

The **HRA** Journal

A publication of the Holographic Repatterning® Association



It Happens on the Inside
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Cover Image

The HRA Journal cover, illustrated by Marilyn Hager Adleman, represents several processes. One is transformation, as a butterfly emerges from a chrysalis and spreads its wings. Similarly, the Holographic Repatterning Association has been going through changes and is gradually emerging newly formed. On another level, the cover image shows how change occurs from the inside out, just as a caterpillar goes into a pupa or chrysalis and undergoes a change within to become a beautiful new creature. This aspect connects with Dorinda Hartson's article, *Reality Happens from the Inside*, which demonstrates how the process of change occurs from the inside out.

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The HRA Journal

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From the President Carolyn Winter

On November 19 2005, from a London England hotel room, our board secretary Crystal Chissell, repatterned for every possible anxiety and from an unfamiliar laptop on loan to her at the last minute before our conference was to begin, directed the HRA's first Virtual Conference: "Plugged In For Greatness as HR Practitioners." The technology was new for all of us, but Crystal insisted we could handle it and that it would make for a great event. She was right. In my opinion Crystal was laying down the holographic energy field for our association of the future, as we hosted our first virtual annual meeting and conference using the latest high tech tools available to us—the telephone and the internet at the same time! It was an amazing experience for participants and I still smile when I think of the day. Despite our collective reluctance for technology, everyone managed to log onto the call and get connected. Yes—even Chloe Wordworth herself, was one of the first to login. With Crystal at the controls our computers were transformed into a slide show

presentation with photos of board and committee members and key points on the screen for every report. Coupled with the live conversation of the telephone call, it was the next best thing to being there.

The event connected all of us in so many ways. Hearing the voices of long-time colleagues rekindled the warmth and dynamic energy experienced at in-person classes and conferences in the past. Someone with the flu managed to participate fully from her bedside, commenting that had this been an in-person event she would have missed it. Yvonne from Australia and Fiona from Scotland also managed to participate. Most of all, the live experience brought to life what our written year end reports could not express—that our collective participation serves all of us and that together we can support each other in establishing Holographic Repatterning as a well-known holistic method.

The end of one year with this virtual conference has opened the way for a brand new year full of energy and enthusiasm from new board and committee members. Many members got a taste of how easy it is to connect with each other virtually from this experience and we now have many projects and committees you will read about in this edition of the journal. The highlights for this year's board of directors include finding new ways for the membership to participate in the association, continued development of our virtual office with a new HRA

website, support for the "I Declare" participants, the implementation of Chloe's announcement for a new name for HR yet to be announced at the time of this writing, development of a continuing education series of teleseminars aimed at practitioner success, and collaboration with our International partners and more.

What has become clear to me as president is that the potential of this association lies in what we can do together as a committed, involved and coherent group. Among us we have a great deal of talent. We have projects and tasks before us that are still creating building blocks for a dynamic and effective trade association promoting practitioner success. However, what we do this year will pave the way for amazing collaborative efforts in marketing and promotion of Holographic Repatterning for years to come. I encourage all HRA members to be involved and want you to know that your efforts can and will have a long term impact on our organization. We will all benefit by your involvement.

Please read this journal for a detailed description of the projects coming up, email us if you would like to participate in some way or if you have some new ideas. We would love to hear from you.

I am personally looking forward to the year ahead at HRA and all our new possibilities for success as practitioners.

Carolyn Winter

The HRA Board Plan for 2006—Where Do You Fit?

Going into our second year as an association, clearly defined as a trade association, our task as a board is becoming abundantly clear. This year's plan is blessed with committees and people ready to step up to the plate to develop the policies and infrastructure needed for our overall goal—practitioner success.

