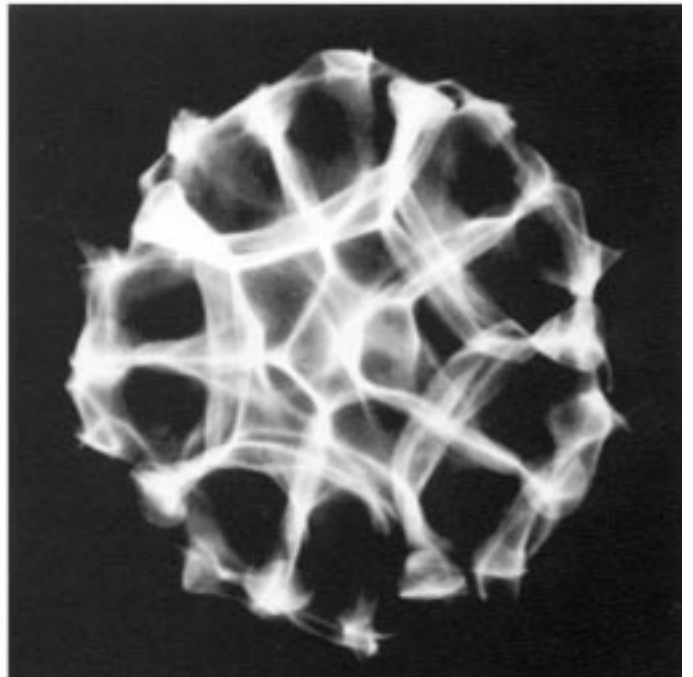
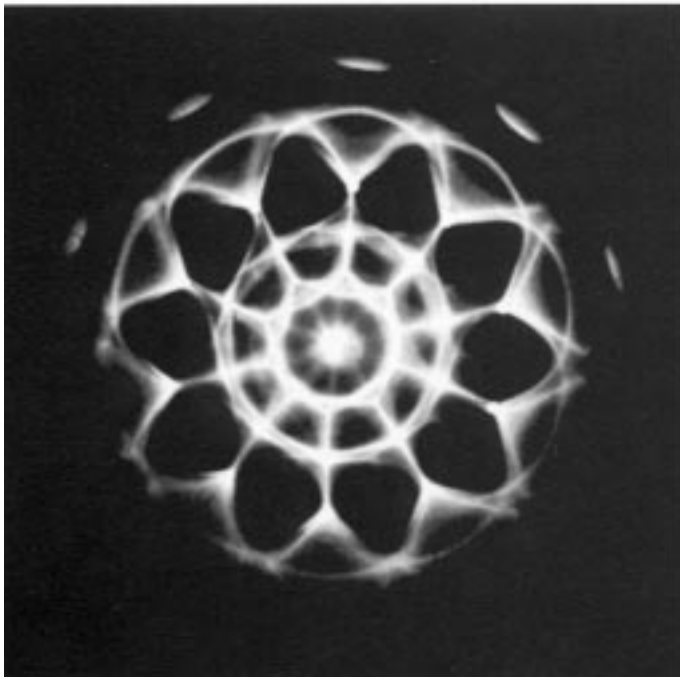
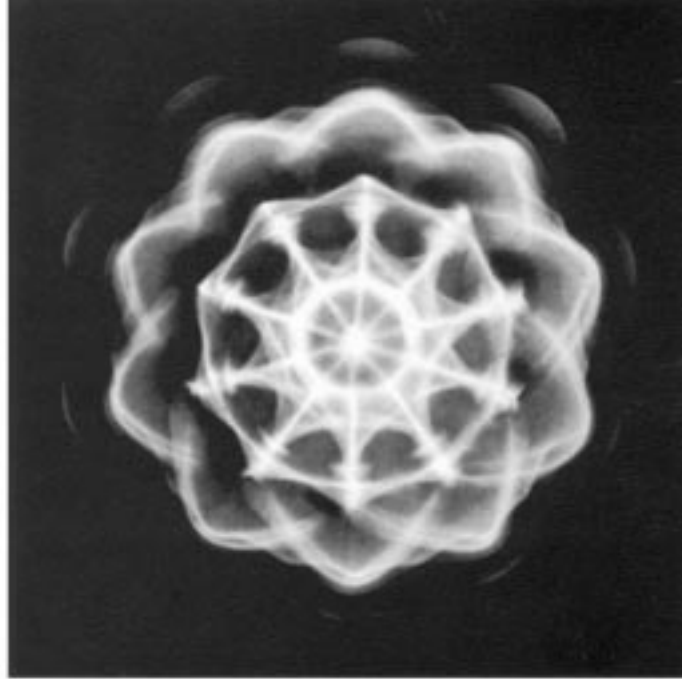
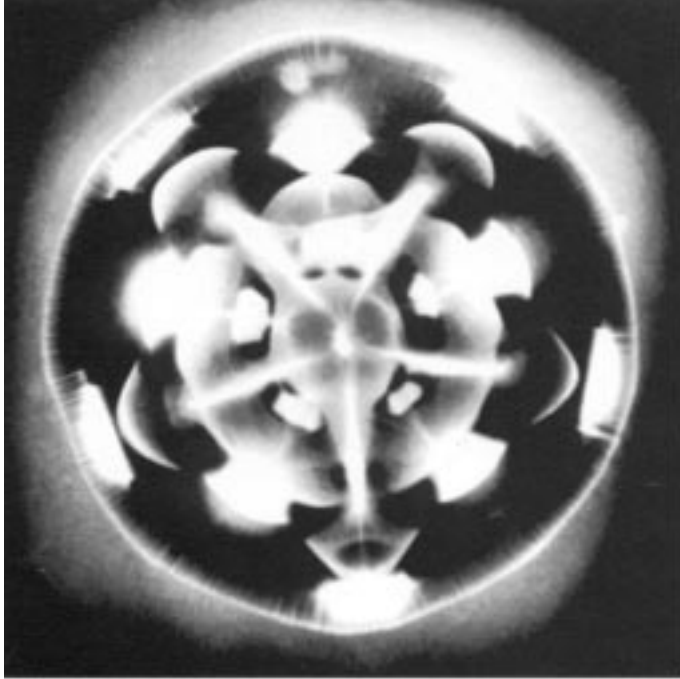


The

HRJournal

The official publication of the International Holographic Repatterning® Association



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Winter—Five Elements:

The cover images display various vibrational patterns of water, which correlate with winter in the Five Element system. Sound frequencies created these symmetrical harmonic forms, or “standing wave patterns.” These patterns appear 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 vibrating samples of water, Hans Jenny used by permission MACROmedia Publishing cymaticsource.com

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Trusting the Process

Stephen Linsteadt, NC, CNC

One of the best things you can do to build your practice and get the message out about Holographic Repatterning is to give lecture/demonstrations in your own community. That said, one of the scariest things you can do in your life is to give lecture/demonstrations about Holographic Repatterning in your own community—especially when you do it for the first time! If you are not used to giving demonstrations, it is an opportunity to do sessions on yourself to prepare, face your fears, and take yourself to your growing edge! After giving many such demonstrations, I can say that, at the core, it is a journey of learning to trust the process.

I recently gave a lecture about quantum medicine and cellular nutrition. I explained how the Scalar Heart Connection modality can act as a bridge between our beliefs or intentions and what we create in relation to our physical health. At the end of the lecture I asked people to stand up, experience breathing in deeply and slowly through their noses, and feel the scalar energy of the heart begin to expand. Together we directed our attention to an area of the body that felt pain or discomfort. Audience members were able to identify pains and aches that they had not been aware of before coming to the lecture. When we directed our scalar energy fields to these areas of discomfort, people reported that the pain had gone away or was significantly reduced. This was all very good and a great way to lead into the Holographic Repatterning process.

As HR practitioners we know there is often a limiting belief or other unconscious issue lying behind these discomforts. In order to eliminate the

pain altogether, it is often necessary to find these limiting patterns, and release them. I muscle-checked who in the audience would be the best person to use for an HR demonstration for the highest learning of everyone in the group.

The woman that came to the front had experienced a pain in her right leg. We muscle-checked that the pain was non-local and was actually originating from a constriction of energy in her hands. Referring to the HR Process for Positive Change, we found we needed to go to “The New Possibility Intention.” The intention she needed was in the area of “feelings.” The client held out her hands and said, “Yes, my hands need to feel something.” We muscle-checked that the issue was related to grief and hate. She immediately had a surge of emotion and we needed to do an Energy Constriction Release. She related that she had been stressed out all day because of issues with her seventeen-year-old son.

As soon as she became grounded again after completing the Energy Constriction Release, we muscle-checked that we needed information about a specific age that was related to these feelings. The age was twenty-three. The client stood in front of the audience, thought for a moment and said, “No, there is nothing that happened in my life at age twenty-three.” She thought for another moment and added, “I don’t remember anything.” For the HR student or practitioner, those momentous words may signal the turning point of a demonstration.

