

The

# HR Journal

The official publication of the International Holographic Repatterning® Association



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**COMING NEXT ISSUE**

In the February Issue: An article about the name Holographic Repatterning and ways to explain what it means—"What's in a Name?" By Ardis Ozborn.

If you have a simple explanation of HR to share, please email Naneen at [hra@holographic.org](mailto:hra@holographic.org), and these will be posted on the website.

The Holographic Repatterning Association is a not-for-profit organization formed to promote, educate and advance the interests of students and followers of the Holographic Repatterning Process for Positive Change. The *HR Journal* is published four times annually at a yearly subscription cost of \$35 US. HR Association members receive the *HR Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 505-533-6060 or sign up online at [www.holographic.org](http://www.holographic.org).

**The HR Journal**

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The official language of the HR Journal is American English. We apologize for any inconvenience this may cause HR Association members outside the United States.

The HR Journal is published four times each year. February, May, August and November

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**From the  
HR Association  
Council President**

*Ardis Ozborn*

Welcome autumn, with your crisp air and falling leaves, reminding us to let go and begin anew! Chloe has finished her five-year version of all the HR seminar books, which offer us the continuity and consistency needed to move HR forward. We are also training a new group of Empowering Yourself with HR teachers who will be bringing the concepts of HR into the world. We have practitioners from the UK, Canada and the USA that were nominated by the existing HR teachers to participate in this training.

To qualify for the training, the following conditions were met: Level 2 accreditation, having a successful HR practice, facilitation of HR support groups, experience giving presentations on HR to large groups,

assisting at HR seminars and a teaching background (preferred but not required). In addition these practitioners have expressed a desire to teach HR and have demonstrated coherence on all three levels: personal, relationship and awareness. Upon completion of their training, they will be offering Empowering Yourself with HR, our one-day class, in communities around the globe. This will build awareness of HR, support local practitioners and create community.

We are very excited about these new teachers and the energy and enthusiasm they are bringing to HR. Their vision is to bring this class to the general population, and to specific groups such as teachers, therapists, performers, corporations, nurses, doctors, lawyers, parents and children, wellness centers, social workers, abused women, practitioners of other modalities and ABSOLUTELY ANYONE WHO IS INTERESTED! We wish them great success.

A quick thank you to all who celebrated Chloe's birthday with a donation to offset this year's conference shortfall. Your cards, messages and contributions were overwhelming and moved Chloe to tears. Thank you to

the Seattle seminar, facilitated by Karine Bourcart, who came up with this creative and loving plan.

We are looking ahead to 2003 and re-thinking the kind of conference to present. The first question is: Do you want a conference or gathering of some sort? If so, what would you like offered? We have received feedback that students want more classes and presentations that they can apply in their HR practice.

The HR teachers would consider supporting the community by offering a week of seminars and practitioner development next year, probably in the fall. Does this appeal to you?

If so, please contact Naneen at 505-533-6060 or email her at: [hra@holographic.org](mailto:hra@holographic.org).

We really want to hear from you. This is your HR Association, so guide us with your response!

Did you know that the colored leaves fall off the tree because there is a bud of new life underneath nudging it? I guess we all need a little help in letting go. Be courageous and go for it!

## Chloe Announces Completion of New Five-Year Version of the HR Books!

- *Fundamentals*
- *Transforming Primary Patterns*  
(with the new Negative Thoughts Repatterning)
- *Modalities for Transforming Resonance Patterns*  
(with many new Modalities and an introduction to each one, with clear "how to" instructions)
- *Transforming Unconscious Patterns*
- *Transforming Chakra Patterns*
- *Transforming Meridian Patterns*



The editing and proofreading of these books has been an immense journey. Carla Eldorado (of South Africa when she is not sitting at my computer) has done the charts and correction inserts working more than 300 hour months. Maggie Honton of Colorado has proofread the books many times over, bringing consistency and exactness. Lori Forsyth of New Zealand gave invaluable suggestions and clarifications. Karine Bourcart-Knight of

Mexico, who knows the books inside and out from being involved in the Spanish translations, volunteered her thoughts for new possibilities. Just before going to print, Victoria Benoit did the final detailed proofreading for yet more improvements.

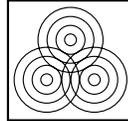
Those HR students who have received the 2002 versions in this year's pilot series can keep using these books. If you really want the "final" version, you can always buy the five-year edition later.

The completion of the five-year version of these books feels like a grand ending and an even grander new beginning, coinciding with the first teacher training of Empowering Yourself with HR.

Eight of us are gathering for a closure and new beginnings "HR ceremony" before Carla leaves for South Africa to celebrate the completion of these books.

You may order the above books through HR Sales USA.

[www.hrsalesusa.com](http://www.hrsalesusa.com) or 928-204-9960



# Dr. Harry Sirota

by Andrew Elliot, HR Journal Editor

*Dr. Sirota, whom many are acquainted with, is an optometrist based in Chicago who does holistic eye exams and prescriptions for eyeglasses based on increasing the light that comes into the brain through the eyes. He has influenced Chloe regarding vision, and some of his eye checks and exercises are incorporated into the Vision Repatterning.*

“Once you block feelings in your brain, you begin to block the way you see,” explains Dr. Harry Sirota. “You begin to see less and less of others, so you don’t have to deal with the feelings. You also constrict your breathing.” In other words, how you see has everything to do with your emotions.

Dr. Sirota—a lean, energetic, very opinionated eighty-plus-year-old—is an extraordinary optometrist who became disillusioned with traditional optometry and developed a new method of working with the eyes and the way one sees. This new modality dovetails with the HR Vision Repatterning that are designed to “identify and transform the blocked feeling memories that distort the input of light, so we can once more move with ease, relax and create a joyous and extraordinary life.”

When asked if there is a difference between sight and vision, Dr. Sirota replies, “Yes!” The emphatic movements of his large hands and bobbing head animate his statement. “Sight is the ability of the eye to see things. Vision is the ability to make sense out of what one sees.

In addition, when you talk about vision, you are talking about a combination of seeing and hearing. There’s a neurological connection between the eyes and the ears.”

Dr. Sirota goes on to explain that our experiences as children are crucial to our vision. “For example, if your parents don’t scream, but talk nicely, then you learn to see properly. If that doesn’t happen, you might turn a deaf ear to whoever is doing the screaming.” Observing a young father with his son, for example, Dr. Sirota saw that when the boy was upset, the father arranged it so that the boy would have the opportunity to think things over, or sit with his emotions. “If you learn this way,” says Sirota, “that’s what adds to your vision. You have a big vision, a great vision. Otherwise you restrict. You say things like, ‘I was so angry I couldn’t see straight.’ When that happens, it’s hard to read, and hard to learn.” Again, we see emotional constriction influencing visual perception.

