the south of Mexico City.

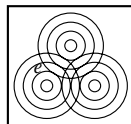
Carin Block is a Level 2 HR Practitioner who is also a trained Gestalt Therapist, and Constellation and Family Therapist. She was President of the Mexican HR Association for



two years. She has a great capacity to bring sense in any situation and a fantastic honesty in the way she communicates.

She is very grounded and has an amazing capacity for playing, so she makes us laugh while participating in sketches at our HR annual meetings. She has two young, beautiful boys that she shares with her

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Vision and Growth Promises

by Terry Blakesley

Level 2 Practitioner, Kansas City, Missouri

Red Rock Monuments of Sedona, AZ Served as Powerful Backdrop for Stellar Conference Experience

It is difficult to imagine a more perfect pairing of place, time and presenters than this year's 2003 International Holographic Repatterning conference held in early November. Entitled *Vision and Growth—Empowering Ourselves for Success with HR*, the ten-day event provided a rich array of educational, skill building and personal process opportunities for all who attended, not to mention a spectacular full-moon lunar eclipse astrologers named the Harmonic Concordance!

Welcome to Sedona

Sedona provided a unique setting for full moon watching and daytime vortex tours. By day, first glimpses of the sentinel-like red-rock monuments towering all around Sedona were awe-inspiring, in and of themselves. These magnificent monuments are part of powerful energy centers referred to by Sedona-ites as vortexes (not vortices, according to a local source). Suffice it to say Sedona is a special destination, one unlike any other in the world.

It was a perfect conference setting. The powerful energies were so visceral it was as though we could touch history

with our hearts, feel its presence lingering in the wind. Just as the ancients once traveled here in search of spiritual reflection, renewal and vision quest rituals, HR students, practitioners, teachers, council members and outside presenters came together from throughout the U.S. and the world to connect, reconnect, grow and return home inspired.

Our conference home was the Sedona Creative Life Center, an adobe-like complex with breathtaking views from the many window expanses. (Did we mention that the views are spectacular? Vision modalities galore!) The weather cooperated beautifully, with daytime temperatures ranging in the 60s and low 70s, and nighttime temperatures dipping into the crisp 20s and 30s. Meals were enjoyed indoors and out, the Center's many outdoor patios, beautiful bronze sculptures, and inviting paths and walking trails providing gathering spaces and getaway places throughout every day.

Chloe's Fireside Chat

The conference opened Friday, Halloween night, with Chloe Faith Wordsworth, HR Founder and Developer, presiding over an informal fireside chat, an orienting session that welcomed us into the days ahead.

Chloe reminded us of the hero's journey that the HR Process is designed to support, in us and in those we serve. Moments of laughter, deep sharing of appreciation, and answered questions set the tone for the days and activities to come.

**Weekend kickoff:
Bruce Lipton, Ph.D., *Biology of Belief*, plays to packed house.**

Two days of research findings presented by cellular biologist Bruce Lipton turned out to be fun, entertaining and fascinating. Dr. Lipton's fire and enthusiasm ignited his topic and stimulated a two-day dialogue between presenter and audience.

The Saturday through Sunday kick-off was a sell-out. It was advertised in the Sedona area, and attended by many people from outside the HR community including allopathic physicians, psychiatrists and psychologists.



his findings on a personal level. His research supports and proves what we as HR students and practitioners already know. That we are pulsing fields of energy; that prenatal infants take on patterns from inside the womb;

Fulfilled at 2003 Conference

The sophisticated audio/visual presentation brought Bruce's scientific concepts to life. He shared the epiphany he experienced on a Caribbean island some twenty-five years ago that opened his own eyes to what he was about to explore and uncover. He walked us through a timeline of scientific discovery and evolution, and helped us see that mankind stands at a new evolutionary crossroads where, once again, it is necessary to give up old ideas and shift into the new paradigm of limitless possibilities.

On the second day Dr. Lipton shared insights regarding the significance of



that it is our resonance patterns—our beliefs—which determine the state of our health, our states of mind, and our abilities to weather life stresses.

Sunday night his presentation extended thirty-minutes beyond the time it was supposed to end. The audience asking for more, more, more. Finally, Dr. Lipton stepped in front of his lectern to address the HR community. "We all stand at a place in time where significant change is underway," he said. "As HR practitioners and students, you are part of a larger community of healers and helpers who have stepped forward to assist mankind in making this critical evolutionary shift. Congratulations on your decision." He and his message, spoken straight from his heart, received a standing ovation.

And that was just the opening weekend.

Five more days of skill-building choices.

As new acquaintances were made and former acquaintances renewed, discussion often turned to "what classes are you taking?" Followed by, "I don't

KNOW, I want to take them all!"

Chloe turned to the HR Process on Monday, facilitating a group repatterning to support us in moving through any belief systems that were challenged by Bruce Lipton's innovative work. This powerful example confirmed again the appropriateness of using the HR Process as a tool for transforming our limiting beliefs in any situation.

HR teachers Michelle Bongiorno, Dorinda Hartson, Ardis Osborn, Karine Bourcart, Michael Fisher, Ella Nacht, Shady Sirotkin and Victoria Benoit stepped up with an invigorating, skill-building curriculum which filled the week with topics ranging

from varied techniques for developing a therapeutic presence to honing Holographic Repatterning skills. Personal process days and tutorials helped students and practitioners "step out of the box and learn to fly."

The HR teachers were also joined by skilled presenters Didi Madden, Victoria Tennant, Andrea Ward, council member Stephen Linsteadt, Maria Elena Boekemeyer, Elizabeth Markell and Andrea Adler. We explored more Quantum Physics and Scalar waves' role in the heart of health, the brain as pathways to transformation, and the

(continued on page 15)



ON THE EVE OF BIOLOGICAL REVOLUTION

Notes from Bruce Lipton's Kenote Address at the Eighth Annual International Conference

by Lynn Komlenic, Pittsburgh, Pennsylvania



Thank you Sedona for the healing vortex that you are. The Holographic Repatterning Community came together from as far as India and South Africa in joyous celebration of the abundance that is offered to us through your land, your spirit and guiding hand. We will cherish these gifts and allow them to nurture the light in ourselves and in everyone we touch.

Never before have Mahatma Gandhi's words clamored so feverishly in my head: *Be the change you wish to see in the world.* Reflecting on this as a

personal mission has an immediately humbling effect; I am on any given day both elated and exhausted by my own humanity, let alone that of our race itself. If there is one opportunity at the end of a year filled with great strife, it is to consider Gandhi's words in terms of what this most inspirational man certainly intended, which is that of the hero's journey. The word hero brings many things to mind: a person who stands by their truth, values others, celebrates nature as an intricate and important part of life, a person who triumphs over 'failures,' seeks opportunities to create a better world and feels the fear and does it anyhow. It may be fairest to say that a hero always manages to find the light and is able to shine their light in the darkest of times...

No one perhaps knows this better than cellular biologist and international lecturer, Bruce Lipton, PhD. For nearly 20 years now, Lipton, has shown what at times has felt like a lone spotlight on what could be one of the most significant discoveries of the 20th Century. **Our biological reality, states Lipton, is determined by our beliefs and perceptions of the world in which we live, period...** not by our genes, as conventional biology would have you believe. His findings, though simply stated here, required two full days of explanation at the Eighth Annual International Holographic Repatterning Conference that recently took place here in Sedona. Bulb after bulb illuminated the resulting truth: except in the case of 5 percent of the general population with congenital defects; *we are 100 percent responsible for the state of our health and well being*, the question of nurture vs. (genetic) nature so gracefully dismissed.