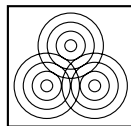
After doing many demonstrations, I have become comfortable with trusting the process. However, if you are a student or practitioner without much experience in group settings, this can be the most challenging point in a demonstration. You may become nervous in front of the group. You may find yourself trying to stand there calmly, though you’re feeling anything but calm. You may say, “Take your time,” while inside you’re thinking, “Oh no, I hope she thinks of something soon! Have I made a big mistake? Am I making a fool out of myself?!” When you find yourself in this position, always trust the process. Allow your client to have the space and time to process her or his subconscious tape.

Returning to my example, I stood there allowing the woman in the demonstration the opportunity and space to play her subconscious tape. In time, I began to notice a slight change in my client’s energy. Then a tear started to well up in her eyes. She looked at me with wide eyes and said, “Oh my God, that was the most traumatic year of my life! That was the year I almost committed suicide.” In tears she added, “And this is what my son is going through now and I feel totally helpless.” She realized how much she “hated” life at that younger age and she completely got in touch with the “grief” she was feeling over her son’s struggles with his life. She recalled how her mother had helped her through this period when she was young. She then became energized with the possibility that she could have the same influence over her son. We did a quick Quantum Healing Code modality to shift the non-coherent feelings, and she muscle-checked strong for: “I have a beautiful relationship with my son.”

The pain in her leg disappeared by the end of the session. A week later she said she could not believe what a change had occurred between her and her son. She said that four days after the session her son called out of the blue, invited her to lunch, and afterwards took her to a concert. She said she feels closer to him than she has in years.

Please, always trust the HR process. Imagine the opportunity that may have been lost to help this woman—and her son—if I had collapsed or run out of the “healing space” because I was afraid I had made a mistake. There are no mistakes in HR, only opportunities.

Stephen Linsteadt is a Naturopathic doctor and certified nutritional consultant. He is the co-author of "The Heart of Health, the Principles of Physical Health and Vitality," and developer of Scalar Heart Connection™. He can be reached at stephen@naturalhealinghouse.com or 866-300-5243



Using Holographic Repatterning

by FrancesJane Perry

Bellingham, Washington

When Jennifer Johnson first invited me to an *Empowering Yourself with Holographic Repatterning* seminar, I declined. Although I had experienced several HR sessions to deal with specific issues in my life, and had referred numerous persons to HR, I had no intention of taking any of the training myself. I was already over-extended, trying to balance my time and energy between my desire to complete the final two quarters toward my M.A. in Pastoral Studies and the needs of my family.

My husband and I and five caregivers currently provide twenty-four hour supervision to enable our adult daughter, Malissa, who has Down syndrome and autism, to live semi-independently in her own apartment within our home. I told Jennifer I couldn't possibly squeeze in one more class. Jennifer's understanding of my actual situation, combined with her knowledge of the scope of the self-empowerment seminar to offer new possibilities to deal with the stress in my life, led her to offer me a unique opportunity.

She made a proposal to the university to instruct me in the use of HR through an independent study. The study would teach me how I could use HR in my own life, making the choice to use my energy in a positive and life-giving way instead of spiraling down into non-coherence. This was a situation in which I frequently found myself when I felt overwhelmed by my responsibilities. I could then share its use in our care-giving setting, showing our caregivers a way to recognize the choice to turn a problem into the opportunity inherent in every challenge. Our proposal was approved and we began our work together.

After completing the one-day seminar on self empowerment [*Empowering Yourself with Holographic Repatterning*], I began making daily intentions. I soon discovered a curious phenomenon that I had not identified before. I became aware that making daily intentions shines a light upon unsuspected negative thinking and energy depleting thoughts lurking in the back of my mind, so small and so silent as to go unnoticed, yet powerful enough to sabotage positive actions. Once I recognized this pattern, I incorporated the making of daily intentions into my spiritual practice.

HR and My Spiritual Practice

I have found it most effective to use the HR process of making intentions and doing a modality at the end of my morning quiet time. It serves as a completion of the more meditative phase of my prayer and as a bridge to its more active expression in my daily life. This sequence has proven to be particularly fruitful for me. The time of quiet communing with the Mystery and Energy of all life loosens the soil of my soul, exposing the roots of chaos

and the path to non-coherence, and provides the grace to begin to remove unwanted attitudes. Making the intention plants the seeds of opportunity that grow from the choice for coherence. I have found HR to add an additional dimension of my humanity to my spirituality. Just as we wouldn't dream of expecting our spiritual practice to replace the need for adequate rest, exercise, food, and water, HR reminds me that the effects of the stance of my spirit need to be released from the cells of my body, not just from the chamber of my soul.

Occasionally, setting intentions and doing the chosen modality make a slight change, but do not seem able

I usually use only my right hand. It felt like it was connected to my inner child in some way and caused me to be more present and aware, as well as move more slowly." She went on to say, "I have noticed a difference in my reaction to Malissa's repetitive behaviors that I found irritating in the past. During the seminar, I set an intention and chose a modality about a specific behavior. Since then that particular behavior has not occurred, but the process I used in the seminar has been helpful when new problems arise."

Soon a new behavior surfaced when Malissa began to noisily jiggle doorknobs repetitively. Since the HR

great for that. Since my reaction to irritation is mostly physical with a lot of holding patterns going on, such as clenching and grinding my jaw, most modalities help shift that."

Angela has also noticed that Malissa is very sensitive to the mood, tone of voice, and "vibes" of those around her. Because of this, the emotional and mental state of her caregivers has a direct impact on her moods and behaviors. For example, caregivers may arrive at work anxious and frazzled if they have been caught in traffic. Malissa intuitively that and becomes quite unsettled. Taking a few minutes to identify the bodily or emotional feelings and doing a

in a Caregiving Setting

to shift bodily and emotional feelings as completely or they don't last as long. In my experience this happens when I have uncovered a deeply entrenched pattern that requires an HR session with a trained practitioner; but even when I don't get the results I desire, I do get enlightening information that presents the opportunity to heal on a deeper level.

HR and Caregivers – Angela's Experience

Once I began to see positive results in my own life, I told our caregivers about what I was learning in HR and how it might help in their work with Malissa. Because Malissa is non-verbal, she sometimes uses behaviors to convey a message. Unfortunately, these behaviors are not always pleasant for her caregivers. To see if HR could make a difference, I invited Angela, the caregiver who has been with us the longest, to a one-day HR seminar.

A month later, Angela told me, "After the seminar I noticed I was using my left hand in activities where

seminar, when Angela finds herself feeling irritated over that or other behaviors, she makes the decision to interact with Malissa instead of reacting to her. "When irritation comes up it is not a positive exchange," Angela explains. "Irritability blocks creative ideas. By using modalities, I have a little more ability to come up with creative solutions. For example, with the doorknob jiggling, instead of spiraling down, I asked her to come into the sitting room and do an activity with me."

Angela then shared that the very action of setting an intention helps her uncover unconscious negative thinking and invites a positive option. Dealing with the normal daily stresses and irritations through the lens of HR helps her to clarify how she wants to respond. "I was focusing on the behavior instead of on what I was bringing to the interaction. Now my intention is not to change her behavior, but to change how I respond to it. Modalities are

modality, and possibly an intention, can clear out the frustration and release the stress, preparing the caregiver to be receptive to Malissa.

Angela believes Malissa has "her own modalities and we don't realize what she is doing." She makes movements such as nodding her head, dancing, and her way of signing "mad" over and over that looks much like the SNS shakeout.

Angela also experienced a shift in her thinking about the use of self-muscle checking. Familiar with biokinesiology for many years, "I totally avoided it. I was sure other people could use it with confidence, but I didn't," she told me. "I always thought my conscious mind made the choice rather than my higher self.* I used other tools instead of muscle checking." After the seminar Angela's attitude changed to one of openness to the possibility that something more

**Editor's note: In HR we generally refer to the muscle-checking tool as accessing our energy field which includes information about our system on all levels.*

(continued on page 15)

THE POWER OF HOLOGRAPHIC REPATTERNING

by Hattie Warner, London, England



Inspired and developed by Chloe Wordsworth, Holographic Repatterning (HR) is one of those powerful healing systems that create extraordinary life changes. Through the kinesiology tool (muscle checking), HR identifies and transforms conscious and unconscious patterns that keep us at a low level of coherence—where, frankly, we don't feel so good!

What happens in an HR session?

At the beginning of an HR session, the recipient might identify their problem as, “No matter how hard I try in life, I always fail.” And the muscle check would be strong (on), indicating this person is resonating with the negative pattern. The New Possibility Intention—what the person wants to manifest instead—for example, might be, “I am happy and fulfilled in everything I do.” The muscle check would be weak (off) initially, because the person is presently not in harmony with that positive pattern. Simply, through muscle checking, the practitioner identifies which Repatterning is needed to transform our negative or non-coherent beliefs, experiences and life-depleting habits.

There is a wealth of Repatternings in the manuals written by Chloe Wordsworth; for example Primary Patterns, Chakra, Meridian and Five Element, Vision, Relationships. When checking what aspects of the Repatterning are needed to achieve a higher level of coherence and well-being, the statements that come up from the books are always spot on, often giving the receiver an insight of “Ah haa...I hadn't thought of that, but it's true!” Self-realization of unconscious patterns can be highly empowering.