Chloe Wordsworth described the primary interconnection between emotion and light: “Dr. Sirota’s understanding of the eyes and their relationship to our emotions is summed up in his statement that, ‘It is all a matter of light.’ When the six extrinsic eye muscles become chronically tense, the full quotient of light is blocked and the body-mind system is thrown out of synch. Our emotional traumas and negative feelings and beliefs block the inflow of light to the retina and from there to the hypothalamus and from the hypothalamus to the glandular and immune systems.”

Returning to the difference between sight and vision, and the vital importance of feelings, Dr. Sirota elaborates: “When you deal with sight, you’re only dealing with one aspect. Vision is the understanding, knowledge, or awareness that you get through seeing. It’s everything that goes on in your life. How you interact with others. How easy or difficult it seems to be. Whether you find yourself ignoring situations because you can’t handle them easily.”

To illustrate the connection between vision and our interactions with others, during an eye examination—which, for Dr. Sirota, is more like a personality examination—Dr. Sirota stands a distance away from you, perhaps thirty feet. As he moves closer, he wants you to notice how you feel and at what distance you are

emotional pain, the eye muscles tighten up, which throws off the positioning of the eyes.... When there is a distortion in how light enters the eyes, light stimulation to the brain is also irregular. Because the brain-body stimulation is uneven the body loses its natural symmetry and alignment. As a consequence we see the happenings of our life through the filter of our own distorted perspective.”

For his patients, the lenses Dr. Sirota prescribes are a “vision healing modality” that support the Holographic Repatterning process. For Dr. Sirota, HR can enhance his work by identifying and transforming the feelings that underlie our vision distortions. “If you don’t have it in your heart, you’re in your head and you’re always thinking,” says Dr. Sirota. “The point is to be able to

# Seeing with the Heart

comfortable. For example, he worked with a woman on the West Coast who was not comfortable unless he stood thirty feet away from her. This woman was married to a man who lived in New York, thousands of miles away. The wife and husband were the same. Neither could get close.

“Seeing is a projection of what’s going on in the individual at the moment, projected out into space,” explains Sirota. If what we see is distorted, it is not necessarily our “sight” that is causing the distortion, but rather our “vision”—the way we are making sense of what we see as a result of, for example, our beliefs.

Standing in front of you, Dr. Sirota asks if you see his feet, his legs, his torso, his arms. “Whatever you don’t see in me is what you have lost in yourself,” he comments. He stands back and asks how much of him you can see. Is anything missing? “You know what happens when your legs are missing, you don’t feel grounded,” he states. “The less you see in me, or whoever you’re looking at, means you don’t really see that part in yourself. When we are cut off from parts of our bodies, then we may be more in our heads than in our hearts. On the other hand, three dimensionality is entire awareness of the body. You then see the beauty in things, the beauty in everything around you.” We are seeing from our hearts.

“The way light enters the eyes elicits feelings and sensations, responses to tastes, smells, sounds, touch and sight,” wrote Chloe Wordsworth. “In response to

feel it, too. What feels right usually is right.”

**A Dr. Sirota Exercise:** With your eyes closed, put your hands on your head. Keep breathing. Now notice: Do you feel your arms connecting to your shoulders to your wrists? Is anything missing? How does the one side feel to you? The other side? The right arm or left arm? The right usually takes on the characteristics of father; the left of mother.

To make an appointment with Dr. Sirota, please call his office at: 773-561-8918 (Dr. Sirota travels around the country.)

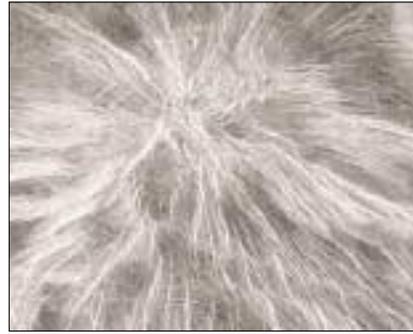
## **Testimonial** by *Terry Blakesley*

I can say with certainty that doing New Vision self-sessions and wearing Dr. Sirota’s lenses are creating new possibilities for me in my life, relationships and career. Making the decision to see him is turning out to be truly life-changing. Much of his session is conducted with eyes closed, and during that session what I “saw” was amazing. My right eye, even when closed, felt as though it was wide open, while my left eye wasn’t “there” at all. During the portion of the exam where he tries different lenses, again with eyes closed, he asked me to do the three circles eye exercises (which are in the HR modalities book) while focusing on my breathing.

As my eyes circled to the left, tears spontaneously sprung from my eyes—I was not crying, yet I’d hit a “pocket” of old feelings I didn’t even know was there.

*(continued on page 14)*

Ursula (not her real name) came to the U.S. from Yugoslavia with her new husband in 1975. She was happily married, raised two children and was in good health. Her husband and oldest son went



on a hunting trip in 1992. On their way back, a car attempting to pass a truck in the opposite lane ran head-on into her husband's car, killing her husband and injuring her son.

# The Connection Between Shock and Disease

by Stephen Linsteadt, N. D.

The chronology in this case is important because, as you will see, receiving a shock of this nature dramatically affects our health and immune system if it is not resolved in some way. Later in the same year of her husband's death, she had a cyst removed from her right breast. Seven years later she had a hysterectomy and had tumors surgically removed from both of her lungs. A tumor in the bladder and in the small intestines were found the following year, and the year after she had brain surgery to remove a tumor on the right side between her brain and skull.

By the time she came to our clinic (New Hope Clinic, which practices holistic, integrative medicine, blending conventional and alternative therapies) she had already undergone eleven cycles of chemotherapy. Her lab report showed that her immune system was extensively compromised (low WBC, low lymphocytes). She had a pleural effusion in the lower left lung that was not responding to chemo. After her initial consultation she was very eager to begin therapies the following week. She emphatically stated that she was finished with chemotherapy and wanted to go through the program at the clinic. However, she postponed entering the program, went for additional chemotherapy, and did not enter the clinic until a month later.

Ursula was originally referred to the clinic by an oncologist friend of hers, who called the clinic early the following week to say that Ursula had decided to have another round of chemo before coming for treatments.

A month later Ursula finally made it to the clinic. Her

energy was very low. She was exhausted and had started wearing a Roxanol patch containing morphine sulfate for her pain. Morphine is a great blocker of pain, but it also disrupts the regulation of the nervous system and blocks the limbic system from being able to "see" the status of the system. Therefore, the body's self-regulating capabilities are compromised. Morphine is also very hard on the liver.

Ursula had waited a long time before making any changes in her diet, or undergoing any detoxification protocols and she had taken additional chemotherapy and morphine. She had expressed willingness to do anything possible to be healed, and that she wanted to work with her health through the clinic, yet had postponed doing this for an extended time.