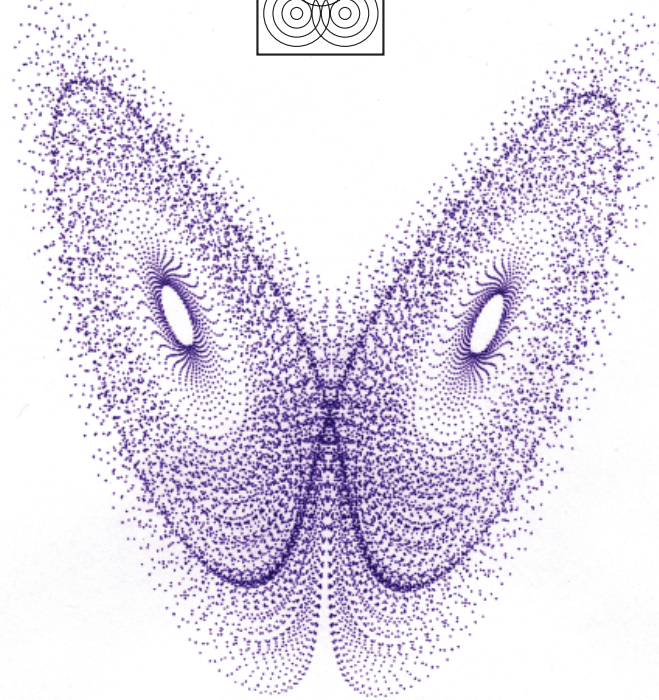
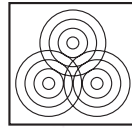
Administratively we intend to create a new website where members can access and update their own web listing and account information. We also continue

to develop our virtual office operations as the primary structure to support our volunteer involvement. We have many projects underway and what follows is a summary of these activities. Please read them and if you find an area of interest where you may wish to be involved please contact us by email or visit the JUMP website for sign-up instructions. You would be joining a group of people who are making a long term difference to this organization.

Corporate Practitioner Victoria Benoit

We have established a new role on our HRA board—board practitioner. Victoria assumed and developed this role in 2004-05 while serving on the certification committee. The result was an interim certification plan and revised certification manual prepared by committee members who were repatterned all the way. We thought it would be

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Reality Happens on the Inside

By Dorinda Lee Hartson,
Certified HR Practitioner and
Teacher, Phoenix, Arizona

Butterfly image is used with permission of Professor Edward Lorenz, from his book "The Essence of Chaos," p. 14, University of Washington Press.

In 1905 Einstein's paper on The Special Theory of Relativity introduced a new and radical idea. His theory said that the speed of light was a constant of nature (meaning the same everywhere and under all conditions) and that there was no need for the concept of the ether. The ether had been proposed in the 1800s as an explanation for the medium that would carry light in its travels through space the way air carries sound waves and water carries its waves. It seemed obvious at the time that this medium was needed for the mysterious light wave.

But light waves turned out to be a

kind of alien wave. Light had puzzled scientists because the widely held belief was that both time and space were absolute and acted as a reference point (a constant) for all motion. More than a belief, the theoretical framework that pictured an absolute space with absolute time flowing the same everywhere, successfully explained planets in their orbits and made space travel possible. Back here on earth it was natural to synchronize our watches; otherwise, how would we ever have made that lunch date or gotten to work on time? But our common sense experience of time and space did not explain the behavior of light.

These concepts about time and space dated back 300 years to Isaac Newton who put them in place as a backdrop to his theories on gravity and motion. By the end of the 19th century, Newtonian

science had been totally integrated into our lives and had fueled the science of thermodynamics and the industrial revolution of the 1800s so there was no apparent reason to doubt the veracity of universal time and space. But the Special Theory of Relativity showed that, even though it seemed irrefutable, time and space were not the foundation for measuring our experience. It was a belief that did not hold true in every context. The true nature of light, as Einstein came to understand it, meant that scientists had to let go of this belief. A new picture of reality had to be created that included this new understanding.

Einstein's theory has been proven many times. But before the proof, even before the theory, he had to imagine new possibilities and let go of widely held beliefs about how nature worked.

What beliefs do we have that our personal experience has verified over and over but if we let go of might open a window on greater possibilities? How much of what we define as reality is really a pattern of beliefs that worked in the past but no longer serves us?

What is reality anyway? The space around me as far as I can become aware (including the use of technology to do so) + the time passing and the events happening + what I think and feel about those events = my reality. When we say we need a “reality check,” we usually mean that we want to know if someone else has gone through what we have experienced. “I” want to make sure there really is a “we” out there and that this “I” didn’t “fall off the grid.” But the above reality formula happens on an internal landscape to the one dwelling there. It exists on a “subjective” level.