Having identified areas of non-coherence (mainly by written and spoken statements), the muscle check indicates which healing modalities are needed to transform the old distressing patterns and to achieve higher levels of coherence and well-being. Once there, having shed your outworn baggage, you stay there—at the top of the escalator—feeling lighter, more positive, content and fulfilled, with a clearer balanced perspective. And because you have changed, you often take others up with you too.

The Power of Our Beliefs

How often in life do we experience sustained periods of contentment in our relationships, work, health, and feel blessed with abundant energy—a state of being where, faced with difficult challenges, we can stay centered, balanced and find positive outcomes from potential pitfalls?

Mostly we are only too conscious of our symptoms and pain, be they physical, emotional, mental or spiritual. Sometimes they have been present so long, the belief is: “That's just the way it is. I have to live with it, and there's nothing I can do. It's downhill all the way.” And so it will be.

Some feisty people won't give up without a fight. They may put enormous willpower into changing the same old patterns, but it can be a bit like running up a down escalator; with a

punch of triumph at the top and before sliding demoralized to the bottom again! There is an easier way.

The Power of Energy

There are many wonderful and powerful therapies which create lasting positive life changes by working with subtle energies. Think about it! Action follows thought. First comes the idea, the inspiration and intention, then the manifestation. Shall our only reality be that which we recognize through our five senses; and is the world flat, and does the Sun go round the Earth? Or shall we enhance our well-being and self-empowerment by harnessing these positive energies?

Every thought, word, belief, deed, atom, cell, rock and being has its own unique frequency pattern. The electrons are not tied to the neutron by string or anything we perceive as matter! It is energy that creates and sustains, or recreates the patterns.

The Chaos Theory and the Beautiful Butterfly

Modalities for creating coherence work on the principal of the Chaos Theory: a butterfly flaps its wings on the Equator and creates a tornado in Totnes. Even a tiny movement resonating and amplifying around the world can create enormous changes. Just so—a tiny healing modality, using sound, breath, movement, color, an energetic contact, fragrance or geometric shapes can create beautiful life changes. When we re-check the statements identified in the session after the healing modality, the patterns have switched to a higher level of coherence, indicated by a change in the muscle-check. And we feel better.

Other healing modalities may be needed during the repatterning. Negative fears, responses, feelings, mental states can be diffused from the system, in effect releasing them forever. Positive lasting outcomes, feelings, coherent brainwaves, childhood needs can be fused in. Identifying and doing positive actions for change to be done after the session can support healing.

Energy Constrictions

The HR Energy Constriction Release is a most powerful clearing modality. You may have noticed that sometimes we react out of all proportion to seemingly trivial events, with tears, anger, shutting down, restlessness. These are signs of energy constrictions. They are often set up in childhood, when for one reason or another, our life or spirit needs were not met. It can happen to our child aspect in later life too. When anything similar to that earlier painful experience occurs, it triggers our old childhood pain and survival mechanism. We limit our breathing, life-enhancing energy stops and creativity and movement forward stops.

If this occurs at any point in a repatterning, we stop and release the constricted energy. We gently encourage longer deeper

breaths to stay embodied, check where the energy is constricted and get it flowing again, identify negative emotional and physical feelings and breathe them out. We check the age of the child who needs to express the negative feelings to the person who failed to hear them in the first place. The practitioner, standing in for that person, gives the positive response the child needed to hear.

Katsugen—inner directed movement —starts the body moving again. Finally the needs of the child are expressed and heard at last, and a symbol or image representing those needs being met is integrated into some area of the physical body or a chakra. Forgiveness may follow as old resentments and hurt dissolve. This too is empowerment.

Some Extraordinary Outcomes

As a practitioner, I have shared, with delight, the positive changes in my clients, many occurring within only one session.

K had been denied any contact with her beloved daughter, whom she described as her best friend . She was broken-hearted. Although she didn't tell me until months after her session, K said she had felt suicidal, but one session of HR had shifted something. Gradually she and her daughter reconnected.

W had suffered a series of challenges, including divorce, and an insecure new relationship that had badly undermined her self-esteem. As each new problem arose, she requested another HR session. This allowed her to let go of the emotional pain and to gain a new sense of self confidence and respect.

During a Creative Self-Expression Repatterning, E, a writer, became aware of the presence of his wife, who had died three years earlier. He was deeply moved by this experience, never having dreamed about her, or sensed her presence until that moment. Creative inspiration flowed again and he was able to complete his novel.

HR by Proxy—Beyond Belief, But True!

Sometimes it is not possible to do HR in person, one to one, but we can still do sessions by phone, email, or distantly by proxy. In this case, the practitioner proxies for the client, muscle checking, tuning in, and switching roles as needed. The outcomes of proxy sessions can be just as amazing and effective as one to one. What follows are some extraordinary proxy repatterning.

C suffered a severe whiplash injury that completely pole-axed her life. In constant debilitating pain, she was unable to drive, read or do the work she loved. The pain was so acute, she couldn't even receive sessions in person. C requested a repatterning whenever she reached a really low point. I would proxy for her and relate back all the details of her session. It worked. After each session, C was delighted to experience increasing relief from pain, sweeter sleep, and higher levels of coherence and well being. Sometimes, she even experienced positive changes during the distant sessions, even though there was no prearranged time. She is once again in paid, fulfilling work, able to be her own lively, enthusiastic self. Now and then, she has a one-to-one "top up."

M had a heart attack shortly before moving to Scotland. The move was stressful and her blood pressure shot up. I did a

proxy Appreciation Repatterning for her at an uncivilized time in the morning. So when I had to identify her earlier experience, from age 13, I couldn't ring and ask her what it might be. What came to me intuitively, confirmed by muscle checking, was that M and her best friend had argued because they had been told off by her friend's parents. As a result, she could neither give nor receive appreciation (which is a very powerful modality for healing). I rang her in the afternoon to ask her if she remembered such an incident. After a hesitation, she told me that her best friend had invited her to stay overnight. M had worked hard on her mother to allow her to go, but when she arrived, bag packed, her friend's mother knew nothing about their plan, and told them off. They argued and fell out. I asked if they were still in touch. M replied, "Actually, she has just arrived for tea and is sitting downstairs right now." The next day, the G.P. checked her blood pressure, which had at last gone down.

My Inspirational Experience of HR as A Client

My mother had been deteriorating with some kind of dementia. It was hard to watch, especially for my lovely Dad. My sister and I agreed it was a pity our potential baby brother was miscarried when I was three. I witnessed what happened when Mum lost him at three months. With three siblings, we could have shared supporting Mum, Dad and each other. During the HR session, my lovely practitioner, Sharon, identified three earlier experiences underlying my loss of coherence when I was three. Suddenly the hairs on my arms went up and a frisson of energy filled the room. Sharon sensed it too and asked, "Hattie, what's happening?" It was our baby brother. Prompted by Sharon to say something, I said "I love you" and the energy cleared. He had gone, but he is there to support us whenever we need it. I told Mum about it. I think she might have understood something of what had happened. Dad and I were with her when she died. I felt it was a positive death, like giving birth in reverse. I was reassured, able to support Dad and to assure Mum that she didn't have to be polite; she could move on and reunite with those she had lost and grieved for. Mum pops back from time to time, looking younger, happy and twinkly. It's wonderful to see and hear her in my dreams and to sense her warm, loving presence in waking times.

After Mum's death, I knew I couldn't not study HR, become a practitioner and share the wonderful gift of Holographic Repatterning with others.

I could tell you the Tale of my 51 year old Tortoise who was becoming increasingly manic, anorexic, and obsessive about a cast iron drainpipe and needed a Decision Making Repatterning, but that is another story.

Editor's Note: Look for The Tale of the Tortoise in an upcoming issue of the HR Journal.

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Victoria Tennant, Olympia, Washington



HRJ: What is your background?

Victoria Tennant: I began my professional career as an early education classroom teacher. During this time I became very interested in the implications of brain/mind research. In 1980, I created one of the first courses in the nation for educators on brain-based learning and teaching. In 1983, I left the classroom to become an independent consultant specializing in practical applications of brain/mind research. Over the past 20 years, I have worked with public schools, universities, state organizations, health education foundations and parents. I have a M.Ed. degree in Education with a focus on integrating the arts. I'm the author of *Healthy Beginnings, Nurturing Young Children's Growing Minds, Comprehensive Health Education Foundation (C.H.E.F.), 2000* and *Calming Ourselves in Stressful Moments: Helping Young Children and Their Caregivers Manage Stress*, to be published in 2003 by C.H.E.F.

HRJ: How does your educational background influence your work with HR?

VT: There are many overlapping principles between the educational work that I do and HR. Among them:

- Our brain/body/mind/energy system is truly amazing and is designed for positive growth.
- Each individual has their own unique gifts and the potential to blossom into an extraordinary human being.
- Early experiences create the

framework for our lives AND it is never too late to change and grow.

- People learn, grow and heal in their own ways and respond to a wide variety of modalities.
- Coherent emotions, positive beliefs and a relaxed-alert state set the stage for learning, growth and healing.
- Everything is interconnected—the whole person needs to be addressed; we all influence each other.

HRJ: How did you learn about HR?