Holographic Repatterning showed that Ursula was not resonating with being one hundred percent healthy. She was holding unresolved shock in her system, understandably, from her husband's death. The year after her husband died, her mother passed away and so did her best friend.

The connection between unresolved shock and disease was explored by Dr. Ryke Geerd Hamer, formerly of the Universities of Munich and Tubingen in Germany. Dr. Hamer received news in the middle of the night that his 17-year old son had been shot while on holiday in the Mediterranean. Three months later his son Dirk died. Shortly after this tragic event, Dr. Hamer, who had been healthy all his life, but who was utterly devastated by this catastrophe, found that he had testicular

cancer. Dr. Hamer became suspicious about this coincidence and set out doing research on the personal histories of cancer patients to see whether they had suffered some shock, distress or trauma before their illness.

After extensive research of thousands of patients, Dr. Hamer was finally able to conclude that disease is only brought about by a shock for which we are totally unprepared. He found that if we are in any way prepared for the shocking event, we will not become ill. Dr. Hamer does not like to use the word 'cancer.' Instead, he refers to it as a special biological response to an unusual situation. He says that when the "shock" situation is resolved, the body will set about to the job of returning to normality.

For Ursula, the "shock" situation had not been resolved. Ursula had a tremendous feeling of sadness being held in the area of her chest (thymus and mammary). She also had a very strong resonance of anger held in the area of the brain associated with the brain tumor. She resonated strongly with the statements: "I am a negative person" and "life is not enjoyable." She also resonated with "I'm afraid of dying – I don't want to leave my

children." This last statement brought a flood of tears as she became consciously aware of her unexpressed wish to die.

At the end of her HR session, Ursula displayed a strong muscle indicator response to the statement: "I totally and completely accept the situation as it is, free of wishing it to be otherwise or holding on to grief, sadness or anger."

It sometimes happens, as it did in Ursula's case, that the resonant shifts to higher levels of coherence are not complete in just one session. There was an aspect of her session that had not fully shifted and required that Ursula integrate some of these shifts in consciousness and come back to complete the repatterning of the vibratory energy that was holding the cancer in place.

Ursula did not come back to complete her repatterning and she didn't follow through with her therapy plan. In a follow-up conversation with her oncologist friend, we learned that Ursula was planning to return to Yugoslavia because she wanted to die in her homeland.

Death is naturally a part of life. We also have to reconcile ourselves with destiny and God's will. We

regretted not having the chance to work with Ursula sooner in her quest for healing, or to work with her over a longer period of time. What is certain is that in every case where a shift to a higher state of coherence has been achieved, the person died in a state of peace or surrender. In several cases the families have returned to the clinic to express their gratitude for helping their loved one find peace with the unresolved emotional conflicts they had been carrying with them for years.

For further information and references, please see the following websites:

Biophysics Research Institute (related more to scientific articles and studies in the area of bio-energetic medicine). [www.bri-research.com](http://www.bri-research.com)

New Hope Clinic (an integrated wellness center that utilizes HR): [www.newhopeclinic.com](http://www.newhopeclinic.com)

Natural Healing House (natural remedies and products for people interested in natural self-help support, i.e. supplements, detoxification protocols, heavy metals self test kits and detox protocols, natural teas and soaps, skin care, weight management, herbs, essential oils. Also contains articles). [www.naturalhealinghouse.com](http://www.naturalhealinghouse.com)

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## HR FRIENDLY REMINDERS *by Netta Pfeifer and Lyndis Durwin*

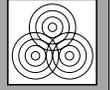
### Energy Constrictions

When doing HR sessions in person, and you muscle check that an energy constriction release is needed, this ECR is always the clients energy constriction that is needing to be released.

When you are doing a proxy session for someone who is not present, then you as a proxy for your

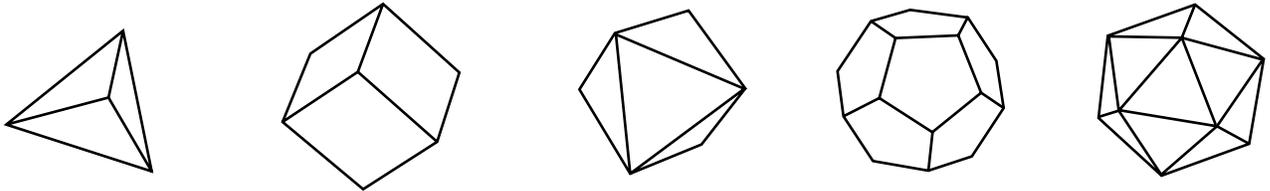
client, may experience some signs of the EC (restlessness, coughing, hiccups, tension in your body, etc). Then, when you muscle check "we need to do an ECR?" it is your client's ECR that you are doing, and you will go through all the steps, both asking the questions, and responding from the client's point of view, using muscle checking to confirm each point.

*NOTE: A whole other aside is that it is important for all of us as practitioners to receive sessions and move through some of our big EC's, so that we are able to be present for our clients as they go into their place of pain and vulnerability. Otherwise, we may have our own 'stuff' (EC's) get triggered while giving someone else a session.*



Sacred Geometry

by Michael Fisher, Vancouver, B.C., Canada



The 2002 HR Conference was possibly one of the most valuable for obtaining insights that I could apply to my HR practice. Although all of the subjects covered were of a high standard, for me, the most noteworthy presentation was by Robert Gilbert on Sacred Geometry. It reinforced what I already had learned from my seminars with Chloe Wordsworth on using sacred geometry as a healing modality.

If I ever return to Egypt I will never be able to look at the temple construction and decoration in the same way. Robert gave us a much better insight into the Arcane messages left four or five thousand years ago for the future generations to cognite on, and to interpret for the greater good and understanding of mankind.

To be brief, I will just mention Robert's very coherent explanation of the power of the Dodecahedron. During the most enlightened period in Greek history, the philosophers discouraged people from even saying the name out loud "as it could bring death." I didn't understand the application until Robert explained that the molecular structure of the Doda, when linked in specific sequence, is the construct of nuclear fission and plutonium. The Greeks knew even then that, misused, the Doda could be utilized for weapons of mass destruction.

I use my Sacred Geometry metal shapes as healing modalities in my HR Practice. I explain to my client the significance of the various shapes, such as the Cube representing the earth. If it comes up as a healing modality, I have attached a piece of elastic to the figure and spun it in front of the client's eyes. This of course changes the apparent shape of the piece as it spins clockwise and anti-clockwise. Often the client will have to hold a Platonic Solid made of crystal in a par-

ticular hand over a Chakra. I muscle check all of this. This changes the frequency. It is as simple and profound as that.