When the detective in the movies says, “Just the facts, Ma’am,” he means what happened that is verifiable or witnessed by others. And the ultimate reality check is evidence gathered by scientific protocol and then subjected to experimental proof. Here reality is intended to be a point of agreement on an external landscape. It is meant to be repeatable, verifiable by proof. Reality on the external landscape is about the objects dwelling there. It happens on an “objective” level.

This is what we might call “the classical

reality.” Reality is meant to be defined objectively and subjective experience that has to do with the observer is of secondary importance. There is also a quantum reality that views reality as infinite possibilities existing at once. Scientists call this superposition because events we would expect to happen separately literally occur simultaneously. David Bohm called this undivided wholeness. We cannot perceive this reality with our senses. We have to imagine the quantum world as a kind of “phase transition” (water

“...the term reality indicates an unknown and indefinable totality of flux that is the ground of all things and of the process of thought itself, as well as the movement of intelligent perception... What is real and what is not, is a state that man must ultimately find to be intolerable, since it not only makes impossible a rational approach to practical problems but it also robs life of all meaning.”

—David Bohm

turning to ice is a phase transition) from the immaterial domain of wholeness to the material world of separate parts.

Going beyond the rock solid objects that are easily submitted to scientific experimentation, it gets trickier to define reality. The mathematical models for the invisible particles of the quantum universe tell us what is happening because our perceptions cannot experience that world. What we can experience is only part of the story.

And the story itself is about an entirely inaccessible universe. Lee Smolin summarizes this aspect of that world in his book, *Life of the Cosmos*:

“The quantum state is then not a property of the system it describes. It is a property of the boundary or interface that separates that system from the rest of the universe, including the observer who studies it.”

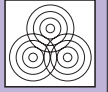
Each of these realities—objective, subjective, quantum—has its own wisdom. Maybe the best time to be objective is when we are in deep trance in the land of infinite possibilities; or if we are extremely subjective, perhaps it’s best to go to the world of infinite possibilities and back in order to be the most effective and the most coherent. Perspective is everything and the inherent value of these different perspectives is that we increase our range of motion and our “emotional intelligence.” And, as we know, Holo-

graphic Repatterning is a superb tool for resonating with new possibilities.

Classical Reality

Classical reality includes objective reality and its second-class citizen—subjective reality. The basic rule for defining reality is very simple—be objective—meaning go outside the mind; go beyond what we think or feel. Because objectivity is considered to be the purest reality, science with its stringent protocol for being objective

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Elizabeth Tobin, JD; Certified Holographic Repatterning® Practitioner, Boston, MA



PRACTICALADVICE is a regularly appearing column in the HRA Journal. Written by Elizabeth Tobin, JD; Certified Holographic Repatterning Practitioner, each issue

will focus on readers' questions relating to establishing a thriving Holographic Repatterning practice. If you have a question that you would like to see answered in the HRA Journal you can email Elizabeth at et@megaHRgroups.com.

Q: What are some other ways to attract clients without advertising?

In my last column I answered this question by discussing ways to attract clients on the energetic level. (See The HRA Journal Vol. 11, Issue 4, http://www.holographic.org/news/hraj_11_05.pdf.) In this issue, we'll explore alternatives to paid advertising.

When we think of advertising, most people think of paying a media outlet to inform a target audience about a product or service. "Conventional wisdom" tells us to look for a direct correlation between our efforts and the result. The new energy paradigm invites us to take a broader view. Advertising is more than just getting your message to a target audience. On a higher level you are putting your name and the Holographic Repatterning brand into the mass consciousness. In the higher realms the relationship between cause and effect may be indirect and non-linear.

For example, I attended a holistic fair. It was a fun day and I talked to many people about Holographic Repatterning, gave mini-sessions, and lots of folks signed up to be on my mailing list. I did not, however, book any appointments from that show, nor did any of the people I talked to that day become my clients. Yet, my efforts did bring results. Later that same week two new clients booked appointments. They didn't find me through the

holistic fair, but my being at the fair and committing my energy to letting people know about my services came back to me in the form of two new clients.