VT: Although my work has always been meaningful to me, I felt something important was missing. Six years ago I began looking into counseling programs. I became increasingly frustrated as nothing “spoke to me.” A friend lent me a video by Chloe introducing HR and within ten minutes I KNEW this was what I was looking for. Chloe's holistic model integrates a wide variety of principles and modalities at a much greater level of depth than I had experienced. I felt that everything I had learned and accomplished up to this point was preparing me for this work. Each class I have taken has added another layer of depth to my understanding. As an educator, I continue to be impressed with the integrity and excellence of every HR teacher and the brilliance of the structure of the classes and the HR process.

HRJ: What does HR mean to you?

VT: This is a really difficult question because HR is woven into every part of my life. HR allows me to put into action, many things that I believed to be true but I wasn't living. For example, I knew on an intellectual level that problems were opportunities for growth, but I consistently got overwhelmed and would spiral into non-coherence. Now, when facing a problem I know I have a powerful tool to move through it. Plus there are a variety of ways to meet my needs—I can do a full Repatterning on myself, ask

for someone else to do one for me person, phone, proxy), or do a short modality! I deeply appreciate the way HR guides us to laser in on the essence of a problem and the gentle way it allows us to transform.

HRJ: How do you apply HR?

VT: My husband and I use HR to work through challenges we meet, so it's like having an in-house marriage counselor! We are currently in the midst of a major do-it-yourself remodeling project. We set an intention for how we want to experience the process and have the positive statements written boldly on our kitchen walls!

I have always enjoyed using HR throughout the day. For example, I use it when I get up in the morning to set a focus of consciousness, when I'm feeling tired and need to be re-energized, when I'm about to make a phone call I'm feeling nervous about, or to set an intention before I begin writing or teaching. Applying HR “in-the-moment” is such a simple and profound way to create positive change. I was delighted when the *Empowering Yourself With HR* class was developed and feel honored to be an *Empowering Teacher*.

I love being able to share this process with others, it's such a gift! In working with clients, I continue to be in awe of how HR allows the client to direct the process. Each experience is an adventure, unfolding in such rich and diverse ways. This work calls on me to be more of my higher self—more present, coherent and open.

This year I shared the experience of organizing an HR Series, with two wonderful HR practitioners. We also co-taught the *Empowering Yourself* class. I am grateful for what the HR community has brought to my life. The level of integrity, support and love that is shared is beyond words.

(continued on page 11)

Continued Coverage of the 2003 International Holographic Repatterning Conference

Editor's Note: In the last issue, we had articles on some, but not all, of the conference seminars. This issue contains brief articles on more seminars, though we still have not covered every seminar. If you attended a conference seminar and would like to write an article, please contact us at hrjournal@holographic.org. Thank you!

Commitment to Life Workshop Facilitated by Chloe Faith Wordsworth

By Michael Fisher, Level 2 Practitioner
Vancouver, British Columbia



This was one of the last workshops held at the end of the conference week. I don't think anybody had any idea what to expect. It was held in the spacious main conference room, as an elective for a large group of attendees.

It was apparent right at the start that Chloe was enthused and excited by the idea of conducting this workshop for the very first time. She had done her homework meticulously. In her words, "I prepared this manual in-between everything else I had to do leading up to the conference, including rewriting and editing the new *Energetics of Relationships* book. I stole an hour or two here and there, often staying up very late at night to complete it for printing."

Chloe had brought almost every product that appears in the book to talk about and demonstrate. She also said, "I don't care if nobody buys this manual. I did this for myself. I have compiled every aid I know of towards good health maintenance that I have used over a period of forty years. I never recommend anything I haven't tried on myself."

The book is very clearly indexed with bright color-coded marker pages. For example "upon waking," "before breakfast," "breakfast," "mid morning," etc. right up to "bedtime" and "extras." Chloe used every minute of the workshop to go through, explain and demonstrate "*Commitment to Life*." Her enthusiasm was infectious and stimulated lots of questions. I now use the manual to check for a "Positive Action" outside my clients' sessions.

I also know that if I were to go to a desert island and could only take one thing with me it would be the Cellerciser/Rebounder, which I now use. You want to know what that is and what it does? Read the manual or see the movie. Thanks again Chloe. I can't wait for Chloe's next book on Holographic Repatterning to come out.

Jin Shin Jyutsu Class Taught By Michael Fisher

By Brandy Reich, Level 2 Practitioner, Colorado Springs, Colorado

Wednesday of the HR Conference offered a class in Jin Shin Jyutsu taught by Michael Fisher from Vancouver, British Columbia. This was truly an experience of head and heart. Michael's teaching style is very warm and accessible. He made it easy to ask questions and to feel thoroughly grounded at each point.

Seventeen of us gathered in the Art Barn at the Conference Center. Very close quarters, indeed! Soon though, the

atmosphere was that of a giant "sleep-over." Everyone got a comfortable space, and we began learning the basic information. Jin Shin Jyutsu means "The Art of the Creator through the person of compassion." In the early part of the twentieth century, a Japanese sage named Jiro Murai recovered this ancient knowledge from obscurity and used it to help countless people in Japan. He chose Mary Burmeister to bring this knowledge to the United States in the



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1950s. This became her life work. Jin Shin Jyutsu, Inc., located in Scottsdale, Arizona, currently furthers this discipline through classes and certification.

Each finger of our hand has an influence on different meridians, Jin Shin points, and chakras. Through handouts and notes, we began to see the connections. We helped each other find the twenty-six “Safety” Energy Locks located on our bodies. Each has a specific effect on our energetic system—physically, mentally and emotionally. Then came the best part of the class: We divided into threesomes and

began practicing “energy flows” on each other.

The room grew quiet, and the healing and love were palpable. As he moved around the room, Michael’s notes and specific instructions proved easy to follow. All of us felt the “pulse,” which marks the free-flowing circulation of energy. We finished the day feeling both energized and yet rested. It really was a high point of the conference.

I have used the information from Michael’s class as a self-help modality on a daily basis. More importantly, it has proved invaluable to my clients. Even though I have only a rudimentary



knowledge at present, Jin Shin Jyutsu is very easy to use. It’s healing effects are dramatic and clearly harmonize with HR.

“Touched by the Planets” Taught by Yuriria Robles

by *Lindis-Chloe Guinness, Level 2 Practitioner, Prescott, Arizona*



Yuriria Robles

I’m very glad to have attended Yuriria Robles’ astounding one-day seminar called “Touched by the Planets.” Yuriria brought HR into the mix of planets as though this had been so, right from the beginning of time, and as if this had been what she was taught at her university. I found it uplifting and it made me feel very humble to think I am part of all this.

Yuriria talked about the planets as though they were her dear friends, and I sensed the absolute love she has for them. As a result, she imparted her knowledge in a way that made me feel as though I had a grasp on this vast universe we inhabit, and how and why these Planets impact us so strongly. Yes, of course, I know a little about astrology. However, this class conveyed a different point of view.

The photographs Yuriria showed were astoundingly beautiful, like something Disney had dreamed up, only much much more so (they were from NASA), and were almost unbelievable. One person or another remarked on each photo,

“That’s not a photo!” or “Is that a real photo?” There were several photos I wish I had with me right now, including one of the planets.

The colors of each planet were breathtaking. Neptune was a perfect aquamarine/pale blue for the water He/She represents. The rings of Saturn, each a different color, were unreal. The size of the planets struck me as so huge that our dear home appeared to be this tiny blue marble hanging in space, surrounded by giants. Also, the seeming stillness of these huge suspended planets was powerful and awe inspiring.

When I saw that photo, I realized how and why someone had dreamed up marbles. When I was a little girl (and this was long before they had color photos of the planets, let alone all the planets now known), I used to play marbles. I was very good, beating all the boys with my marvelous bomber. The colored marbles were prized possessions and I used to wonder how they had dreamed up the colors, and especially those that incorporated more than one color in beautiful swirls. When you see the earth in that photo, you know exactly what those marble inventors were unconsciously tuning into.

The next photo was of the Sun, this wonder that enables us to live and grow. It was powerful beyond belief. Around its perimeter (the center being dark it was so bright) were wonderful tongues of flame, just like a warming fire on a cold day. At one point was a huge sun flare that reached out toward earth like an energetic wave of power and warmth. Just gazing at it, I could feel the awesome sense of energy it gave.

The last image that has stayed so strongly in mind was a photo of both the sun and earth. The earth’s magnetic field was arranged around the earth in the shape of an Egyptian mummy, the head pointing to the sun. It was extraordinary, and I wondered if the Egyptians had known something we have forgotten? Certainly, the sun god Ra was incredibly important in the scheme of their lives.

Another amazing experience was to move with the energy of the planets. Yuriria told us what the each planet represented in the way of movements (Saturn slow and deep, Mercury fast and sunny). She then played lovely music for each one. We closed our eyes and in dimmed light moved as we felt the planet was directing us to. It was a fantastic seminar!

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HRJ: Do you recall examples of sessions that stand out in your life?

VT: Our cat Max was not adjusting to being in a new home and was consistently marking his territory by spraying inside the house. I was desperate, until I did a Reptilian Brain Repatterning with him. There was a positive action of telling him he was “King of the House” once-a-day for seven days. He’s never sprayed inside the house since!