Lipton's findings challenge the very foundation on which modern western medicine is founded. Which is why, for years, his presentations have left rooms of physicians, scientists and professors speechless and at times highly irritated. "This is what typically happens when you first introduce a new paradigm in any field of study," he says hardly containing his childlike enthusiasm. "There comes a point when ignoring a truth and compromising ones principals threatens life itself. At this point in my life, I had to choose to present

the truth that this research represents and confront a biological community that for 50 years has perpetuated a false belief that we are a victim of our genetics."

While there are many reasons, cultural and political to name two, why his research is received with raised eyebrows there is no disputing the facts: Quantum mechanics establishes that "information" can be carried by "energy" as well as by molecules and that this information "shapes" the expression of a biological organism. Bringing this down to a practical level: any treatment of our physical body that does not consider these 'invisible forces,' which is often in the case of conventional modern medicine, is deeply flawed.

While Dr. Lipton's findings and conclusions are unarguably rational and affirming, especially to those who understand these new scientific paradigms, they are just now beginning to gain worldwide acceptance. In fact, he notes, biology is about 20 years behind physics. When the Quantum Revolution erupted in the 1920s biological research was simply not sophisticated enough to study interactions at the atomic and molecular level. Quantum theories are now widely accepted as the basis for understanding natural phenomenon, well beyond the Newtonian model that sees physical matter as the only fundamental reality, yet these theories are virtually ignored by conventional biology.

These outdated assumptions continue to promote a false separation from environment that has led to the very real challenge of reversing our own and the planet's rapidly escalating health crises. While evolution is a slower process for



some, the good news is that our current cultural revolution seems to indicate our culture's return to a midpoint where spiritualism and materialism are in balance and harmony with one another.

"It is time *now*," urges Lipton, "for each of us to take responsibility for what science is showing us." With every thought, feeling and emotion, every evaluation of our life, the lives of others and our environment, with every belief and perception *we are either creating or destroying life*. Yes, it is a tremendous responsibility on one hand, but what an incredible opportunity... we now have scientific *proof* that we can actually create heaven right here on earth! "So, how can we do this?" he asks clicking to the next slide, "with Holographic Repatterning!" This sends the naturally effervescent Lipton and the audience of Holographic Repatterning Practitioners into a cosmic frenzy.

Lipton goes on to share that we have libraries full of 'tapes' in our subconscious mind that are creating our current realities, including those on the planet. Not only are we *UN*aware of the existence of these tapes, we are also *UN*aware that they are filled with old and outdated beliefs and perceptions that are interfering with our ability to create health in every area of our lives: physical health, relationships with our self and others, careers and prosperity to name a few. The *only* way, then, to change our own reality and create a little more heaven on earth is to REWRITE these tapes.

In the old Newtonian world this could take ages and perhaps even lifetimes. Now, because of the new paradigm in which we live, you can move through the old 'stuff' in quantum time. There is a new and burgeoning field of *energy psychology* whose various works, therapies and processes are founded on the quantum model of physics. This body of work, which includes Holographic Repatterning, can rewrite tapes almost as quickly and effectively as you can save a document to your hard drive.

Holographic Repatterning® was developed by Chloe Faith Wordsworth over a period of 25 years and incorporates



concepts from new physics, psychology, the holographic model and sound frequencies. It is based on the principle of *resonance*. As Bruce might say, we are vibrating fields of our perceptions and beliefs; and, we create what we resonate with. Want to live a longer, healthier and more vital life? Then, shift your vibration from life depleting responses to life enhancing ones. The wonder of Holographic Repatterning is that it not only *identifies* the old unconscious tapes

(beliefs and perceptions) that need to be rewritten, but also *provides the tool or tools* (we typically use color, sound, movement, breathing, fragrance and energetic contacts) that will actually rewrite the tapes and shift your resonance. Creating heaven in your life has never taken so little time or been so easy and this much fun! It's time for all of us to live this new science of change...

So, here is your year-end mission (should you choose it): Look at where in your life you are not experiencing joy, love and peace. Find a process whose basis is in quantum science, like Holographic Repatterning, and then uncover and shift the underlying unconscious patterns and beliefs that are preventing you from experiencing the health that you deserve in every area of your life. Be proactive. Be a hero. Help yourself and then turn someone else onto it. And, before you can say 'quark' we will all have healthier microcosms and a very happy Mother Earth...*many wishes to you from the worldwide Holographic Repatterning community for a blessed holiday season full of much love and light!*

Lynn Komlenic is a Life Coach, a Level 1 Holographic Repatterning Practitioner and a writer. She lives near Pittsburgh, PA and can be reached at: lkomlenic@aol.com. This article was originally written for *Four Corners Magazine* Sedona, Arizona.

At the conference, Shady read the following:

So think as if your every thought were to be etched in fire upon the sky for all and everything to see. For so, in truth, it is. So speak as if the world entire were but a single ear intent on hearing

what you say. And so, in truth, it is. So do as if your every deed were to recoil upon your heads. And so, in truth, it is. So wish as if you were the wish. And so, in truth, you are. So live as if

your God Himself had need of you His life to live. And so, in truth, He does.

From *Book of Mirdad: The Strange Story of A Monastery Which Was Once Called the Ark* by Mikhail Naimy

The Heart of Health: The Principles of Physical Health and Vitality

Taught by
Stephen Linsteadt and
Maria Elena Boekemeyer



Article written by
Jennifer Johnson, (pictured above)
Level 2 Practitioner, Washington State

I initially chose to take this class at the HR Conference in order to better understand my principles of physical health—my own physical health. I also wanted to better understand the role of nutritional supplementation in support of optimal health and to see how Stephen and Maria Elena incorporated the use of supplements in their practice as naturopathic doctors. Their one-day seminar answered these questions for me and provided so much more!

The tone was set when Stephen reminded us that “at the fundamental sub-atomic level of our being, we are only energy” and we carry within us the Source energy of which we are all a part. He moved from the outer cosmic level to the inner level of the cell, describing how the quantum field of subtle unifying energy cascades into increasing densities of energy which are stored within our DNA and regulate all biochemical and biological processes. In their book, *The Heart of Health*, the authors state, “This DNA molecule acts like an antenna to receive light energy from the solar system, from the universe, from the cosmic energy that gives us life. The body therefore can be seen as a dense medium holding the real essence of who we are—Divine energy. We are interconnected outward expressions of this Divine energy.”



Maria Elena Boekemeyer

The entire day was a lesson in how the flow of this energy within, between, and around the cells of our physical/cellular structure determines our state of wellness. Optimal health is supported by the nutrients we receive through the foods we eat, nutritional supplementation, the ability to clear our system from toxins, balancing our pH, positive thoughts and emotions, stress management and biological dentistry. The “aha” for me in this was a clear, no-nonsense presentation on the intricate electrical interaction of the cells and how it all works together for our health.