The most obvious and familiar Sacred Geometry figure is the Pyramid. Egyptologists would have the world believe that the Pyramids of Giza were built as tombs for the Pharaohs. However, there is not a single Hieroglyphic in the Great Pyramid to support this theory. Instead, authorities such as Graham Hancock, in his book *Fingerprints of the Gods* have documented that the Great Pyramid was used as an Initiation site in which Godmen of Egypt were initiated into the Mystery Schools of Ancient Egypt. The energy would pass through the Ben Ben into the Initiation chamber. The Ben Ben is the apex of the pyramid, which actually forms a pyramid in miniature, and helps to focus the energy. That is only the tip of the iceberg of what is beginning to be discovered.

All the conferences have, for me, become one huge healing modality, where I obtain a greater sense of purpose and a wealth of information that I, directly or indirectly, pass on to my clients. The annual conferences also provide us the opportunity to bring the individual divine spark within us together to form a greater and more effulgent light, especially in the view of what is happening on this planet. This light will help to dispel the darkness.

Related Information:

Robert Gilbert's website: <http://www.vesica.org>

*Sacred Geometry and Initiation Secrets of the Great Spiritual Schools* by Dr. Robert J. Gilbert

*Seven Keys to Creation* by Dr. Robert J. Gilbert

*Fingerprints of the Gods* by Graham Hancock



## Planting Trees to Soak Up Travel Emissions

by Lori Forsyth, HR Teacher, New Zealand



As an HR teacher, I travel thousands of miles each year by jet, polluting the atmosphere and contributing to global warming. I have felt an inner conflict about this and have not known how to reconcile the two actions of

teaching transformational seminars and contributing to the environmental problems on the planet simultaneously!

Some young people from Canada wanting to fly to the Johannesburg International Children's summit last month felt the same way. They wanted to make their attendance as green as possible and came up with the

idea of planting trees to counterbalance the effects of the flights.

They calculated the number of trees needed to counteract the amount of carbon dioxide produced by jet planes and came up with the following: For every 1000 klm (approximately 600 miles) you travel by air, you need to plant one tree as a carbon soak. That means I'll be planting 84 trees this year, so I'd better roll up my sleeves and get on with it!

As one of the children said, "planting trees is only a short-term solution to global warming. If we really want to eliminate it then we must stop using fossil fuels. Planting trees is a great way for kids to take action though, and it is a great way to make people in your community aware."

See you in the forest next year!

## CONGRATULATIONS TO CHAKRA TEACHERS

Congratulations to Karine Bourcart-Knight and Lori Forsyth in recently becoming Chakra Teachers!

Karine, who began HR in 1995, has been an HR Teacher for many years, teaching seminars in Mexico, Chile, Spain, UK and USA. Karine says: "My connection to HR happened by being in the right place at the right time. I knew when I met Chloe that it would be a very important relationship!"

Karine sees that part of her work is to ground HR into the community, which she has done very beautifully in Mexico. Future Vision: "The excitement that we are taking a quantum leap with a new avenue of moving HR into being more public and more accessible for a lot of people to have a better quality of life. Being of service, bringing

abundance and dealing with the material world at the same time. It is an opportunity to be of service and to love. Opening our hearts and helping others to open their hearts in a simple fashion."

Lori Forsyth, who has also been teaching HR for five years, recently emigrated with her family to New Zealand from Scotland and is giving her love and support through teaching HR in Australia, New Zealand, UK, South Africa and USA. Lori had a very clear knowing, when she took her first seminar with Chloe, that HR would be her work and that she would be teaching it. She came up to Chloe in that first seminar and said, "You're going to be seeing a lot of me!" Lori brings her loving heart to all whom she teaches.

## A QUICK USE OF HR

By Helen Peak, HR Teacher, Fort Collins, Colorado

Not too long ago, I had nasal polyps removed, and had to have a respirator during the procedure. Even though I was thoroughly knocked out, my body still remembered, and I noticed that when I used my water pik I had a gag reflex.

I muscle checked a modality that would diffuse this. The next time I used the water pik, I gratefully discovered that the gag reflex had indeed disappeared. I appreciate using HR in everyday life!

Helen Peak can be contacted directly at:  
helenpeak@attibi.com



*Susan Kansky • Scottsdale, Arizona*



"I am so grateful to have the HR tools to clear out issues as they come up."

HRJ: What is your background?

SK: I developed Integrated Healing, which I practice in Scottsdale. Integrated Healing combines Chinese Medicine, structural osteopathic based bodywork, Energy Medicine (sound, homeopathy, Chinese herbs, body terrain balancing), QXCI Bio-Electro Analysis, Asian Bodywork Therapies (Jin Shin Jyutsu, Zen Shiatsu, Medical Chi Gung Tui Na, Internal Organ Massage, Anma Japanese massage), Five Element Aromatherapy Acupressure, and self-care chi gung exercises and Jin Shin self-help. I am the author of 12 training manuals on Chi Gung, Aromatherapy and Chinese Medicine and a Chi Gung video. I have taught Chi Gung, Nei Gung, Tai Chi Chuan, Self-Healing and Asian Bodywork since 1986.

HRJ: How did you learn about HR?

SK: I met Dorinda Hartson at the Phoenix Holistic Health Expo in 1996. I was intrigued by the name of the system: "Holographic Repatterning." The last 22 years I have studied and incorporated numerous modalities into my healing practice in order to address and resolve the patterns underlying my client's issues on all levels. In my search for systems that fill in the gaps, I am continually exploring new modalities.

HRJ: What does HR mean to you?

SK: HR has had a strong positive impact on my life. I use it almost daily

to clear issues as they come up within myself or in my relationship with my husband. It has helped clear many deep family patterns that affected my relationships and work. I recently returned from a visit with my family. I was delighted to observe myself handling family situations so positively. For instance, without thinking about it, I held my ground and didn't get blasted by my mother's controlling and negative putdowns, nor did I get upset afterwards. This is a first! In my work, whenever issues come up that block my career goals, I use HR to clear them. It is such a joy to have things happen so smoothly in my life now. Positive thoughts are considered one of the key components to health and longevity. I have observed that as I clear out negative thought patterns, I am more energized, relaxed and happy.

HRJ: How do you apply HR with clients, in relationships, and with yourself?

SK: I offer sessions in my office, by proxy or over the phone. HR sessions are one of many modalities I use in my practice. However I use HR in many ways. An exciting application of HR is its valuable support to a wellness program. I find that many people are not resonating with being well or being free of their health or mental issues. It is satisfying to see HR helping people get clarity on their healing path. I have also had a few clients who were very aware of their deep chronic issues after years of psychological therapy, but still had their problems. With HR, these clients finally cleared their issues. It only took a relatively short series of sessions over a few months.