Last year I had a severe injury from falling off a ladder. I broke my leg and tore every ligament in my knee. I had my HR Modalities Book right next to my physical therapy exercises and I consistently did them together. I also did Repatternings around my body being receptive to surgery and the sometimes torturous therapy sessions. It’s hard for me to imagine going through the healing process without HR. Both my physical therapist and my doctor were amazed at how quickly and well my leg healed.

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

VT: I see HR moving into mainstream organizations as a bridge to reach more people. For my part, my goal is to make *Empowering Yourself with HR* available as an accredited class for public school teachers. There is a Learning Styles Model that I use (4MAT System) that has four questions to be addressed when integrating something new:

1. “Why is this important?” The need is there. Our children deserve coherent schools. They deserve the opportunity to develop positive life skills.
2. “What are the facts?” Research that’s currently being done on HR coupled with scientific research (brain/mind research, new physics, individual scientists such as Bruce Lipton—“the Biology of Belief”) support the process.
3. “How can I apply this?” *The Empowering Yourself with HR* course provides experiences that can be applied in a wide variety of ways to a general audience. This can transfer easily to a classroom setting.
4. “What if?” The possibilities for transformation are endless!

Victoria Tennant is a Level 2 Practitioner and *Empowering Yourself With Holographic Repatterning* Teacher. Contact Victoria Tennant at vtennant@verizon.net

Holographic Repatterning

Creating a gateway to energetic shifts
Distilling and dissolving clusters of internal noise
Opening new, more positive possibilities
Supportive modalities and actions
Jogging systems with new rhythms and music
Seeking harmony and balance and health
Synergy with defined purpose
Nourished by an inner will versus the surface
Keeping pace with growth, experience and giving
Coherence to better love and share the best of you
Facilitated by a healer and listener
Someone creating abundance in others

Holographic Repatterning

Jogging systems with new rhythms and music
Synergy with defined purpose
Like arms playing the violin
Like legs twirling and dancing
Distilling and dissolving clusters of internal noise
Writing scores from the heart
Lived out through a total body solution
Walking steps into miles over the horizon
Seeking harmony and balance and health
Coherence to better love and share the best of you
Churning through conscious living
Marking a course and seeing it through
Anchored by collective fuels
Natural elements and earth energies
Opening new more positive possibilities for you...
Okay.

Thank you for all you give!

—Catherine F. Powers

This poem was written by a client of Pam Joseph, Certified Practitioner from Scottsdale, Arizona. 480-391-9894



Jeanie Wheeler, Evanston, Illinois



How did you learn about HR?

I heard about HR in 1992 from a former student and client who had taken the first two HR seminars. She very excitedly wanted me to see this new kinesiological system that she had discovered. So she did an HR session with me and allowed me to look through the books she had.

At the time I had, several months before, been given the message very strongly that I was to move into working as a healer and that the modalities that I was to use would be presented to me. When I saw the books I was very clear that this was to be one of the main modalities that I was to work with.

What was your background? Education?

I was a dental hygienist for many years and then a full-time mother when my children were young. When they were seven and ten, I began assisting and later teaching in a Waldorf kindergarten. During all those years, I had been interested in alternative healing systems and had learned Touch for Health and Educational Kinesiology. When my brother Rob passed away from AIDS in 1992, the whole course of my life changed and I knew then that my life was about healing.

What does HR mean to you?

What I know is this: When we remember who and what we are, healing happens. Many years ago I read, I believe in one of Deepak Chopra's books, that

they had taken the sound of a healthy man's liver, amped it up and played that frequency in the presence of a man with a diseased liver and miraculously the diseased liver began to regenerate and become healthy. So this principle of healing also applies to physical parts of us. When a part of us forgets its optimal frequency, it is as if it has forgotten what it is and what its purpose is. With HR we are able to remind ourselves of what magnificent beings we are. It is such a precious gift and I will be eternally grateful that this knowledge has been brought forth by Chloe.

How do you apply HR? With clients? Yourself? Business? Relationships?

A few years ago I added the modality of Bioresonance Therapy to my work. I can't imagine working as a Bioresonance therapist without HR.

I work with a lot of chronically ill people who have looked nearly everywhere for help and have not been able to find healing. HR has made a huge difference with them and opened them up to healing on more than just the physical level. Sometimes clients come to me for Bioresonance therapy and need a few HR sessions before they are completely open and resonate with being completely well, energized and alive.

I use HR regularly on myself. To do the work that I do I must be constantly clearing less than coherent patterns at deeper and deeper levels in myself. I feel that I can only take my clients to levels of wellbeing and coherence that I have been able to reach. If they need more than what I have to give, they must end up working with someone else. So I am eager to grow on all levels. HR is such a beautiful and elegant tool for spiritual and emotional growth.

Examples of sessions or occurrences that stand out in your life?

About two years ago a woman was referred to me who had been in poor health for about ten years. She was extremely environmentally sensitive particularly to vibrations such as planes, cell phone towers, telephones, computers and anything electrical. She also was bothered by fragrances and foods. She had lost all hope of living a normal life, as she had been to every type of alternative healer imaginable without results. I was unable to do Bioresonance Therapy with her at first because she was so sensitive so I began by doing weekly HR sessions. After a couple of months she was strong enough to work with the machine I use. We continued to use HR in combination with BT and within a few months she was radiantly healthy.

One day she asked me if I thought she was well enough to get pregnant and have a healthy child. She had given up on that possibility long ago but her newfound vitality began to awaken hope in her. I told her that I thought she was. The next month she conceived and she had the most comfortable and joyful pregnancy. During those nine months we cleared so many issues for her relating to her own birth and whatever fears she had around being a mother. It was such an honor and privilege to do work with her that was going to effect this sweet soul that she was carrying. Last September she gave birth to a beautiful little girl. She had an easy labor and delivery and her baby was welcomed gently into the world. Several days after the birth, the baby was having so much trouble nursing that the doctor was threatening to put her on formula since she was losing weight. She called me and that evening we did an HR session. We found that the mother was "on" for "It

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“Woody”

by Michael Fisher, Level 2 Practitioner, Vancouver, British Columbia

I had occasion to do a proxy HR session on Woody, a miniature white poodle, about two years ago who had issues around fear. Woody was the runt of the litter. He was chosen by Joan and Isaac, along with his brother Sammy, who is coal black and exactly the same size. Sammy is exuberant, outgoing and the dominant male.

Yesterday, Isaac phoned me and told me that he had been taking the two dogs for a walk when suddenly Woody collapsed. Isaac rushed him to the veterinary hospital where the doctors did extensive tests on Woody costing \$1,700, but could find nothing except that his heart was racing. They administered a small shot of morphine. Isaac asked me whether I could help. I offered to do another proxy HR on Woody. I did not need his date of birth as I had done a previous session for him.

I had to start with Orientation. The issue about being loved and appreciated by others came up which he did not resonate with (runt of the litter). This was so strong that I could not get the muscle indicator to go off. I went to my new modality book and I had to clap. I did enthusiastically, saying “Good boy, good Woody, good dog.” This had the desired effect. The focus of consciousness was the Metal Element, “I acknowledge what others say, do and are.” Woody is very nervous and shy about going to people; Sammy is the opposite. “I then had to do “I Pace Myself, Coping with Challenges” (Precised for this article.) The modality to change the frequencies around Orientation was hearing Tibetan Cymbals at an emotional level two times, after which all the asterisk statements changed.

Next in the HR session was the Problem, “I am having to take on Isaac.” That was the complete statement. Fear was the Flaw or Weakness. When I went to further Non-Coherence it was Brain, but not the back-front, top-bottom brain, etc. It

was in the General Cortices and I had to balance the Cortices, (which is in my Databank).

The Unconscious Pattern was an Earlier Experience at three years old involving Sammy with Communication Issues. I Had to Proxy Isaac by saying “I look forward to knowing you as an Adult.” Woody’s Unmet Life Need was “Appreciation” and unmet Spirit Need, “Creativity.” The



Woody (right) and his brother Sammy (left)

Imagined Belief was “Life is Tense.” The Planetary Influence was Venus. “I have an Irresistible Attractive appeal” (Coherent Statement). The Non-Coherent Statement was “I am a People Pleaser.”

There was a Positive Action for after the session and the word “Concert” came up, which I checked three times until I made the connection, Isaac has a concert grand piano and often sits and plays. It is apparent from this session that Woody had been taking on Isaac’s stuff. Isaac has a lot of business worries, creating a great deal of tension. One of the few times Isaac is totally in present time and not tense is when he plays his piano. When I reported back to Isaac on this session he said that Woody loves to lie right under the piano and sleep even when he is “banging out Rachmaninov.”

There is a footnote to this session. Woody’s personal vet re-X-Rayed him and found a shadow and slight fluid on the lungs, I checked for a homeopathic

which was one dose of Nux Vomica 30ch to be administered at precisely 5 p.m. This is on the cusp of the Bladder/Kidney Meridian, 3 – 5pm and 5 – 7 pm- Water Element –the dominant emotion of Fear. The Homeopathic indicated is for “Depressed and has a ‘Difficult’ Personality.”