Stephen Linsteadt

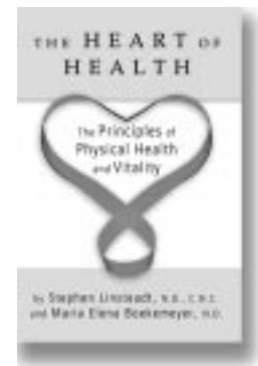
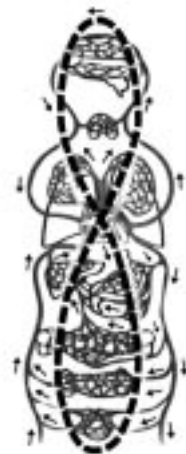
I was particularly impressed by the explanation of the Scalar Heart Connection and the invitation to “move the energy potential into action through our intention.” I highly recommend reading their book, *The Heart of Health* for a deeper understanding of this field of unlimited potential which can be directed for healing ourselves and others. I was

also delighted to see how HR is used in their work and combined with scalar wave amplification for the healing of their patients.

I found this seminar to be informative and inspirational and I experienced it as supportive of life on all levels. It reinforced what we know in HR, what I believe in my personal journey of Faith, and what we learned from the weekend with Bruce Lipton. It felt appropriate for me to end the week in the class about the planets, once again seeing how we fit into the grand scheme of things and how words like resonance, coherence and transformation assist us to, as the HRA Vision Statement states, live out the mission to “resonate with life-enhancing intentions that bring healing to ourselves, our communities and our planet.”

Jennifer Johnson, ARNP
jennifer-hr@comcast.net

Editor's note: Read another view of this seminar on p. 11.



Ardis Ozborn's "Quantum Leap" Class



By Mary E. Cameris,
Level 2 Practitioner, Tulsa, OK

We all took a leap in knowledge during Ardis Ozborn's "Quantum Leap" class. It was a fascinating experience.

To begin with, Ardis' teaching style made the space safe for all of us to ask questions and explore our own insecurities about using Holographic Repatterning on ourselves and others.

Sometimes we are not sure that what we're doing is right, so it was gratifying to feel validated that we were, in fact, competent practitioners. Some of us felt disoriented with our books, since we had older editions. Once we identified the books that were outdated, we were able to resonate with letting them go. Clearly, the newer books have a higher energy vibration and are easier to use, and I urge everyone to acquire them. You won't be disappointed. Then do a ritual and let the old energy go.

As a result of the class, we also feel more comfortable and excited about taking Holographic Repatterning out into the world, whether the corporate world, hospitals, schools, etcetera, in new, different and wonderful ways.

Ardis addressed our frustration and fears around muscle checking a client with those "steel" arms. It was enlightening and helpful when Ardis explained that we need to take the time to educate our clients about the particular way we muscle check in Holographic Repatterning. We do not muscle check for truth. Instead, we are muscle checking the autonomic nervous system for how one is resonating with a statement. If we do educate our clients in the first session, it will save a lot of time and frustration later. Now I slow down when I work with a new client and do much more educating.

The highlight of the class was when Ardis demonstrated an earlier experience followed by a fusion for Ann and Sharon Kennedy, six-month-old twins that attended our class with Sandy Kennedy, their mother. The twins had been born a couple of months too early and had spent time in an incubator. What amazing healing modalities they were for us that whole day!

I signed up for this class with high expectations, because Ardis was teaching it. I was not disappointed. I came away with more clarity and understanding about this marvelous Holographic Repatterning process. Thank you Ardis!

Mary E. Cameris can be contacted at mcameris@aol.com

Ready, Set, Fly: Moving Beyond Your Box—A Day of Personal Transformation" Taught by Michelle Bongiorno



By Georgia Miles, M.A.,
Level 2 Practitioner, and HR Teacher, North Carolina

Michelle Bongiorno opened this day of unusual transformation with a very straight face, welcoming us while sitting on the floor inside a huge cardboard box. The "box" of course represents our stuck places.

Michelle Bongiorno

Using Holographic Repatterning and her amazing intuitive ability, Michelle devised the perfect remedy for each of us to explore the edges of our personal box and take a quantum leap out of the box.

For several of us, leading a cheer for the cook at lunch was the challenge. For two others, wildly impersonating male and



Georgia Miles

female gorillas and cave dwellers moved their energy into coherence. For others, the quiet support of the group and Michelle's guidance provided the transformation. One person discovered while sitting the box that her life was really great in the box and it was okay to choose to be happy with her family and children.

This seminar was quite unique, very personal, wonderful fun, and the group of us became so bonded that we didn't want to part when the day was over.

Georgia Miles, M.A.
Accredited Holographic Repatterning Practitioner & Teacher
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HR Personal Process Day—“Becoming More Fully Human”

with Shady Sirotkin and Dorinda Hartson

by Ellen Shapiro,
Level 2 Practitioner, Montclair, N. J.

This is the second time I have been in one of the HR process days—and I can't stress the value of these days enough. It is wonderful to let go of the books, of being practitioners and immersing oneself in this process work. Shady's style—and one that Dorinda also used—is a skillful blend of HR with muscle checking along with a flowing, intuitive way of working with whatever energy the individuals in the group bring in.

I really value the way that the person's own body wisdom is honored and used to guide the healing process. This format also allows for practitioners to integrate all of their training and background, such as Shady's training in Hakomi therapy, a body-centered psychotherapy.

A slowed-down atmosphere and a feeling of total safety provides a place in which healing at a deep level is possible throughout, not only when we are working as the client, but also when others are working. These shared experiences of our wounds and our joy, of seeing our



Shady Sirotkin



Dorinda Hartson

common humanity, and healing in community, continues to be one of the most powerful aspects of HR for me.

A unique feature of these process days is how the group is used to support holding the healing space for the individual's process. One of our group members had been having a migraine headache for quite some time. At some point in her process, after she had been lying down and working with Shady, she was invited to let us know where and how she needed some healing touch, and we all literally held her in a healing space. What a gift to be able to ask for exactly the kind of touch you need, and then to receive it!

People were gently encouraged to be very specific about this, to get it just exactly right for them, through the question: “How could this be even more perfect for you?”

While the individual sessions were much shorter than a full HR session would be, the experience was very full because of the cumulative effect of the group work and the very rich feeling of safety and support. My own session continues to impact me profoundly. With tons of freed energy moving through me (after releasing numerous constrictions) I invited the group to “raise the building” with me. It was an experience of power and freedom I won't forget. With the love of Shady and Dorinda, standing in for my mom and dad, I completed an important phase of healing my relationship with my parents, who are passed on. I feel much freer now to create my own life, and my focus is more on the positive qualities and their other gifts to me, rather than on the less than optimal experiences of the past.

One member of our group, who was greatly moved by the day, said that she didn't know “such healing was possible.” Through the intimacy, safety, and graceful skilled “dance” of the HR personal process day, we are all offered a tremendous gift of healing that we can then bring into our work and our world.

“Shrinking the Shrink Inside of Me” with Shady Sirotkin and Didi Madden

by Ellen Shapiro,
Level 2 Practitioner, Montclair, N.J.

This day was another skillful collaboration between Shady, one of the core HR teachers, and Didi Madden, a clinical social worker and psychotherapist who has been instrumental in bringing Holographic Repatterning to Highbridge, a family service agency in the South Bronx, NY. We spent much of the early part of the day exploring the contrast between HR and psychotherapy. For example, in HR, the client's process (as determined through muscle checking) is what leads. In therapy, the therapist leads based on her knowledge & training. Another contrast is that in HR we are focused on resonance, while in therapy the concept would be of



Didi Madden leading a discussion

working with someone's defenses.