There are lots of ways to get the word out. The most obvious is to have a business card and a brochure. You don't need to spend a lot of money on these. There are sites on the Internet where you can design your own cards. (Check out www.vistaprint.com) If you have access to a computer you can make your own brochure. In fact, writing your brochure will help you to talk about your work in short, easy to understand sound bites. Once you get your business cards and brochures, you can leave them at new age bookstores, crystal shops, health clubs, yoga studios, health food stores and other places where people who are interested in personal transformation might see them. You can also post them at mainstream community bulletin boards in coffee shops, supermarkets, etc.

Writing an article about Holographic Repatterning is a great way to let people know about you and your work. You can research different magazines, newspapers and on-line journals to submit it to. You don't have to write a different article for each media outlet; you can submit the same article to different outlets that reach different audiences. Your local newspaper may be interested in doing a featured article about you and your unique services. Press Releases are another free way to get your name out to lots of people.

Develop a mailing list of contacts and prospective clients. Depending on your personal preference this can be a snail mail list, email list or both. This may be your most valuable outreach tool. It's said that most people need to be exposed to a new idea or product multiple times before they consider it. A newsletter is a no-pressure way to educate people about Holographic Repatterning and your services. This

can be as little as a one-page summary or you can get more elaborate with clients' stories and testimonials. The newsletter can be sporadic, quarterly, monthly—whatever fits your schedule. Ask your friends and other contacts to distribute your newsletter to their lists.

Doing demonstrations is one of the most effective ways to build a practice. During the demonstration you are not only explaining the Holographic Repatterning process; people are experiencing the power of HR for themselves. You can schedule demonstrations in-person, on the telephone, or over the Internet. Mention at the end of the demonstration that you are available to book appointments. As an incentive, you can offer a discount for each appointment booked on the spot. Ask your clients to host a demonstration and invite their contacts. Everyone knows somebody who could benefit from Holographic Repatterning.

Local charities often have auctions or raffles at their fundraisers. Donate a gift certificate for a complimentary session.

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"Sharing Our Gifts" Monthly Proxy Group

You absolutely can earn your living serving others through your Holographic Repatterning® practice!

Elizabeth Tobin, JD; Certified HR Practitioner

et@megaHRgroups.com 617-469-2930

Register on-line at www.megaHRgroups.com

And the Survey Says. . .

Prepared by Marianne Hooker HR Practitioner,

When the Holographic Repatterning® Association Journal Committee had its closing meeting for 2005, Gail Glanville, the Board representative to the committee, expressed an interest in locating former members of HRA who were no longer active and determining why and what the Association might do to actively engage them once again. We brainstormed as a committee and decided a survey would be a good way to get the information. I devised a survey that asked that question as well as others to find out what was going on in our community. I don't think any of us on the Committee anticipated the wonderful response we got to the survey. 143 surveys were completed by 63 certified practitioners and 80 people who were not!

The first question we posed was how respondents found out about Holographic Repatterning. 96 respondents discovered HR through a friend. 12 people had their first contact with HR in an actual session, 10 took a class and 10 saw an ad.

In answering what attracted them to HR initially, a vast majority of respondents, 72, said that the results, the transformation, and the hope when nothing else had worked. 24 people were interested because of the theory behind HR, 14 respondents said the ease and applicability attracted them, 6 were attracted by the particular practitioner, and 6 by Chloe Wordsworth.

The most common theme reported in what excited respondents about the future of HR was its transformational component, as well as its anticipated acceptance in main stream health care. Other people were excited about how HR is always growing and expanding and in its use with babies

from birth to three to ensure healthy brain development as well as chakra balance. Many respondents reported being excited about the development of the HRA (Holographic Repatterning Trade Association) and the direction it is taking of professionalism, member focus, and its new Board of Directors. Several respondents said they were excited about the journal.

Most of the comments about the challenges of HR referred to the difficulty with explaining what it is and how it works. Next was difficulty and confusion with certification, frequent changes, cancelled and unavailable classes, cost, and practitioner isolation. Many commented on bickering within the community, the changes and chaos caused by the growth process and the separation of Chloe Wordsworth's institute from the HRA, and the lack of structure as current challenges. Many licensed mental health professionals commented on the lack of diversity of certification opportunities and not getting any credit for already being licensed, practicing professionals. International relations and awareness was also stated as an area of concern. Several people mentioned the bulk of the books and tools as problematic.