In my relationships, I am so grateful to have the HR tools to clear out issues as they come up. My husband and I have been repatterning communication issues for awhile now. We do have our

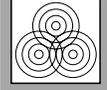
miscommunications now and then, but how we miscommunicate is changing. HR has allowed us to move through issues and evolve into a deeper level of connection and communication. It's getting easier and faster to resolve our issues now. With HR, we spend very little time in non-coherence and have a happier, healthier relationship.

I use HR for myself whenever I begin to feel non-coherent, such as when I feel low in energy, stressed or resistant to doing something. I turn to HR right away, often doing a quick session using steps I know by memory. In addition, I did over 50 sessions on myself during a two-month period to clear out birth and major father issues. I am so grateful that I have HR to work on myself, otherwise I would have had to pay a lot of money for therapy.

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

SK: I would love to see couples learn HR to improve their relationships. For that matter, I would love to see everyone using at least the basic HR tools in their daily lives. Imagine what the world would be like if large numbers of people used HR regularly to maintain coherence. For clients who aren't interested in taking an HR class, even the new one-day class, it would be valuable to be able to teach clients how to do basic diffusions and modalities so that they can have a self-help tool to use as issues come up in their daily lives. I think it would be great to have an HR modalities class covering the application of the healing modalities in greater depth, perhaps open to anyone interested in self-help, as well as HR students and practitioners.

You can contact Susan at:  
www.integratedhealing.to or  
by phone at 480-947-5161.



## From HR Practitioners and Students in Mexico

### OPEN HEART HR

Pain because of lost love is one of the issues that many clients ask to work on. One client, a man, was pleading for an uninterrupted love relationship. He did not understand why his relationship had ended and grieved during each session. He worked hard every session until, once, the modality for creating coherence took him to open his heart. Following that session, it only took him one week to regain his former partner. The client was now full of love, with his heart totally open.

—Yuriria Robles de Miranda,  
Certified Practitioner, Mexico

### HURTING HORSE

A friend's horse started having several problems. He used to hit his head against the stable door, everything hurt, and he wouldn't allow himself to be ridden. My friend asked me if there was anything I could do. I went to talk with him, I muscle checked for his permission to enter his energy field. Not only did he agree, he said he'd like me to.

It was a marvelous session. He was very frustrated, bored and unhappy in his stable. He needed a sound Modality and the green chakra scarf, morning and afternoon for four days.

The whole group of horses became happy and after a week nothing hurt any more.

—Josie Smith, Student, Mexico

### CINDERELLA

About a year and a half ago, I received an HR session. The topic was my relationships, love, etc. and, after five sessions, the practitioner

encouraged me to take the Fundamentals seminar. My life has changed ever since. I have been working on a variety of subjects, though mainly my relationship, and you can imagine the negative beliefs: there is no man for me, men are lazy, men are unfaithful, there is no such thing as love at first sight, I don't believe in love, in this town there are no single men, etc.

In December 2001, in a support group, we were working on what we wanted for the New Year 2002. When we started, I muscle checked that I needed to work on relationships, marriage, work and communication. While creating my New Possibility Intention, I was shaking like a leaf, it felt as if I were writing a letter to Santa Claus...

You can imagine all the details I could have put down related to a new relationship. All I did in fact was to describe a "blue prince," with whom I felt truly connected and coherent at that moment, come what may. All I knew was that my system needed him SOON.

Christmas festivities came and went and, in January, when I was feeling a bit down, I attended a TV show. On my arrival I was introduced to a man I was very attracted to, but as usual, I thought he must be unavailable and I let go. At the end of the program, I approached him and found that he was the Director of an Addiction Clinic. I offered him an HR session and some flower essence work (that had been the topic of the program) so that he could be familiar with HR and what I did. He agreed and made an

appointment for four days later.

That very evening, he called to confirm the appointment and asked for details about HR. We talked, and, ever since that day, we have not been apart. We're incredibly happy and very much in love.

My life changed in all systems and on all levels, and today more than ever I know that HR is a wonderful tool and that indeed we can transform any pattern, since my partner has all the qualities I had put myself "ON" for in my many sessions.

With greetings, light, peace and love to all who work with this wonderful tool.

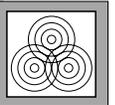
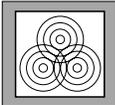
— Cinderella, Student, Mexico

*(Note from the Editor: Cinderella is now pregnant with her first baby and very happy with her "blue prince")*

### A MOTHER'S HEART

In March 2001, a week after taking the Primary Patterns Seminar, I went to visit my parents. When I got home, my mother was alone and sad. After a while I offered her an HR session. She agreed.

What came up was her deep sadness and loneliness now that her 10 children were no longer with her. There was an Energy Constriction. It was my first experience in releasing an EC. I got out my book and started following it point by point. The energy was blocked in her heart, and she couldn't breathe. On ending the ECR, she confessed that for months the pain in her heart had been unbearable and she had felt  
*(continued on page 15)*



**A PRACTICAL GUIDE TO VIBRATIONAL MEDICINE**

By Richard Gerber, M.D., New York, NY: HarperCollins Publishers, 2000

*Reviewed by Kathie Joblin, accredited HR Practitioner, Parry Sound, Ontario, Canada*

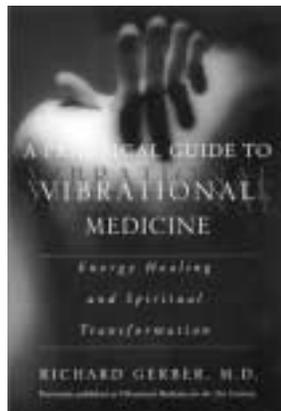
Vibrational Medicine refers to an evolving viewpoint of health and illness that takes into account all the many forms and frequencies of vibrating energy that contribute to a “multi-dimensional” human energy system. The most basic, the most dense form of this energy is the physical body.

The prevailing view of the human body, according to Dr. Gerber, is still based upon the Newtonian model—an antiquated model of human functioning that sees the body as a sophisticated machine. The heart is a pump, the kidney a filter of blood, the muscles and skeleton a mechanical framework of pulleys and levers. Many scientists believe that if we could only understand how all the different tiny parts fit together in the human body, we could develop better ways of fixing and repairing the body in the event of illness. There is no doubt that this is part of the story—surgeons regularly do “miracles” in terms of repair or replacement of defective parts—and we probably all know someone whose life and its quality have been extended by a hip replacement, for example.

According to the Einsteinian paradigm, however, all matter is “frozen energy.” Therefore, the human body, which appears to the senses to be solid, unchanging, real, is actually a complex bundle of “frozen energy” (or not so frozen, if you think about a toddler!). The field of Vibrational Medicine is evolving as an approach to diagnosis and treatment of illness based on the idea that we are all unique energy systems.