We also explored how we may have tendencies or biases that come from analytic therapy about ways of relating to people, and thus to our clients—or if not from therapy then from the popular concepts of how therapists work. In HR we are seeking more neutral ground. Some of our common habits are: analyzing, judging, criticizing, interpreting, teaching, diagnosing, advising,

giving solutions, praising, agreeing or directing, consoling, supporting, distracting. These behaviors on the part of the practitioner can actually prevent a client from going deeper, the client will not feel heard or connected to, they won't feel safe to go into their places of deeper pain or vulnerability, or in other ways may interfere with the therapeutic relationship we want to create in HR., Since many of these habits are so deeply ingrained in us, it's crucial to become aware of these biases. We don't want to be either overly mechanical or overly analytical in our HR work.

Another very valuable aspect of this day—and an ongoing need for HR practitioners who work with clients professionally—was an open-ended exploration of some of the common

issues we face in our work. For example, we talked about being clear on boundaries, and the importance of getting permission for anyone we proxy into a session, and some real life situations in which blurring these boundaries has created problems.

In an informal group supervision discussion, experienced practitioners were able to talk about situations with clients and ask for guidance. We explored the use of an intake form to help us in knowing if we have the skill to assist a prospective client, as well as times

when it may be appropriate for us to refer them to someone else. I felt this was very valuable and will be even more crucial as HR practitioners expand their horizons and work more closely with other professionals.

Stephen Linsteadt and Maria Elena's "The Heart of Health"

by Michael Gunko,
South Africa



The speakers, Stephen and Maria Elena, were both very enthusiastic about their respective subjects and displayed a true passion for the "Heart of

Health." An aspect of the course which allowed for continued interest and interaction was the rotation of speakers. This, combined with the many subjects they covered, made it a day worth attending. Thank you to both of them. I truly enjoyed this class. Because so many topics were covered, one overview of the class would not be accurate. What follows are a few comments:

Firstly, Stephen's insights regarding the body as energy were a great follow-through on Bruce Lipton's talk. Stephen managed to take us deeper into the subatomic particles and the aspect of our body as energy really started to take on new meaning. What I found to be most interesting in this section was the Mobius Coil and coming to understand that the body is constantly generating universal scalar waves. The drawing Stephen showed us on the coil configuration within the vascular system, as well as the fact that the circulation of blood throughout the body resembles the figure "eight" of the Mobius coil, especially impressed me.

The knowledge we gained regarding scalar waves and their purpose of protecting us from the negative affects of Solar radiation and other harmful electromagnetic stresses, as well as the waves being able to provide an energetic communication system with all the cells, tied in very nicely with Bruce

Lipton's presentation.

The section by Maria Elena on the physical level also related nicely as a follow-up to Bruce's presentation. Knowing that cells produce 20,000 different proteins on a regular basis takes us to the realization that there are billions of reactions occurring every moment. An amazing system, this creation of the body!

The section on Free Radicals was most enlightening and I became aware that a free radical attack on the membrane usually damages a cell to the point that it must be removed by the immune system.

The section on pH Balances was eye-opening information to me, as I was totally unaware that there are different pH levels for the different organs and /or body products in the body.

The most inspiring information I received from Maria Elena on this aspect was the fact that the pH of our urine can be very misleading. Doctors have told me in the past that my system was not alkaline due to the acidic reading of the urine. Maria Elena taught us that urine must be slightly acidic because the urine is the route of elimination for toxic and acidic waste products—urine that is alkaline is as a result of ammonia which can indicate serious trouble.

I will most definitely be obtaining Litmus paper to test the pH of my saliva before I get out of bed in the morning. This will give me a true indication of the pH status of my extra cellular fluid. Maria Elena, thank you for clearing up what I believe is a huge misunderstanding for most people.

The self test chart of the metabolism to determine whether we are a Sympathetic Dominant, Balanced or a Parasympathetic Dominant is very useful in discovering our metabolic constitution. This can open up a new perspective for

how we can stay within the amazing cycle that Nature intended for us. My intention now is to eat a larger fruit and vegetable diet, to make sure that I take the appropriate minerals and B complexes and drink lots of alkaline water. I also plan to get my daily dose of sunlight and the combination of all these factors will ensure that I physically live to be at least 100—that means at least another 50 HR conferences to attend!

A gem of inspiration that I received from Stephen is the Tooth/Organ relationship. I have always known that there is a connection; however, this is the first time that I have seen such a chart.

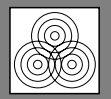
Maybe there is wonderful opportunity for a new repatterning here: A muscle check and a modality will be better than a mouthful of dentist's tools and injections. I would sooner say "Aaah" to a modality as opposed to seeing an injection needle coming to invade and traumatize my gums as the dentist says, "Say Aah!"

I am so excited about Stephen's teaching concept that I am currently investigating whether there is a biological dentist in Africa as I believe that this root (excuse the pun) will be most beneficial for all levels of my health.

The greatest gem from this amazing day was the repatterning that Stephen developed on the Scalar Heart Connection for physical health and vitality. I believe that implementing this and the modality of scalar waves is an opportunity for huge growth potential.

I highly recommend buying the book which was used during the workshop entitled *The Heart of Health: The Principles of Physical Health and Vitality* and is available from HR Sales.

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Jorge Addiego, Level 1 Practitioner, Argentina and Uruguay



HR Journal: What is your background?

Jorge Addiego: Although I studied to be an engineer, and have worked as a photographer, I have had a long-standing interest in the energetic-spiritual reality. At 30, I started to fully nurture that facet of myself by reading about metaphysics, practicing yoga, and transcendental mediation, and studying Eastern philosophies and disciplines. Finally, in 1997, I was initiated in the USUI's Reiki system and pranic healing. From there, I began working with people doing Reiki sessions that combined other modes of healing including crystals and stones combined with sounds, colors and shapes. Now, I work mostly with Holographic Repatterning and crystal healing, as I call it. I do my work in various locations in Argentina, and in Uruguay.

HRJ: How did you learn about HR?

JA: In 2000, I learned about HR through a friend of mine who had studied HR in Mexico. Even before she could explain all about HR, I felt I should have a session, which turned into a very significant experience for me. By the end of the session, I clearly perceived two things: 1) Something was different, which I knew from my experience with other energetic therapies, and also from a deeper place inside of me; and 2) I had the certainty that I wanted to learn HR. I realized I had met a powerful tool of transformation!

HRJ: What does HR mean to you?

JA: Since that first experience with HR, I have continued to have sessions regularly to transform many things—issues I had been trying to transmute, to solve. Although I had achieved positive changes with Reiki and crystals by myself, HR was an accurate and faster help for me.

HR gave me the needed twist to my life and myself, so it meant a lot to me. I feel that I can transmit it to clients. Yet, if they do not know exactly what HR is about, many of them can sense from me, as a facilitator, the feeling of being face to face with transformation, and that anything is possible.

HRJ: What has been your experience with HR in Argentina?

JA: In 2001, I took “Fundamentals” and “Primary Patterns” in Mexico. I came back to Argentina to spread HR and work with it. Through earlier clients and friends, I gave “sample” sessions to those who wanted them. Thus, little by little, HR started to get known, mostly by word of mouth, here in Buenos Aires.