Interestingly enough the opposite 3 – 5 am and 5 – 7 am is Metal emotion of Grief, Worry. The meridians are Lungs, Large Intestine- Isaac recently lost his father and is still in the grieving process.

Regarding the results, here is an excerpt I received from Woody’s owner: “Since Woody’s return to his poodle brother and our household, I have noticed a dramatic change in his personality. Previously he was a frenetic and anxious dog. He now remains calm. Previously small stimuli both internal and external would precipitate high-pitched frantic barking. My wife and I are quite stunned that he now ignores this and tends to be quite relaxed to the extent that he barely reacts. His tendency to shiver at the slightest pretext appears to have disappeared. I took both dogs on a stroll and noticed to my astonishment that Woody did not react adversely to other neighborhood dogs where before he would bark incessantly. I am very grateful to you for your intervention which clearly has had a marked effect on Woody.”

Michael Fisher is a Level 2 Accredited Practitioner. www.healthy-life.ca

Fourth Annual Meeting of the Mexican HR Association

By María Teresa Trouyet de Diericx

Once upon a time there was a group of friends who gathered to celebrate their Fourth Annual HR Conference surrounded by the beautiful nature in Cuernavaca, Mexico. The enormous white tent located in the middle of the garden, the open terrace, the lion room next to the pool, everything was ready and in order for the meeting. What had not been planned was the intense cold and rain. The Annual Ordinary Assembly flowed cordially. All points scheduled in the program were addressed and a great majority of members voted for the new council. Congratulations to our new President Anne Signoret and her group. Shivering from cold, we went down to the tent, where there was warm fruit punch, delicious hors d'oeuvres and friends that came from afar to celebrate and learn with us and our disc jockey. Our strong will to have a good time succeeded, the beating of African drums opened up the earth chakra—our feet felt grounded, our hips flowed, our hands flew and the IV Conference began on the dance floor, generating the heat of joy, laughter and the excitement of seeing each other as we do every year in our holographic path.

On Saturday morning, the mountains surrounding Cuernavaca toward the north were covered with snow; it was sunny, beautiful and cold. Seventy-two attendees followed Stephen Linsteadt's presentation on the principles of physical health and vitality contained in his book *The Heart of Health*. Leslie, our wonderful translator, donated his time, with a punctual and crystal clear simultaneous translation of Stephen's talk. Our fascination began by imagining our body as a configuration of energy, as stardust, that due to its vibratory frequency keeps trillions of atoms and molecules together. Next came visualizing the subtle energy flow responsible for our chemical processes, being aware that the hundred thousand reactions that



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occur daily in our bodies are determined by our thoughts, emotions and attitudes. What a responsibility to keep this complex container of our soul healthy applying the concepts of cellular nutrition!

Linsteadt, also certified in Quantum Medicine, presented the *Quantum Healing Codes*. Accepted as a modality to create coherence in HR, its author explained how the phenomena known as harmonic resonance happens within our body and those frequencies are recorded in our cellular matrix. How emotions, experience and joyous behavior are related to consonant frequencies; and how sad or negative emotions are related to dissonant frequencies. The frequencies for positive change (that are very powerful) are 21 notes whose specific vibration is based on the six frequencies in the Solfagio Scale, on Sacred Geometry and on Divine Proportion. Thank you Stephen for creating, experimenting and recording them. They are a great tool for our work in HR.



Food was delicious and we devoured everything there was. It was totally according to the suggestion for vitality. When we were ready and vital, we began our sculpture in clay workshop. The clay had been prepared by our teacher, Victor Gutierrez, and placed on tables amidst a mini exhibit of his feminine figures, originally born from clay, and now bronze sculptures. Let us

begin...with a piece of clay, we must amass it carefully in our palms and then use our fingers to form a cube. Now, with a piece of clay, amass it until it's smooth and then make a hole in the center using our thumbs, turn and turn until it becomes a vessel. And now, to end, take a piece of clay, amass and smoothen it with some water, and pinch it to form what you want: a leg, a nose, a handle...you have now learned the three basic movements involved in clay modeling. Good luck with your future masterpieces.

In the afternoon, HR practitioners and members of our association from the state of Veracruz shared their growth experience in HR. They transmitted their commitment, enthusiasm and thankfulness. For closure, Karine Bourcart and Lourdes Fernandez answered questions and gave us valuable information.

Sunday morning was sunny and less cold. The light vibrated like gold on the grass and half the group enjoyed Lourdes' presentation: "The Learning Process and the Reptilian Brain." It's such a fun workshop, open to all the public, that Lourdes will soon repeat. Don't miss it, you'll like it.

Inside the tent, the "Empower Yourself with HR" seminar was taught by all the Empower teachers certified last year in Mexico to a group of Levels 1 and 2 HR practitioners. It was very rich to receive the teachings of each one of them with their own particular style. Thank you in the name of all

who took the seminar. It was a great experience that will rarely be repeated.

It was time to say good bye, to hug, to wish each other the best, to renew the wonderful HR vibration. Until the next Annual Meeting, thank you for filling this space with so much love.

María Teresa Trouyet de Diericx, host-ess of the IV Annual Conference and Level 1 Practitioner, Mexico



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than her ego is at work for her. She reasoned that self-muscle-checking is not used to make major life decisions, but rather to seek the highest and best modality to use at this time, and that very intention to seek is more important than the modality selected. She now accepts that there is no right or wrong response in self-muscle-checking, and that her ego may yield part of the answer. The stance of openness to her intuitive wisdom through self-muscle-checking is “very valuable,” Angela added. “Instead of me being in control, I now like to tap into other sources and other information. The whole process, of identifying changes I want, makes me more aware of the importance of pausing to release at the end of one activity before moving on. Often we go from one thing to another and carry unresolved emotional baggage, and that makes things murky, not clear.”

Angela also invited her fiancée to attend the seminar with her. Now HR is something they share together, whether they make intentions alone or as a couple. “It helps us get on the same page when we’re not clear about what we want to do,” says Angela. “When he listens to my intentions, it gives them more power, like people praying together.”

“I’m using HR at the beginning of the day, but not much during the day. I definitely see the potential for using it more.”

Brief Introduction of HR to Other Staff

Four other caregivers have been introduced to HR through a short presentation by Jennifer Johnson at our monthly caregiver meeting. They have also learned some basic principles that Angela and I have shared through our interactions at work, but they have not attended the one day Empowering seminar. These caregivers are eager to learn more.

HR and the Future

With the positive response from our caregivers I definitely want to keep up the momentum by using HR in our care-giving setting. The first step will be to form a small support group for the two of us and others who have already taken the seminar to increase and improve our skills and reinforce our knowledge. If we are confident and growing in our use of the HR principles, we in turn can model their use to the other caregivers and some of the concepts will be “caught” more than “taught.”

Looking to the future, I could offer to help with the cost of the one day seminar for workers who intend to stay a year or more. This would benefit everyone. Our daughter would feel the positive energy and atmosphere the caregivers bring. The individual caregivers would be calm and confident in their work. The whole team would

resonate with each other. Attending the seminar also fulfills most of their annual training hours for re-certification.

Although the pilot project in my home was the starting point, the knowledge gleaned from it can be applied to a variety of situations. We know both from research and from personal experience that burnout among family members and professional caregivers of the developmentally disabled, the elderly, and persons with Alzheimer’s disease is a real concern. For the wellbeing of both the person needing assistance and the one providing assistance, it is vital to strengthen and support both staff and family. Our project has demonstrated that HR is a powerful and effective vehicle to offer that support and inspire caregivers with a new perspective. When caregivers have the tools to maintain an optimal sense of well-being within them, they in turn are able to remain loving and responsive to the needs of persons in their care. Everybody wins.

FrancesJane Perry is a freelance writer from Bellingham, Washington.

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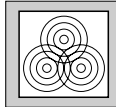
is difficult for me to connect with those I most love." Once we had cleared her for that, she took the baby home and that night the baby nursed for nearly two solid hours. At the end of the next month, when she took the baby in to have her examined by the doctor, she had set a record for the most weight gained in a month's time. This is the miracle of HR.

Do you have a vision for the future of HR?

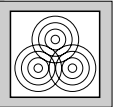
would love to see HR more widely known and used. I can't think of any instance where there might be a problem that HR wouldn't be helpful in creating a breakthrough. We need more committed practitioners who are willing to take HR into the area of work that they do and apply it to open up to

higher levels of consciousness, productivity, communication and well-being.

Jeanie Wheeler lives in Evanston, Illinois and has a private practice using HR and Bioresonance Therapy. She can be contacted at 847-604-4477.



■ H R S A L E S ■



SING ALONG WITH SPRING: Two New Sound Modalities from HR Sales

by Netta Pfeifer

Overtone Chant: The Practical Guide

by Nestor Kornblum.

At last, a Guide to teach us how to do Harmonic Overtones! Kornblum's "Practical Guide" consists of a CD and a booklet printed in six languages: English, French, Spanish, Swedish, Dutch and German. The book opens with two pages of color illustrations of mouth position photos. This is followed by an index that explains what is on each one of the CD's 26 tracks plus the timing for each track. A section on "The Exercises" goes into depth about what is on the CD. The subjects include The Breath; Humming with the mouth closed; Vowel Sounds; The Nasal Drone; Resonating and Tuning the Mouth Cavity; "Single Cavity" Overtones with 'O' and 'A'; Creating the First Overtone Scale, etc.