The exciting possibility that Vibrational Medicine offers is its ability

to go beyond the Newtonian model to address the contributions of the human mind and spirit to illness and well-being. Newtonian scientists were uncomfortable with these domains of inquiry, and so they tended to relegate them to the church, saying they had no part in “science.” Meanwhile, in other parts of the world, such as India and China, ancient traditions of inte-



grating body, emotions, mind and spirit in medical treatment had prevailed for thousands of years.

The model of Vibrational Medicine does not deny the validity of all the discoveries that have been made in molecular biology, surgery, vision correction, etc., but rather seeks to put them into the perspective of a bigger picture. This model says that consciousness plays an integral role in health and illness.

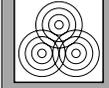
Consciousness is not just a byproduct of electrical and chemical signal processing in the brain, but rather is a kind of energy in itself. It resides both in the body/brain and outside it. Consciousness is also an aspect of the heart—heart-based consciousness acts from a centre of love, compassion and empathy towards others. Research is

now showing that even individual cells appear to demonstrate a form of “consciousness.”

So, according to the Vibrational Medicine model, the human body has certain biochemical functions, and the human body’s organs and systems also have an innate intelligence and an ability to process information. Chemical messages help to regulate organ function and organs and their cells communicate with each other using non-chemical forms of information-carrying messengers. For example, it has recently been discovered that all cells emit a weak pulse of ultraviolet light. We also know that certain cells act like “pace-makers,” generating electrical impulses.

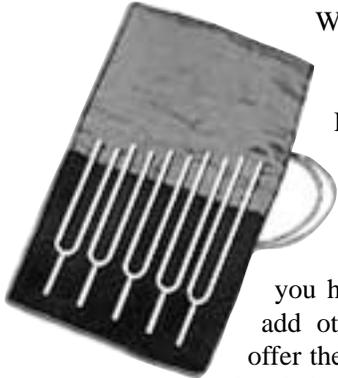
I believe this book is an excellent reference work that practitioners of HR and its various modalities for creating coherence would appreciate having on their bookshelves. In addition to its discussion of Vibrational Medicine, it provides an excellent introduction to many energy modalities, including acupuncture, radionics, homeopathy, hands on healing, flower essences, magnets, and color and light therapies, including appendices of resources for further information. It represents the best of Western medicine, looking for ways to understand and integrate all healing traditions. Unfortunately, the author does not seem to have discovered Holographic Repatterning—yet! He practices medicine in Michigan.

(\$21.99, available at Amazon.com)



GETTING IN TUNE WITH HR

by Netta Pfeifer, HR Sales



What better time than now to get back to basics with a discussion about some of HR's best loved and most popular sound modalities. In particular, in the hope that the information might inspire you to use the ones you have more often or even to add others to your collection, I offer the following facts about tuning forks.

"On paper," Kay Gardner writes in *Sounding The Inner Landscape: Music As Medicine*, "a sound wave is drawn as a graph. To visualize the simplest sound wave, imagine attaching a pen to a clock's pendulum and slowly and evenly pulling a long piece of paper perpendicularly under the pen as it swings back and forth in periodic motion. The long series of connected S shapes that result are the shape of the sound wave that represents the simplest musical tone. Scientists call this simple curve a 'sine' wave. The sound that produces a sine wave is rarely heard outside the laboratory except on electronic instruments. The only non-electronic 'instrument' that can produce the pure sound that produces a sine wave is a tuning fork."

Tuning forks yield a clear tone relatively free of harmonic overtones and not susceptible to minor temperature changes. They were invented in 1711 by the English trumpeter and lutenist John Shore.

Until then, from the ancient Greeks through the Middle Ages, the most basic tuning system was attributed to Pythagoras and was based on numbers. Starting at C, for example, it goes down a perfect fifth to F, upward a fifth from C to G, up another fifth to D, and so on through A, E and B. This is the seven tone scale known as the diatonic scale. A system called "equal temperament" (or distortion: the Pythagorean "circle of fifths" was placed between the octaves at equal distances) was introduced into Western music about one hundred fifty years ago after the invention of the piano.

Based on the frequency, A = 220 Hz, the frequencies of all of our HR tuning forks correspond to Scale 3 of the Keynote Frequencies listed on page 101 of Fabien

Maman's book, *The Role of Music in The Twenty-First Century*.

The diatonic scale also corresponds to the seven Chakras, or energy centers of the body. Often, correlations to the chakras start with the note of C for the base, or lowest, center, and going on up to B at the crown of the head. The seven Chakra Tuning Forks plus the five Sharps Tuning Forks are reflected in the twelve houses of the astrological zodiac and make up a complete octave (C to C). From the Upanishads, the Om Tuning Fork is defined as "the essence of sacred knowledge is word and sound, the essence of word and sound is OM."

Check out David Tame's book, *The Secret Power of Music*, and his chapter entitled "The Planets Suite" for further validation of the development of the unique set of eleven Planetary Tuning Forks: Sun, Pluto, Mercury, Mars, Saturn, Jupiter, Earth, Uranus, Moon, Neptune and Venus, that are available through HR Sales.

Ideas for using the Planetary Tuning Forks might include energizing water; Jupiter, Earth and Venus speed up the growth of plants when you energize their water. Saturn does the opposite. Try some Venus in your bath water!

Ways to use tuning forks in connection with HR: listen to the vibration; use a fork, or forks, on specific areas, e.g., a specific part of the body, a chakra, a meridian point, a jin shin point, a reflex point, etc.; or move a fork, or forks, over a particular part of your energy field.

Made in Germany of the finest quality stainless steel and packaged in beautiful velvet pouches, our tuning forks are priced as follows:

- Set of seven Chakra Tuning Forks .....\$160.00
- Set of five Sharps Tuning Forks.....\$130.00
- Single Om Tuning Fork .....\$ 38.00
- Set of eleven Planetary Tuning Forks .....\$265.00

Please add shipping and handling.

To place an order, or for any other HR Sales-USA information, contact Netta.

Phone: 928-204-9960; fax: 928-204-9905.

e-mail hrsales@sedona.net; or via the web-site at www.hrsalesusa.com.

## YOUR HR BUSINESS

**Q & A** by *Bobbie Martin, Missouri*

E: How do I make the leap from recruiting people to come to a free group to having people book a session for which they pay me? At the end of the group how do I transition from healing facilitator to salesperson? How do I follow-up with the participants and how soon should I do this after the group? Also, I'll be presenting at a holistic health expo next month where I'll have a couple of raffles and a mailing list sign-up to get more contacts. How can I maximize this opportunity? How and when should I follow-up with people after this event?