However, it was a different story when I started in a city in northeast Argentina. By the time of my second visit to the area, two months after the first, I had many many clients. People had seen positive changes in friends or relatives and wanted sessions. I was doing up to seven sessions a day. My commitment to clients from the very beginning was to support their processes, so I traveled to this city on a regular basis.

Some time after that, I was asked to go to other locations and, gradually, I had three new “destinations” for practicing HR. Last year, one of these cities had a forceful result: Since the first day, there was a “waiting list” that grew, so I had to add another week to that first

visit there. Many people traveled far from the rural regions in order to have sessions. Now, it is common to have proxy sessions, and many people feel that it is good for them to have one in between visits. Incidentally, when I travel to those places, it is often between 12 and 20 hours by bus. If I traveled by plane, which is very expensive, I would have to charge much more for the sessions. Furthermore, I even reduce the price when I go to places that have very low incomes!

HRJ: What kind of results have you seen?

JA: The outcomes are amazing! For example, a man, about 30 years old, arrived to the session just like a child—by the hand of his mother and aunt. The overprotection was obvious. They, not the man, even paid beforehand to the secretary. By the look in his eyes and his attitude, I could guess he was drug-dependant. He was in the middle of a depression, hushed. It was amazing to see the change during the session. At the beginning, he barely talked. Then he smiled, explained many things, and recognized he had started realizing his limitations, and addictions. In a moment, he said: “It’s incredible. I’m feeling different!”

When we finished and went out, he thanked me, gave me a big hug, and smiled. The surprised secretary was staring at him!! Then she remarked, “He doesn’t seem like the one who went in.” Three months later, I met one of his relatives. He said that his life had changed since that session: he had a lasting job, he was spirited, vital, and related well with his family and the society.

Another example is a woman, more than 70, with allergic issues. She had an overall swelling and trouble breathing due to a sun-block cream. But what bothered her most were the joint aches, and circulatory problems. We had a

series of sessions, some of them by proxy. Starting with the first one, she noticed that pain in her joints was relieved, then it disappeared, as well as the discomfort produced by the varicose veins. She recovered a sense of well-being, and regained her good humor. In the same way, the fear of being once again in an “allergic shock” situation vanished, and she was able to use cream and, eventually, medications.

The most remarkable thing here, is the fact that this lady was firmly convinced (her family told me so) that HR was the reason for that positive change; and the perseverance she had doing the positive actions properly. She even called me to know if it was possible for her to keep on doing the exercises, because she was feeling so good!!!

I could write pages and pages of interesting cases. I think the most remarkable thing to notice is this: The sharp intuition and confidence that people show when they arrive for sessions, many times without any idea of what it is all about, and the profound and noticeable changes they experience and feel deep inside through the session, and during the following hours, or even days later.

Each time I return to these places, I am gratified, blessed for witnessing so many changes, for receiving the feedback, the good news, all the comments, and for the affection they show toward HR. They do appreciate the fact that there is a permanent connection with me, through mail, and proxy sessions. I always emphasize they can count on me at any time.

(continued from page 3)

husband. They live in Cuernavaca (city of the eternal spring) one hour south of Mexico City. She makes a living from her practice.



Rosario Azpiri, a Level 2 HR Practitioner and an HR seminars organizer, has a college degree in Anthropology and Linguistics, and is also a Gestalt trained

In two different locations, something fantastic happened. Two whole families had sessions, one person at a time. In one of the families, there were two children, 11 and 13 years old. I was told they had decided as a group to work with HR. The grandparents and a brother-in-law were there, too. It was fantastic to see such healing to the family core!

This year I had the opportunity to do sessions with younger kids—10, 8, and 6 years old. In every case, their parents brought them, but they knew that it was something that could help them solve their problems (which were mostly fear issues).

Recently, in 2003, I completed the Chakra and Meridian seminars in Mexico. I continue to travel regularly to four different cities, and since the year 2000, I also go to Uruguay, the neighbor country where I was born. It is interesting to notice how new clients appear through the comments and advice of people from inside the country who had sessions themselves.

HRJ: How do you apply HR with clients and in your own life?

JA: I guide clients to use the most appropriate method in any given moment or situation. I believe that in this new energy and the new paradigms, it is not wise to stay content with just one tool to help us continue our development. When people speak, it becomes clear whether HR is the right one for them. Indeed, more and more are realizing that HR is something completely new—a new way that supports us in this

Therapist. In the last 5 years she has created a whole HR community in her area. She has organized HR series and trained students to develop their skills, by coaching support groups. Rosario is a soft hearted person with a great capacity for service and deep spiritual work who gently makes things happen around her. She lives in the city of Xalapa, in the state of Veracruz, about a four hour drive from Mexico City toward the West. Her home is in a place with a lot of tropical vegetation, two hours from the coast of the Gulf

time of big transformation we are all going through.

Personally, I have auto-sessions regularly, or mini-sessions sometimes daily when traveling. I am very careful with myself, especially when I see clients all day long. So I very carefully assess whether to have a mini-session or a whole session. I have many positive results since I work on specific issues each session. As I enjoy new experiences in my travels, I try to be open to the new places where HR should go, and to learn from each situation.

HRJ: What is your vision for HR?

JA: I would say that here HR is becoming known in the best way possible: People “live” it. They have sessions because they see or know that someone among their friends, relatives, or fellow workers had a positive change, such as an increase in quality of life and being more in balance. My vision is that, due to the accuracy, the speed, the support, and efficiency this method holds, it will become one of the most popular therapies in a short time.

To summarize all my experiences of the past several years, I would say that I can “see” the expansion of HR in Argentina as the water waves spread from the center—just like the HR logo, and I feel happy doing the job. I never stop being surprised by the results and the situations I live daily, as a facilitator, as a human being. Thanks HR!! Thanks Chloe! Thanks friends of the HR community from all over the planet! Blessings to everyone from South America!

Jorge Addiego, ezeqhi@ciudad.com.ar

of Mexico. She paints and also plays the “jarana,” a guitar used specifically to play music from Veracruz. She has two sons, 12 and 18, and shares her life with a biologist from Argentina. She makes a living from her HR practice.



Yuriria Robles is an incredibly knowledgeable internationally certified Astrologer and

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CEUs for Holographic Repatterning Seminars

by Jennifer Johnson and Ronna Loerch

The Holographic Repatterning Association was delighted that the HR Conference in Sedona, AZ on November 1-7 was approved for 55.8 hours of Continuing Education Units (CEUs) by the Washington State Nurses Association (WSNA), an accrediting member of the American Nurses Credentialing Center's Commission on Accreditation. We believe that receiving approval for CEUs creates a climate in which health care professionals are supported in their required ongoing educational needs and heightens the awareness of HR in the fields of health and wellness.

In our experience other health care providers in Washington State have been able to use these hours for their required units for re-licensure, specifically massage therapists, MDs and social workers. Requirements vary from state to state so practitioners from other disciplines should check with their state licensing agencies to see if nursing CEUs apply. Practitioners from other disciplines in health care or other fields, such as education may ask for help from us if they wish to pursue CEUs for themselves.