There were many suggestions of what respondents would like to receive from the HRA. Marketing, accessibility, member focus, and customer service were the top items on the list. Many expressed frustrations over the certification process and the expense and asked HRA to get involved and improve it. Seminars, classes, and conferences were mentioned by many, too. Several Level 1 practitioners mentioned a weekend group bringing Level 1's together to practice on each other. One

person requested group professional liability insurance. Another respondent suggested quarterly repatterning for the membership to strengthen bonds and encourage smooth and continuous growth.

Many respondents expressed satisfaction and pleasure with the HRA Journal as it is. Suggestions included practical tips on how to do HR, interviews with certified practitioners, a regular letter to the editor column, a question and answers section, and a regular in depth discussion of one area by Chloe Wordsworth or one of the teachers, updates/changes from Chloe Wordsworth, research, testimonials, humor, science behind HR, HR in countries other than the US, why and how certain modalities work, information for HR clients, and notices to practitioners alerting them to significant changes in HR, books, or Chloe's teaching.

The Journal Committee met on January 30 and decided to incorporate some of these suggestions into the upcoming journals. We agreed that the theme for the year of the journal will be the process of change, and Carolyn Winter, President of the HR Association, has posted a "Call for Papers" on the HRA website asking for your participation and outlining what we are looking for and how we can help. We would also like you to submit anything humorous related to HR. We will continue the column featuring thoughts from Chloe, and will add a regular letter to the editor feature, as well as a column focusing on marketing tips for building your practice. We are so excited about the responses to the survey and the direction and future of the HRA!

New Holographic Repatterning Board Members

Welcome to the new members of the HRA Board of Directors. New board members are nominated and elected by the membership annually. Each board member serves a two year term, but only a partial replacement of the board each year, to ensure continuity. What follows are bios on the new board members.

Rose E. Williams

I'm married with two grown step-daughters and three grandchildren. I live in California and my career history is in office administration. I spent my last corporate years as an administrative assistant and the last 15 years have been spent as the office administrator for our family roofing business. In 2003 I was introduced to Holographic Repatterning and my life was changed.

My vision for the Association is that it be a unifying and supportive group for practitioners so that we can help in bringing HR to the world. We must support each other so that we can successfully support our clients. I would like to make myself available to the Association to provide whatever assistance I can.



Sally Herr

I have been a speech-language pathologist for over thirty years and have interests in phonological, language, autism spectrum, and feeding disorders. I also hold certifications in Neuro-Developmental Treatment (a hands-on approach used in working with people who have central nervous system insults that create difficulties in controlling movement), Polarity Therapy, Massage, Biodynamic Cranio-Sacral Therapy. I completed my Level II Holographic Repatterning requirements in the summer of 2001.

As a member of the Baha'i Faith I currently am a member of the local governing body (the Local Spiritual Assembly); I am a co-ordinator of the

local children's education program; and I lead workshops for Baha'i communities and their governing bodies in the area of administrative concerns.

I am in the process of transforming my profession to increase my HR and CranioSacral caseload, although not necessary discontinuing my interest in speech pathology.

I would like to bringing more HR courses to my home state of Maine and surrounding areas so that more people may be able to use this blessed information. I am grateful to Committee on Certification for having established new Certification guidelines and manual. I look forward to being a part of the process of developing that certification process.

The time and world conditions are ripe for the advancement of the use of Holographic Repatterning's transformative process. I am honored to have been asked to serve on this body and to get to work with this creative group of people.

Victoria Benoit, M.C.



Victoria Benoit, M.C. was raised in the Midwest along with her brother and two sisters. At age twenty, Victoria moved to Chicago where she started working at L.A. Weiss Memorial Hospital as a Medical Ultrasonographer, specializing in Prenatal Care. She was attracted to this work for the opportunity to video tape parents' first looks at their unborn child, which can dramatically increase parental bonding. Victoria's interest in this area was so strong that she quickly became one of the best in her field, and a "sought after" Ultrasonographer in the Chicago area. While working, Victoria continued her education and received her B.S. Degree in Health Arts from the College of St. Frances in Joliet, Illinois.

After eighteen years in the area of Medical Technologies, Victoria had a

work related injury, which caused her to look at other career choices. She moved to Arizona and enrolled in a Master's Degree program at The University of Phoenix, where she graduated in 1993 with a Master's Degree in Counseling (MC). She subsequently worked in Phoenix as a counselor for two years.