BOBBIE: Congratulations on walking your talk! All of the steps you have taken are big and not easy to do, especially if it's something new for you. Victoria Benoit, at the end of a demo, says: "I am ready to take appointments right here, so everyone interested please see me at the back of the room." In salesmen talk, that is called asking for the order.

Are you including in your self-sessions resonating with amazing outcomes for these group repatterning, so people can feel the results in the moment? If they feel it they

will want more. You might also focus on one particular thing that is especially bothering someone, making it more personal.

People need to see how this is going to help them individually in order to be motivated to pay for a session. Get each person's email, along with mailing address, as email is no-cost advertising, especially if you learn how to give it a little graphic appeal. Follow-up may be with some sort of info once a month. Personal presentations are always the best way to get your name out there, though.

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*(continued from page 5, Dr Sirota)*

When he settled on the right combination of lenses to allow maximum light into my eyes, I literally felt a "giggle" beginning to form in my thymus, and my chronic shoulder tension suddenly released. I reluctantly traveled home to await the arrival of my new glasses.

I've been wearing my new lenses for about two months now and the changes in my life have been extraordinary. Before I found HR in 1998, I had spent virtually decades in therapy and support groups trying to change my way of "being" in the world. Dr. Sirota showed me that vision and hearing are linked, and that my ability to see, think, feel and communicate are all connected, too. I'm noticing that my listening skills improve every day. I can see and hear things in others that I wasn't capable of before. The repatterning I do for myself and others are taking on new meaning.

Most important, I truly see myself in a new light. I believe I am more

compassionate toward my self, and patient, too. I like myself more, and believe I have a kinder view of the world now. I'm no longer so hard on myself. I still have work to do, as I have an old, old pattern of holding myself in limitation, but I am learning to be with my feelings without needing to run or hide from them.

I did not know that I saw the world two-dimensionally until my new lenses showed me a three-dimensional view. I have a peace within that wasn't there before. I continue to do my eye exercises and can now help myself through when feelings emerge. For me, Vision Therapy is very real; it's work, and very powerful.

Another telling result so far has been a change in my artwork, a process I do to support my creative self-expression. The day before my lenses arrived I had worked on a watercolor piece. (I am very much an amateur.) The very next day, after wearing the lenses for a few hours, I sat down to paint again. I

had used the same color palette, yet the first painting had been heavy, bold, sharp-edged, big and loud. The new painting, which I thought was an act of "cleaning out my brush," revealed a soft, impressionistic image of young trees emerging through a mist. As I looked at what was happening I said to myself, "I can see something new here," and it's true. The joy in my heart is immeasurable.

Thank you, Chloe, for the gift of New Vision, and opening a door that would lead me to meet and work with Dr. Sirota. I believe I am a better person and a better practitioner because of it. I can also say that I feel fully alive for the first time in fifty-five years.

*Terry Blakesley is an accredited Level 1 HR Practitioner who facilitates New Vision group sessions and sees clients for private appointments in Kansas City, Missouri. You can reach her at [terryblakesley@earthlink.net](mailto:terryblakesley@earthlink.net).*

## ANIMAL Q & A

by Netta Pfeifer, HR Practitioner, Arizona

Q: How do I explain what I've done in an animal's proxy session to an animal's person?

A: Sometimes this can be tricky. The important thing here is to be a good listener. Really pay attention to what your client's person is saying about your animal client. Resist the impulse to call your client's person immediately after a session. Wait several days, maybe longer. You can muscle check that timing. Now, there will be times when your animal client responds instantly and your client's person can't wait to call you. That's great! Normally, though, it's best to allow some integration time.

If your client's person knows about HR, then whatever comes up in the session will be of interest to him or her. If, on the other hand, and no matter how hard you try to explain what an HR session entails, your client's person equates you with an animal communicator, don't despair. Pertinent highlights from the session usually work just fine with these people. There will be times when you'll find they're so thrilled with the changes in their pet's behavior or health that they're not really interested in knowing about the session. Use your judgment, and go with the flow.

People really enjoy positive actions. They like being a part of their pet's well-being, so don't hesitate to get them involved in helping their pet maintain its new level of coherence.

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## How Would Your Life Change if World Peace Were Declared?

**Subscribe to Holographic Repatterning for Peace  
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Create Peace in Your Heart  
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*(continued from page 11, Testimonials  
HR Mexico)*

like fainting. Now she said it had gone away totally.

—Cruz Martinez Valencia,  
Student, México

### PERSONAL COHERENCE

The best experience I've had with HR was with myself. Since I started studying HR a great change, and personal and spiritual growth began to take place in my life. I started knowing myself, accepting and understanding myself. I discovered my potential in every level

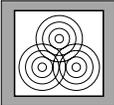
and how to be more coherent. I now feel at peace with life and with my inner self.

HR appeared in my life in a moment when everything seemed destroyed with no way out. In that state of non coherence I realized the damage I had caused to my sons and to everyone around me. I began working on myself. After two and a half years, I can prove my present state of coherence as well as that of my sons and everything around me. I enjoy each morning when I prepare to give

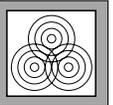
myself an HR session.

My personal experience now enables me to hold the healing space for my clients. My sons have seen my change and they too have decided to grow. In each HR session I give myself and my clients, I feel them and myself open and clear. This shows how [coherence] has extended around me. I feel a deep appreciation for life and for those beings who are with me on this path.

—Hebe Aloï, Certified  
Practitioner, Mexico



# ■ HR PRACTITIONERS ■



This information current as of press time. For most recent updated information, visit the HR Web site at [www.holographic.org](http://www.holographic.org).

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

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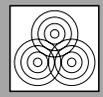
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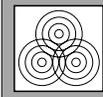
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 Lynn Larson•❖ 512-419-1076 Georgetown  
 Sue-Anne MacGregor• 972-898-8833 Dallas  
 Sandra Stringer 512-306-8422 Austin  
 Sylvi Salinas 512-389-3990 Austin

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Laura Frisbee 206-361-0232 Seattle  
 Jennifer Johnson 360-384-1415 Ferndale  
 Frieda Morganstern• 425-255-3200 Bellevue  
 Ella Nacht 425-823-1166 Kirkland  
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 Kathie Joblin 705-389-2407 Parry Sound  
 Dr. Ana Lulic-Hrvojic 416-531-2660 Toronto  
 Leah MacLeod•❖ 905-880-3779 Palgrave  
 Carolyn Winter•❖ 416-410-2349 Toronto