Ronna Loerch and Jennifer Johnson

Phase I of the plan is to add all of the Empowering teachers to the current faculty. This seminar was approved by WSNA for 8.1 CEUs early in 2003 and includes Ella Nacht, Victoria Tennant and Jennifer Johnson. Ardis Ozborn was added to the faculty so that the Empowering seminar on October 31 in Sedona could also be used to obtain CEUs. HR accredited teachers may be added provided they follow the WSNA protocol.

Phase II would be to prepare and submit an application to WSNA for the entire series of HR seminars through Meridians. Ronna, Ardis and Jennifer will be working on this after the conference.

Phase III will be preparing and submitting an application for the three

advanced classes, A New Vision, Principles of Relationships, and Energetics of Relationships. Chloe will need to be involved in the preparation of those outlines.

It may also be significant to you that the Omega Institute has expressed interest in teaching HR through their network and Ronna and Chloe are working on preparing workshop proposals for that.

It is an exciting time to be a part of HR as we see this work moving into the world. It is a joy and privilege to share the HR vision of putting love into action for the transformation of ourselves and others. We believe that the provision of CEUs provides a model of integrative medicine that can impact the field of health and wellness in positive ways and assist the transition of a disease model of care to a health and wellness model.

Jennifer Johnson, ARNP
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Ronna Loerch, RN, M.A.
anatum@tellcomplus.net

*Editor's Note from the HR Council:
Much appreciation to Ronna and Jennifer for holding this vision and for their persistence and follow-through.*

South Africa Conference Included Holographic Repatterning

By Nina Frank,
*Level 2 Practitioner,
Johannesburg, South Africa*

The first South Africa Conference for Holographic Repatterning practitioners and students was held in Johannesburg on October 4 and 5, 2003. There were between 20 and 25 people present. For me, and I think for lots of other practitioners, there was a magical energy that developed as the

weekend progressed. We started out with an intention "to have fun, to feed our souls with new ideas and learning and to be inspired" and came into resonance with this with a color healing modality. Presenters covered topics such as craniosacral therapy, Jin Shin Jyutsu, Feng Shui, Homeopathy, Astrology, Colour Therapy and Biodanza. Each presenter brought a special gift, something from them-

selves, some moving quality or story. Although many presenters had never had a Holographic Repatterning session, they seemed to instinctively know what it was that we needed. For me, and judging from the feedback, for many others, our intention was more than fulfilled. I feel truly grateful for what transpired and inspired.

Nina Frank can be contacted at
ninafrank@iafrica.com

It's Time! ... for Membership Renewals

It's time to send in or use the HR website to renew your annual membership to the HR Association. If you're a practitioner, please make sure you have taken or retaken at least one class this year as part of maintaining your

accreditation. Send you renewals to: HR Association, Box 14, Aragon, NM 87820 or go to www.holographic.org
Thank you!

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power of positive actions. On Friday, a mind-expanding and experiential day of exploring the planets in our galaxy uploaded our databases with a new understanding of planetary information and their relation to Quantum and Astral Physics. Could it get any better than this? It could and it did. [See more first person accounts this issue.]

Special group repatterning

Two accredited practitioners and new Empowering Teachers, Georgia Miles and Bobbie Martin, each facilitated a group repatterning. These evening repatterning sessions connected us beyond Sedona to the many HR students and practitioners who could not attend the conference and asked to be proxied in. To check out the session notes, visit the HR Web site.

And special time together

It wouldn't be a HR Conference without creating connections with one another. It was an exciting time to be in Sedona, as the moon grew fuller so did our social lives. At the end of each full class day, there was time for dinners out or stopping by the organic grocer's for carryout. Some spent quiet nights alone. Sedona proved to be a friendly, accommodating little city.

Each day the bulletin board would be filled with inquiries such as "anyone

interested in an early-morning vortex tour, say around 6:30?" Others planned a day getaway here and there, to take an excursion to Grand Canyon, to see the sights, to take in the local fall colors and flavors. The shopping was great—fantastic art, jewelry, crystals and so much more. The town was very easy to navigate. Many people were heard saying, "I can't remember when I've had a better time, anywhere."

The lunar eclipse held its own special magic. Some conference attendees gathered at special vortex sites to create their own ritual. Others reported standing transfixed at the end of a driveway, inspired to serenade, in unrehearsed fashion, the beautiful and amazing shadow which fell over the moon. If ever there was a time to believe in magic, this was it.

As quickly as it began, our conference week ends

The conference week ended on Friday evening, with appreciation and open heart gestures for those who traveled the farthest—South Africa, London, Ireland to name some. Those earning Level II accreditation during the past 12 months were recognized, as were the HR teachers, the new Empowering teachers, the HR council members and our beloved HR Association Executive Director, Naneen

Boyce. In true HR fashion, the group applauded Chloe, and extended especially warm appreciation to the food team who provided lunches and break snacks throughout the week. We do so love to eat and enjoy tea time.

Following hugs and farewells, many headed off on their respective journeys home. Others remained for Chloe's Energetics of Relationship class, being taught for the first time in more than four years.

For each and every person who decided to make the journey to Sedona, whether for a weekend, a week or for the whole ten days, it was a uniquely personal experience—enlightening, powerful, empowering.

In looking back over the past several months, I recall the promise made by Michelle Bongiorno in the August 2003 HR Journal. She said, "The HR Association Council, the 2003 HR Conference Vision Team and the full body of HR teachers from around the world are committed to providing relevant training, at a very high standard, at this year's 2003 HR Conference. ... Each training will be experiential and directly applicable in the HR sessions you do. They will transform your work with HR."

The promise is fulfilled.

(continued from page 13)

a woman of profound studies, also a Level 2 HR Certified Practitioner with a great capacity to synthesize and go deeply into life. She is also an artist who recreates colors in her life by painting and playing creative games with her two young daughters and her husband. She and Maite are widening their knowledge on sacred geometry. She is an amazing old soul searching for her path with all her wisdom and looking for ways to do it in an accessible manner for her students. Yuriria has a fluent HR Practice.

Anne Signoret is a certified Nurse who works with a plastic surgeon and is an HR Level 2 Certified Practitioner. She is a person with a lot of depth in her life, has taken numerous seminars and has created her own seminars by training people to go deeper into their lives. She runs a beautiful Spa during weekends in



the village of Amatlan, in the state of Morelos, and lives in Cuernavaca. She has three sons and has a flowing HR practice. She is a very funny person and brings a lot of joy to our meetings.

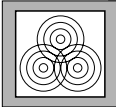
Hebe Aloi (picture not available) is an HR Level 2 Certified Practitioner and an Energia Universal (Universal Energy) teacher. This is a very spiritual training focused toward healing with energy. She is also a sculptor and has hosted us in her beautiful home near the Lake of Valle de Bravo, two hours away from Mexico City, for our initial training of the Empowering seminar. She is a very powerful lady. Hebe studies Thanatology and has a fluent HR practice. She has two wonderful adult sons.

Leopoldina Rendón (picture not available) is the third daughter of two wise country peasants from the mountains of the state of Guerrero. She has a degree in Sociology and a Masters in Rural Development and Food Policies. She worked in several universities in Mexico and in Central America. She is also a trained shaman and healer, an HR Level 2 Certified Practitioner, an HR seminars organizer in Mexico City, and has assisted HR teachers constantly during the past six years. She has been running HR support groups for the last two years. She is a Jin Shin Tara teacher and practitioner. She has a wonderful daughter who is also an HR practitioner and a psychologist who joyfully works with adolescents. Her son is an adolescent moving with great responsibility into his life. She shares her life with her husband, and makes her living from her multiple practice.