As Nestor Kornblum writes, "This is a simple, efficient and extremely practical course in the basics of Overtone singing (Vocal Harmonics). The CD has clear, precise exercises, presented in a "sing along with me" format. There are also musical and meditative examples of Overtone chant performed by Nestor... These overtones are perceived as clear, flute-like or bell-like tones above the lower drone of the voice. This rainbow of the voice or Overtone Series is a musical scale within the voice which reflects a universal constant first discovered in the West by Pythagoras 2500 years ago."

The Overtone Chant: The Practical Guide can be used as both a training tool and as a modality.

Price: \$30.00

Sounds For Self-Healing: The Harmonic Octave

by Nestor Kornblum

The tones recorded on these two CD's are a modality. "Through our investigation and exploration of sound and energy, we have learned that human beings are in constant change, and that a sound that works for us today in a given chakra or body zone, may not work tomorrow in the same place," Nestor Kornblum writes. "We have therefore designed a system that can be used in a flexible manner by everyone for the chakras, aura layers and physical body as well as for problem solving, stress relief and emotional/psychological difficulties."

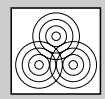
The 12 tones on the two CD's are created by overtone chanting. In describing his technique Kornblum says, "the fundamental or base note of the voice works mainly on the physical body, while the overtones/harmonics work mainly in the etheric fields. Like laser beams, the overtones decrystallize and disperse stuck energy patterns in our electromagnetic fields, thus preventing them from manifesting later as illness in the denser, physical body." Also heard on the CD's is the Monochord, an instrument that has 26 strings all tuned to the same note and 1 string an octave lower. When strummed in a straight line, the strings all vibrate at the same point, thus reinforcing their natural harmonics to the point where they become audible as an "angelic choir" above the fundamental note of the instrument.

Price: \$25.00

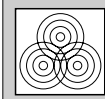
For information or to order, contact Netta at HR Sales-USA in Sedona, AZ. Phone: 928-204-9960; Fax: 928-204-9905.

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■ HR PRACTITIONERS ■



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

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

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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
Bonnie Berg	650-326-9219	Palo Alto
Stephanie Brill	510-540-8411	Berkeley
Cheryl Cummings	818-986-5169	Sherman Oaks
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
Stephen Linsteadt•	619-572-6606	San Diego
Robin Lynn-Jacobs•	805-898-0225	Santa Barbara
Diarmuid Milligan	650-615-9543	Millbrae
Malaika Namara•	707-773-3366	Petaluma
Cynthia Paul•	310-582-6424	Venice
Joan Rood	714-429-9228	Costa Mesa
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

Colorado

Marya Corneli•	303-823-5541	Longmont
Lee Cronn	719-634-4294	Colo.Springs
Maggie Honton•	719-583-2885	Pueblo

Theresa Larson	719-380-8851	Colo. Springs
Rosellen Lobree•	970-482-3801	Fort Collins
Kaye Paton	303-516-9676	Longmont
Brandy Reich•	719-598-3376	Colo Springs
Bailey Stenson	970-482-3448	Fort Collins

Connecticut

Cris Ann Mulreed	203-761-1309	Wilton
------------------	--------------	--------

Florida

Kathy Kulaas	727-641-6311	St. Petersburg
Susan Sherrill	928-301-3197	Pensacola
Susana Sori•	416-924-7912	Miami

Hawaii

Cindy Bordenave	808-665-9858	Lahaina
Bonnie Chan	808-485-2248	Aiea
Claudia Fujinaga	808-521-4857	Honolulu
Lynn Morgan	808-722-3581	Honolulu

Idaho

Romey Stuckart	208-255-2267	Hope
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Illinois

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

Iowa

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

Kansas

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

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

Maryland

Tina Beneman	410-252-3333	Reisterstown
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Massachusetts

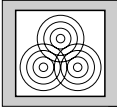
Ray Iasiello	617-739-8455	Brookline
Alicia Sinicrope	617-364-7025	Milton
Susana Sori•	416-924-7912	Boston
Elizabeth Tobin	617-469-2930	Boston

Michigan

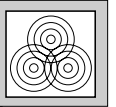
Mandira Gazal	616-957-3786	Grand Rapids
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Missouri

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



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Adele Zimmerman 406-755-4905 Kalispel

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

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Michelle 845-434-7467 Hurleyville
Bongiorno•

Carolyn Campora 212-925-2815 New York City
 Meryl Chodosh- 212-628-8260 NYC
 Weiss•

Victoria DeMasi 631-271-8926 Melville
Kenya DeRosa• 212-252-4715 NYC

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Eileen Martin 646-602-2079 NYC

Priscilla Martin 212-674-6460 NYC

Susan Pasternack 845-679-8079 Shady

Ellen Shapiro 973-655-1745 NYC

Janene Sneider 212-352-9680 NYC

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 Ele'AnAriel•

Annie Hassell 919-309-9345 Durham

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Tobey Milne• 252-261-6052 So. Shores

Helene Zahn- 252-412-2008 Greenville
 Chilberg

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Mary Cameris• 918-488-8454 Tulsa

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Sally Brunell 503-682-6147 Sherwood

Ted Brunell 503-682-6147 Sherwood

Anne Chozinski 541-487-4877 Alsea

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Rhode Island

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Vivienne Turkington 401-783-8281 Wakefield

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Sue-Anne 972-898-8833

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Citlali Penafiel 210-979-0273

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Sandra Stringer 512-306-8422

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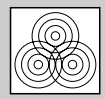
Christiane 416-322-5044 Toronto

Garczarek

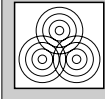
Kathie Joblin 705-326-7873 Orillia

Dr. Ana Lulic-

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■ HR PRACTITIONERS ■



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 Christine McNair +27-11-788-4353 Parkhurst
 Walter Röntsch♦♦ +27-11-782-3080 Linden
 Cheri Stewardson +27-11-453-3888 Edenvale
 Clarissa Tunstall +27-11-787-9936 Randburg
KwaZulu-Natal
 Mala Naidoo +27-83-780-1437 Pieter-
 maritzburg

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 Rosario Velasco +34-983-473-232 Valladolid
 Riesgo
 Jeanne Wareing +34-635-785-106 Malaga



■ HR PRACTITIONERS ■



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Barbara A. King	+44-07968-754242	Solihull, W-Midlands
Joelle Mann	+44-1865-51-11-05	London/Oxford
Katheryn Nicholls	+44-1647-440583	Devon
Jeanne Wareing	+44-7967-212-444	Lancashire

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Joanna Legard	+44-1309-691793	Findhorn
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Susie Seed	+44-1644-460257	Castle Douglas
Catherine Vardi	+44-1738-840004	Perthshire
Georgia Wolfson	+44-141-423-2164	Glasgow

U.K.-WALES

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■ HR SEMINARS ■



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

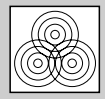
Please Note:

Advanced Seminars Now 3 Days: Anyone who has taken the advanced seminars might consider retaking them	in the new format so you have an opportunity to integrate all the repatterning and modalities over a 3-day period. The	fee is \$425 (or \$375 if registered three weeks in advance). The fee for retakers is \$185, plus the book if needed.
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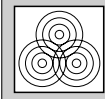
Dates:	Teacher:	Location:	Coordinator:	Phone:
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EMPOWERING YOURSELF WITH HR

3/27/04	Sylvi	Boerne, TX	Sylvi Salinas	512-389-3990
3/28/04	Susan	New York City, NY	Janene Sneider	212-352-9680
4/02/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
4/03/04	Shady	Ashland, OR	Karen Taylor	541-488-5781
4/03/04	Kenya	New York City, NY	Kenya DeRosa	212-252-4715
4/10/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/17/04	Georgia	Atlanta, GA	Georgia Miles	828-267-6466
4/24/04	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
4/24/04	Shady	Santa Fe, NM	Shady Sirotkin	505-254-2173
4/25/04	Ardis	Arcata, CA	Sandra Schaff	707-443-6670
4/27/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
5/01/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/20/04	Dorinda	Phoenix, AZ	Stacy McClain	480-664-4859
5/22/04	TBA	New York City, NY	Janene Sneider	212-352-9680
6/04/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
6/11/04	Sylvi/Josie	Austin, TX	Sylvi Salinas	512-389-3990
6/18/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
7/09/04	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990



■ HR SEMINARS ■



Dates: Teacher: Location: Coordinator: Phone:

INTENSIVES

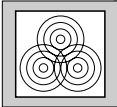
3/25/04 - 3/28/04	Michelle	Goshen, NY	Michelle Bongiorno	845-434-7467
5/05/04 - 5/09/04	Shady	Colo Springs, CO	Theresa/Crystal	719-491-2601
5/20/04 - 5/23/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
6/25/04 - 6/28/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
7/23/04 - 7/26/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
8/20/04 - 8/24/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
10/22/04 - 10/26/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990