### Quebec

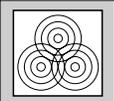
Madeleine Legault 450-682-5508 Laval

## CHILE

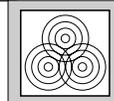
Liliana Bustos 208-52-83 Santiago  
 Andrea Herrera 215-20-60 Santiago  
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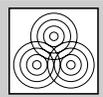
Josie Airns +44-1626-774461 Devon  
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 Jacqueline Finn +44-776-586-3309 London  
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 Barbara A. King• +44-07968-754242 Solihull,  
 W-Midlands  
 Joelle Mann +44-1865-51-11-05 London/  
 Oxford  
 Christina Neumann +44-1803-762665 Devon

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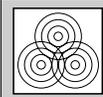
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 Joanna Harris +44-1309-690-655 Findhorn  
 Joanna Legard +44-131-225-8092 Edinburgh  
 Joanna Legard +44-1309-691793 Findhorn  
 Helen Nicoll +44-131-221-0789 Edinburgh  
 Lorna Normand +44-1309-676615 Moray  
 Susie Seed +44-1644-460257 Castle  
 Douglas  
 Catherine Vardi +44-1738-840004 Perthshire  
 Georgia Wolfson•❖ +44-141-423-2164 Glasgow



## ■ H R S E M I N A R S ■



This information was current as of press time. For most recent updated information visit the HR website at [www.holographic.org](http://www.holographic.org)

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

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### **EMPOWERING YOURSELF WITH HR**

11/02/02	Michelle	Middletown, NY	Michelle Bongiorno	845-436-9257
11/02/02	Ardis	San Diego, CA	Robert Chavez	619-476-9444
11/09/02	Kaye	Boulder, CO	Kaye Paton	303-516-9676
12/07/02	Kaye	Colo Springs, CO	Suzan Cronn	719-260-8196
1/18/03	Sylvi	Austin, TX	Sylvi Salinas	<a href="mailto:sylvi@mindspring.com">sylvi@mindspring.com</a>
2/08/03	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
2/28/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
3/22/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023

### **FUNDAMENTALS OF HR**

11/16/02 - 11/17/02	Michelle	Goshen, NY	Michelle Bongiorno	845-436-9257
1/17/03 - 1/18/03	Ardis	Honolulu, HI	Bonnie Chan	808-485-2248
1/31/03 - 2/02/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
2/14/03 - 2/16/03	Shady	Albuquerque, NM	Shady Sirotkin	541-488-4791
3/01/03 - 3/02/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
3/07/03 - 3/09/03	Shady	Ashland, OR	Sharon Moliken	510-638-6662
3/20/03 - 3/21/03	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
4/24/03 - 4/25/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023

### **TRANSFORMING PRIMARY PATTERNS**

11/08/02 - 11/10/02	Karine	Mexico City	Leopoldina Rendon	<a href="mailto:medusa@avantel.net">medusa@avantel.net</a>
11/09/02 - 11/10/02	Michelle	New Rochelle, NY	Michelle Bongiorno	845-436-9257
1/19/03 - 1/24/03	Ardis	Honolulu, HI	Bonnie Chan	808-485-2248
2/28/03 - 3/02/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
3/14/03 - 3/16/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
3/22/03 - 3/23/03	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
4/11/03 - 4/13/03	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
4/12/03 - 4/13/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
4/26/03 - 4/27/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023

### **TRANSFORMING UNCONSCIOUS PATTERNS**

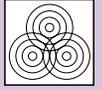
12/14/02 - 12/15/02	Michelle	Goshen, NY	Michelle Bongiorno	845-436-9257
1/25/03 - 1/26/03	Ardis	Honolulu, HI	Bonnie Chan	808-485-2248
3/24/03 - 3/25/03	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
4/04/03 - 4/06/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
4/18/03 - 4/20/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
4/28/03 - 4/29/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/10/03 - 5/11/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/23/03 - 5/25/03	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
5/24/03 - 5/25/03	Chloe	Goshen, NY	Michelle Bongiorno	<a href="mailto:michelleb@iname.com">michelleb@iname.com</a>

### **TRANSFORMING CHAKRA PATTERNS**

11/16/02 - 11/17/02	Lori	Waiheke Island, NZ	Bruce Wallace	+64-9-372-5541
11/23/02 - 11/24/02	Shady	New Rochelle, NY	Michelle Bongiorno	845-436-9257
1/11/03 - 1/12/03	Ardis	Goshen, NY	Michelle Bongiorno	845-436-9257
1/31/03 - 2/01/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
2/08/03 - 2/10/03	Karine	Cuernavaca, Mexico	Leopoldina Rendon	<a href="mailto:medusa@avantel.net">medusa@avantel.net</a>
5/16/03 - 5/17/03	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
5/31/03 - 6/01/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
6/06/03 - 6/07/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023



# ■ HR SEMINARS CONTINUED ■



Dates: Teacher: Location: Coordinator: Phone:

### TRANSFORMING CHAKRA PATTERNS (continued)

6/07/03 - 6/08/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
6/21/03 - 6/22/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
6/28/03 - 6/29/03	Shady	Ashland, OR	Shady Sirotkin	shadyji@aol.com
4/04/03 - 4/06/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47
7/25/03 - 7/27/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47

### TRANSFORMING MERIDIAN PATTERNS

11/09/02 - 11/10/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
12/06/02 - 12/08/02	Shady	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-3616-5147
2/01/03 - 2/02/03	Chloe	Goshen, NY	Michelle Bongiorno	845-436-9257
2/03/03 - 2/04/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/19/03 - 5/20/03	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
6/09/03 - 6/10/03	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
6/13/03 - 6/15/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47
7/04/03 - 7/06/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
7/11/03 - 7/13/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
7/19/03 - 7/20/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/31/03 - 11/02/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47

### PRINCIPLES OF RELATIONSHIP

11/23/02 - 11/24/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
2/14/03 - 2/16/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47
9/27/03 - 9/28/03	Chloe	Ashland, OR	Shady Sirotkin	541-488-4791

### A NEW VISION

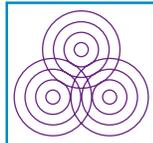
11/15/02 - 11/17/02	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47
2/08/03 - 2/09/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
5/17/03 - 5/18/03	Chloe	Goshen, NY	Michelle Bongiorno	845-436-9257
10/24/03 - 10/26/03	Chloe	Cuernavaca, Mexico	Lourdes Fernandez P	+52-777-316-51-47

### ENERGETICS OF RELATIONSHIP

11/15/03 - 11/16/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
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### HOLDING THE HEALING SPACE

11/30/02 - 12/01/02	Shady	Cuernavaca, Mexico	Karine Bourcart	karineandHR@aol.com
5/09/03 - 5/11/03	Shady	Valladolid, Spain	Olga Sacristan Martin	olgasacristan@arrakis.es
5/16/03 - 5/18/03	Shady	Madrid, Spain	Akka Sanchez	akka@mi.madritel.es



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