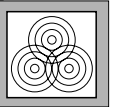
2003 HR Conference







■ HR PRACTITIONERS ■



This information was current as of press time. For most recent updated information, visit the HR Web site at www.holographic.org.

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

THE UNITED STATES

Arizona

Catalina Abril	602-268-1834	Gila Bend
Susan Backerman	520-928-2472	Tucson
Victoria Benoit	602-864-7662	Phoenix
Susan Billings	623-566-8691	Peoria
Kathleen Cherish	480-461-1448	Mesa
Grace Galvanoni	602-992-7478	Phoenix
Linda Goldsberry	520-219-6299	Tucson
Lindis-Chloe	928-778-3730	Prescott
Guinness		
Dorinda Hartson	928-998-2006	Scottsdale
Sheri Jyoti	602-550-9567	New River
Ironwood		
Pamela Joseph	480-391-9894	Scottsdale
Susan Kansky	480-947-5161	Scottsdale
Fern Lewis	480-832-0104	Mesa
Joy Marshall	480-451-6650	Scottsdale
Merrily McCabe	480-585-7001	Scottsdale
Sobotka		
Donna McIntyre	520-745-1401	Tucson
Ardis Ozborn	480-481-9023	Scottsdale
Netta Pfeifer	928-204-9960	Sedona
Alyson Reid	602-494-0094	Phoenix
Dee Rudd	928-282-1097	Sedona

Arkansas

Betty Lou Everett	504-263-1130	Little Rock
Deanna Jarvis	479-273-2929	Bentonville

California

Julia Ashton	707-522-8505	Sebastopol
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Janis Graham	818-354-1095	Monrovia
Kay Herman	714-952-1820	Cypress
Carolyn	310-226-7025	Sierra Madre
Himmelfarb		
Patricia Light	530-343-5451	Chico
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Malaika Namara	707-773-3366	Petaluma
Cynthia Paul	310-582-6424	Venice
Joan Rood	714-429-9228	Costa Mesa
Jolie Stevens	415-713-5698	San Francisco
Terry Trotter	510-527-1472	Albany
Robin Winn	510-644-4196	Berkeley
Judy Wohlberg	707-825-8253	Blue Lake

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Marya Corneli	303-823-5541	Longmont
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Maggie Honton	719-583-2885	Pueblo
Theresa Larson	719-491-2601	Colo. Springs
Rosellen Lobree	970-482-3801	Fort Collins
Kaye Paton	303-516-9676	Longmont
Helen Peak	970-229-0765	Fort Collins
Brandy Reich	719-598-3376	Colo Springs
Bailey Stenson	970-482-3448	Fort Collins

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Cris Ann Mulreed	203-761-1309	Wilton
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Kathy Kulaas	727-641-6311	St. Petersburg
Susan Sherrill	928-301-3197	Pensacola

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Claudia Fujinaga	808-521-4857	Honolulu
Lynn Morgan	808-722-3581	Honolulu

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Romey Stuckart	208-255-2267	Hope
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Marjorie Soule PhD	847-475-8825	Evanston
Jeanie Wheeler	847-604-4477	Evanston

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

Kansas

Tina Merritt	913-287-7231	Kansas City
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Louisiana

Betty Lou Everett	504-263-1130	New Orleans
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Maine

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

Massachusetts

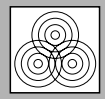
Ray Iasiello	617-739-8455	Brookline
Susana Sori	416-924-7912	Boston
Elizabeth Tobin	617-469-2930	Boston

Michigan

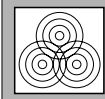
Mandira Gazal	616-957-3786	Grand Rapids
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Bobbie Martin	816-363-0091	Kansas City
Wendy Teague	816-833-8304	Independence
Wendie Theus	816-309-0219	Kansas City



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			Catherine Vardi	+44-1738-840004	Perthshire
Joelle Mann	+44-1865-51-11-05	London/Oxford	Georgia Wolfson♦	+44-141-423-2164	Glasgow



■ 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

Please Note:

New Tuesday and Thursday Evening Semester Classes: For 2004, Ardis will be teaching Empowering, Fundamentals, and Transforming Primary Patterns as six week courses on Tuesday and Thursday evenings. This is for the convenience of those who are not free on

weekends, or would rather stretch the course out over a six week period. We hope to accommodate many professionals who can take continuing education classes in the evening.

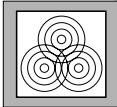
Advanced Seminars Now 3 Days: Anyone who has taken the advanced

might consider retaking it in the new 3-day format so you have an opportunity to integrate all the repatterning modalities over a 3-day period. The fee is \$425 (or \$375 three weeks in advance). The fee for retakes is \$185, plus the book if needed.

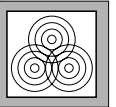
Dates:	Teacher:	Location:	Coordinator:	Phone:
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EMPOWERING YOURSELF WITH HR

1/10/04	Michelle	New York City, NY	Michelle Bongiorno	845-434-7467
1/17/04	Michelle	Nyack, NY	Michelle Bongiorno	845-434-7467
1/18/04	Michael	Vancouver, BC	Jonathan Martin	604-734-5116
1/18/04	Michelle	Catskills, NY	Michelle Bongiorno	845-434-7467
1/24/04	Georgia	Hickory, NC	Georgia Miles	828-267-6466
1/24/04	Dorinda	Scottsdale, AZ	Dorinda Hartson	928-998-2006
1/31/04	Georgia	Atlanta, GA	Georgia Miles	828-267-6466
1/31/04	Kenya	New York City, NY	Kenya DeRosa	212-252-4715
2/01/04	Dorinda	Colo Springs, CO	Theresa/Crystal	719-491-2601
2/07/04	Michelle	New York City, NY	Michelle Bongiorno	845-434-7467
2/14/04	Georgia	Charlotte, NC	Horace Bush	704-891-1101
2/21/04	Georgia	Asheville, NC	Georgia Miles	828-267-6466
2/28/04	Michelle	Binghamton, NY	Michelle Bongiorno	845-434-7467
2/28/04	Kenya	New York City, NY	Kenya DeRosa	212-252-4715
3/06/04	Georgia	Hickory, NC	Georgia Miles	828-267-6466
3/06/04	Kenya	New York City, NY	Kenya DeRosa	212-252-4715
4/02/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
4/03/04	Kenya	New York City, NY	Kenya DeRosa	212-252-4715



■ H R S E M I N A R S ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
4/10/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/22/04	Ardis	Arcata, CA	Susan Neander	707-826-7297
4/25/04	Michael	Colo Springs, CO	Brandy Reich	719-598-3376
5/01/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467

FUNDAMENTALS OF HR

1/23/04 - 1/25/03	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
2/02/04 - 2/03/04	Dorinda	Colo Springs, CO	Theresa/Crystal	719-491-2601
2/10/04 - 2/11/04	Karine	Mexico City	Karine	+52-739-395-07-73
2/13/04 - 2/15/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
2/14/04 - 2/15/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
2/14/04 - 2/15/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
2/21/04 - 2/22/04*	Michelle	New York Area	Michelle Bongiorno	845-434-7467
2/21/04 - 2/22/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
3/02/04 - 3/03/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
3/25/04 - 3/26/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/03/04 - 4/04/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/14/04 - 5/16/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
6/04/04 - 6/06/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
6/11/04 - 6/12/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/23/04 - 7/25/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
8/27/04 - 8/29/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68