FUNDAMENTALS OF HR

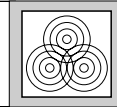
3/20/04 - 3/21/04	Susan	New York City, NY	Janene Sneider	212-352-9680
3/20/04 - 3/21/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
3/25/04 - 3/26/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
4/03/04 - 4/04/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
4/12/04 - 4/13/04	Ardis	New York City, NY	Janene Sneider	212-352-9680
4/17/04 - 4/18/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
4/28/04 - 4/29/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
5/21/04 - 5/22/04	Dorinda	Phoenix, AZ	Stacy McClain	480-664-4859
5/22/04 - 5/23/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
6/05/04 - 6/06/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
6/11/04 - 6/12/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
6/12/04 - 6/13/04	Sylvi/Josie	Austin, TX	Sylvi Salinas	512-389-3990
6/19/04 - 6/20/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
7/10/04 - 7/11/04	TBA	Austin, TX	Sylvi Salinas	512-389-3990
8/14/04 - 8/15/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/28/04 - 9/29/04	Dorinda	Scottsdale, AZ	Audrey Titus	602-867-3747
10/09/04 - 10/10/04	TBA	New York City, NY	Janene Sneider	212-352-9680

TRANSFORMING PRIMARY PATTERNS

4/06/04 - 4/07/04	Ardis	Scottsdale, AZ	Audrey Titus	602-867-3747
4/17/04 - 4/18/04	Ardis	New York City, NY	Janene Sneider	212-352-9680
4/23/04 - 4/25/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
4/24/04 - 4/25/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
5/01/04 - 5/02/04	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/08/04 - 5/09/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
5/15/04 - 5/16/04	Ardis	New York City, NY	Janene Sneider	212-352-9680
5/24/04 - 5/25/04	Victoria	Phoenix, AZ	Stacy McClain	480-664-4859
6/05/04 - 6/06/04	Karine	New York City, NY	Janene Sneider	212-352-9680
6/12/04 - 6/13/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
6/14/04 - 6/15/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
6/25/04 - 6/26/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
7/10/04 - 7/11/04	Karine	New York City, NY	Janene Sneider	212-352-9680
8/20/04 - 8/21/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
8/21/04 - 8/22/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/17/04 - 9/19/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44
10/01/04 - 10/02/04	Victoria	Scottsdale, AZ	Ardis Ozborn	480-481-9023



■ H R S E M I N A R S ■



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

TRANSFORMING UNCONSCIOUS PATTERNS

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
5/01/04 - 5/02/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
5/07/04 - 5/09/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-19-68
5/08/04 - 5/09/04	Karine	New York City, NY	Janene Sneider	212-352-9680
5/14/04 - 5/16/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
5/20/04 - 5/21/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/27/04 - 5/28/04	Victoria	Phoenix, AZ	Stacy McClain	480-664-4859
6/19/04 - 6/20/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
6/26/04 - 6/27/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
6/27/04 - 6/28/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
7/03/04 - 7/04/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
7/09/04 - 7/10/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/10/04 - 7/11/04	Karine	New York City, NY	Janene Sneider	212-352-9680
7/16/04 - 7/18/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
8/23/04 - 8/24/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
9/10/04 - 9/12/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/02/04 - 10/03/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
10/04/04 - 10/05/04	Victoria	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/29/04 - 10/31/04	Lourdes	Guadalajara	Tere Barba	+52-333-633-90-44

(*retakers only)

TRANSFORMING CHAKRA PATTERNS

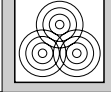
3/20/04 - 3/21/04	Ardis	J'burg, So Africa	Lana Lewis	ltl@iname.com
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5/05/04 - 5/06/04	Shady	Colo Springs, CO	Theresa/Crystal	719-491-2601
5/22/04 - 5/23/04	Michelle	New York Area	Michelle Bongiorno	845-434-7467
5/28/04 - 5/31/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
7/12/04 - 7/13/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
7/16/04 - 7/18/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
7/16/04 - 7/17/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
7/23/04 - 7/24/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
7/23/04 - 7/25/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
7/24/04 - 7/25/04	Chloe	New York City, NY	Janene Sneider	212-352-9680
8/27/04 - 8/29/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
9/03/04 - 9/05/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/20/04 - 10/22/04	Lourdes	Cuernavaca	Lourdes	+52-777-316-91-68
10/22/04 - 10/23/04	Ardis	Austin, TX	Sylvi Salinas	512-389-3990

TRANSFORMING MERIDIAN PATTERNS

3/22/04 - 3/23/04	Ardis	J'burg, So Africa	Lana Lewis	ltl@iname.com
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
7/02/04 - 7/04/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
7/19/04 - 7/20/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
7/25/04 - 7/26/04	Ardis	Asheville, NC	Georgia Miles	828-267-6466
8/06/04 - 8/08/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79
9/10/04 - 9/12/04	Karine	Mexico DF	Leopoldina Rendón	+52-777-318-82-58
9/11/04 - 9/12/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100



■ H R S E M I N A R S ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
9/11/04 - 9/12/04	Chloe	New York City, NY	Janene Sneider	212-352-9680
9/24/04 - 9/26/04	Karine	Xalapa	Rosario Azpiri	+52-228-817-59-75
11/26/04 - 11/28/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
12/03/04 - 12/05/04	Karine	Santiago	Clara Olivares	+56-23-43-62-79

PRINCIPLES OF RELATIONSHIP

3/19/04 - 3/21/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
7/16/04 - 7/18/04	Shady	Colo Springs, CO	Theresa/Crystal	719-380-8851
8/27/04 - 8/29/04	Chloe	Asheville, NC	Georgia Miles	828-267-6466
9/17/04 - 9/19/04	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/08/04 - 10/10/04	Chloe	Madrid, Spain	Olga Sacristan	+34-983-231961
10/15/04 - 10/17/04	Chloe	Bristol, UK	Katheryn Nicholls	+44-1647-440583

A NEW VISION

4/22/04 - 4/24/04	Ardis	Arcata, CA	Sandra Schaff	707-443-6670
8/13/04 - 8/15/04	Ardis	Colo Springs, CO	Theresa/Crystal	719-491-2601
10/01/04 - 10/03/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
10/08/04 - 10/10/04	Ardis	Kansas City, MO	Terry Blakesley	816-753-5100
10/22/04 - 10/24/04	Chloe	Bristol, UK	Katheryn Nicholls	+44-1647-440583
12/03/04 - 12/05/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023

ENERGETICS OF RELATIONSHIP

3/26/04 - 3/28/04	Chloe	Cuernavaca	Lourdes	+52-777-316-91-68
9/24/04 - 9/26/04	Chloe	Colo Springs, CO	Theresa/Crystal	719-380-8851

HOLDING THE HEALING SPACE

3/20/04 - 3/21/04	Shady	Sacramento, CA	Shady Sirotkin	505-254-2173
5/15/04 - 5/16/04	Shady	New York Area	Michelle Bongiorno	845-434-7467

ADVANCED TUTORIAL

5/09/04 - 5/14/04	Michelle/ Dorinda	Sky Lake, NY	Michelle Bongiorno	845-434-7467
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SKILLS DEVELOPMENT

4/16/04 - 4/16/04	Ardis	New York City, NY	Janene Sneider	212-352-9680
5/07/04 - 5/07/04	Karine	New York City, NY	Janene Sneider	212-352-9680
6/04/04 - 6/04/04	Karine	New York City, NY	Janene Sneider	212-352-9680
7/23/04 - 7/23/04	Chloe	New York City, NY	Janene Sneider	212-352-9680
10/19/04 - 10/20/04	Chloe	Bristol, UK	Sarah Gibbons	+44-131-466-3195

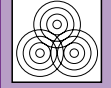
Thank You for Supporting the Work of the HR Association by Renewing Your 2004 Membership!

We appreciate all of you who have responded with your membership renewals. We need you. If you have not yet done so, please take a moment and send your check or credit card number to:

HR Association, PO Box 14, Aragon, NM 87820
or go to: www.holographic.org/membership.
Thank you from the Association Membership Vision Team!



■ SAVE THESE DATES! ■



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

**A Fantastic Healing Retreat in Mexico!!!
September 1-6, 2004**

Our conference this year will be hosted by our HR family in Mexico at the lovely hotel & spa of Hotel Del Rey (www.delrey.com.mx), one hour from Mexico City in the beautiful mountain area of Ixtapan.

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

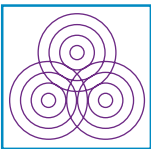
We will have a mixture of 're-juvenation of self' for our very much needed personal balance, and 'deepening of self as practitioner' in our ongoing work in offering Holographic Repatterning to our clients and students.

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

Please mark your calendar with these dates and start planning. We'll have full details out to you soon.

While airfare to Mexico City may be a little more for some people than to Phoenix, the hotel and food costs will be less. (if you are an AARP member, they have good airfare prices to Mexico City. It is worth the \$12 membership).

A Passport makes travel through Customs easier than using a birth certificate. It usually takes about 6 weeks to get a passport if you do not already have one.



Holographic Repatterning® Association

PO Box 14
Aragon, New Mexico 87820 USA

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