INTENSIVES

02/01/04-02/08/04 Empower/Funda/PP/TUPS	Dorinda	Colo Springs, CO	Theresa/ Crystal	719-491-2601
3/25/04 - 3/28/04 Fund/PP	Michelle	Goshen, NY	Michelle Bongirono	845-434-7467
05/05/04-05/09/04 Chak/Mer	Shady	Colo Springs, CO	Theresa/ Crystal	719-491-2601
5/20/04 - 5/23/04 TUPS/Chakras	Michelle	New York Area	Michelle Bongirono	845-434-7467

TRANSFORMING PRIMARY PATTERNS

2/04/04 - 2/05/04	Dorinda	Colo Springs, CO	Theresa/Crystal	719-491-2601
3/12/04 - 3/14/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
3/13/04 - 3/14/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
3/13/04 - 3/14/04*	Michelle	New York Area	Michelle Bongiorno	845-434-7467
3/20/04 - 3/21/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
3/27/04 - 3/28/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/23/04 - 4/25/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
5/01/04 - 5/02/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
6/14/04 - 6/15/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/02/04 - 7/04/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
9/17/04 - 9/19/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68

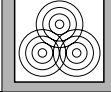
TRANSFORMING UNCONSCIOUS PATTERNS

2/07/04 - 2/08/04	Dorinda	Colo Springs, CO	Theresa/Crystal	719-491-2601
4/17/04 - 4/18/04*	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/24/04 - 4/25/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/15/04 - 5/16/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
5/15/04 - 5/16/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

* Retakers only



■ H R S E M I N A R S ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
5/20/04 - 5/21/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/29/04 - 5/30/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
7/09/04 - 7/10/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100

TRANSFORMING CHAKRA PATTERNS

4/30/04 - 5/02/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
5/05/04 - 5/06/04	Shady	Colo Springs, CO	Theresa/Crystal	719-491-2601
5/22/04 - 5/23/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
6/19/04 - 6/20/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
6/25/04 - 6/27/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
7/04/04 - 7/06/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
7/12/04 - 7/13/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
9/03/04 - 9/05/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/08/04 - 10/10/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68

TRANSFORMING MERIDIAN PATTERNS

5/08/04 - 5/09/04	Shady	Colo Springs, CO	Theresa/Crystal	719-491-2601
6/19/04 - 6/20/04	Shady	New York Area	Michelle Bongiorno	845-434-7467
6/25/04 - 6/27/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
7/17/04 - 7/18/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
8/14/04 - 8/15/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
9/10/04 - 9/12/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
11/10/04 - 11/12/04	Karine	Mexico City	Leopoldina Rendon	+52-777-318-82-58
11/17/04 - 11/19/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
11/26/04 - 11/28/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68

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8/20/04 - 8/22/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

A NEW VISION

4/23/04 - 4/25/04	Ardis	Arcada, CA	Susan Neander	707-826-7297
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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

ENERGETICS OF RELATIONSHIP

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3/26/04 - 3/28/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
09/24/04-09/26/04	Chloe	Colo Springs, CO	Theresa/ Crystal	719-491-2601

HOLDING THE HEALING SPACE

3/13/04 - 3/14/04	Shady	Kansas City, MO	Wendy Teague	816-833-8304
4/03/04 - 4/04/04	Shady	Rohnert Park, CA	Shady Sirotkin	505-254-2173
5/15/04 - 5/16/04	Shady	New York Area	Michelle Bongiorno	845-434-7467

TUTORIALS ** first tutorials, *** in-depth tutorials, 5-day intensive

1/11/04 - 1/11/04**	Michelle	New Rochelle, NY	Michelle Bongiorno	845-434-7467
2/08/04 - 2/08/04***	Michelle	New Rochelle, NY	Michelle Bongiorno	845-434-7467
5/09/04 - 5/14/04	Michelle/ Dorinda	Sky Lake, NY	Michelle Bongiorno	845-434-7467



TELECONFERENCE AUDIO TAPES — PERFECT LAST-MINUTE CHRISTMAS GIFTS!

by Netta Pfeifer

For six months during the spring and summer of this year a group of HR students and practitioners from across the US and Canada came together in a new and different way. They met with Chloe Wordsworth on a series of teleconference calls designed to give the participants some special one-on-one time with Chloe. During these gatherings, sponsored by the HR Association and organized by Sue-Anne MacGregor and Naneen Boyce, Chloe answered a broad range of questions. She also conducted and participated in a series of group repatterning.

Audio tapes of five of the teleconference calls are now available from HR Sales at \$10 each (\$5 to participants). They are nothing short of amazing – “a unique opportunity to follow along with Chloe,” as someone remarked. When asked for feedback an HR student said, “I’m really getting a lot out of them, all kinds of new insights and new ways of looking at things.” An HR practitioner put it more bluntly. “I love Chloe’s honesty,” she commented, “and I think everyone who’s doing HR should listen to these tapes.” The tapes are:

Tape #2: Setting Boundaries On this tape Chloe answers questions like “How do I deal with a client that thinks one session will cure him/her? Is it possible for a client and/or practitioner to “fake it” in a session? How do you know when you’re overriding your muscle checking?” The group’s Negative Thoughts Repatterning involves self-abuse, not setting boundaries, not noticing until it’s too late that a boundary has been violated.

Tape #3: Marketing Yourself & HR The questions to Chloe include, “How do we explain HR in a 30-second sound byte? Can a practitioner be over-repatterned? Is a problem resolved at the end of a session?” The Integration for Growth group repatterning involves getting the power of HR out to people so they get it and want it.

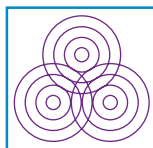
Tape #4: Relationships & Change The most intimate discussion so far because of its focus on personal relationship dynamics and the participants’ roles in their families, the questions Chloe answered included, “What can you do if you try to evolve but it upsets the family dynamics? Who is changed by an HR session?” On the second half of the tape Chloe conducted a group session around a Disrupted Energy Repatterning.

Tape #5: The Vision of HR “What is HR?” someone asked Chloe. Then another person wanted to know, “What is your vision of HR? Is your vision in print anywhere? How should you (Chloe) convey the message of your vision of HR?” The group participated in a session involving the Abundance Repatterning that reflected on the metal element question, “Are you using your money, power and energy with integrity?”

Tape #6: Time & The Hero’s Journey This tape really explains what happens in an HR session on the energetic level. “Can HR sessions reconnect us to the Source? Based on the new paradigm, why does HR seem to be process-oriented as opposed to experiencing spontaneous healing? Am I creating dependency with my clients?” These were some of the questions Chloe answered. The Geometric Frequency Repatterning came up in the group session around being in the now and being in the flow of timelessness.

To order any or all of these fabulous audio tapes, call Netta at HR Sales at 928-204-9960. E-mail her at hrrsales@sedona.net, or order them online at www.hrsalesusa.com.

Next year’s schedule will be announced after the holidays.



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