Victoria's disappointment and frustration with her clients' lack of progress with a traditional counseling approach led her to search for alternative methods. She began sessions with Chloe Faith Wordsworth, founder of Holographic Repatterning. Victoria's own recovery from her work-related injury was so amazing to her that she knew HR was her answer, not only for herself, but also for helping others. In 1994, Victoria became an Accredited HR Practitioner, and an Accredited Teacher in 1996. Victoria is one of only eight teachers qualified to teach Fundamentals of HR, as well as Transforming Primary Patterns and Transforming Unconscious Patterns. She will soon add the Chakra Seminar to her teaching schedule.

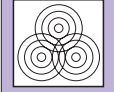
In 1996, Victoria's confidence in the HR process enabled her to start her own business, Center for Extraordinary Outcomes. Her commitment to helping others improve the quality of their lives is evident in the success of her business! A highly compassionate practitioner and a patient teacher have earned her high praise from clients and students. She enjoys both her full time practice, as well as teaching opportunities, which take her to various parts of the country as well as around the world.

Victoria has an abundance of passion for her work, and a zeal for life. Some of her other interests include hiking, biking, and dancing, including Competitive Ballroom Dancing, as well as Country-Western dancing.

Karen Kent

Karen "jumped right into HR" by organizing her very first two seminars for Michelle Bongiorno in September 2000. She is a Licensed Clinical Social

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Leah MacLeod, Certified Practitioner, Ontario, Canada



HRA Journal: How did you learn about HR?

Leah MacLeod: I was looking for some help in clearing issues that I felt were happening

on a level that I couldn't seem to access when I learned about HR through a massage therapist. I booked a session with a practitioner who was coming to Toronto. After the session, I was sold and enrolled in my first HR course.

HRAJ: What was your background?

LM: I began teaching after I left school, but when I raised my kids I taught fitness and designed software part-time. After my divorce, I returned to full time teaching and found it an all consuming job, especially as the mother of four kids. I started finding ways to deal with my stress through having massages, using herbs, and meditating. I became more and more interested in the healing arts, and began taking courses in different healing modalities. After a while, I retired from teaching, opened a practice, and really began working intensely on my own healing and helping others with theirs.

HRAJ: What does HR mean to you?

LM: HR has been an incredible gift in my life. It is something that I can turn to anytime to help myself or others. It has helped to open my eyes to the grand possibilities for us all in our lifetimes. I also appreciate that through HR, I have been exposed to all sorts of information, techniques and people who have inspired me to learn more and thus to grow. Through walking with people through their issues, which reflect mine, I have learned greater compassion for humanity and a willingness to look at and love our foibles.

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

LM: Professionally, I use HR in my practise with clients of all ages and

stages. I also do long distance sessions and find them amazing to do. I do group sessions with a meditation class every week. The group finds HR amazing. After finding common areas of concern as a result of going within, we do an HR session to move to a more life-enhancing resonance.

In my family, once I recognized that when my kids were making me crazy, I could do something with myself and my resonance, self-sessions made me a better parent. I remember once my sixteen year old daughter was challenging me so I went to my office and did a session. I had one statement; "I trust ____." I did not resonate with trusting my daughter! Once that shifted, so did our relationship.

I have used HR quite a bit in my relationship with my kids and sometimes done sessions with them. I remember the day that my eldest son asked for a session and we did a parental repatterning regarding his mother—Good Times! Generally, I encourage them to find another practitioner, but there have been times when they were here and asked for a session because of some crisis or other.

My biggest challenge is to "remember" to do sessions on myself. I tend to put off self-sessions for me until I am up against a wall. Sometimes I am not able to do a self-session. Usually this happens when I am feeling too emotional or ungrounded. That's when I need to ask for help.

HRAJ: Are there examples of sessions or occurrences that stand out in your life?

LM: I wrote about my favorite example in the HR Journal recently. That's the story of how all of the lights went out in a restaurant when a group of women resonated with their intention.

I remember doing a session with a group of women in the healing profession. They had one statement that took some time to clear. "I accept suffering with compassion." That's a tough one for a lot of us.

My first session as a client was quiet dramatic. I had began taking a few

courses in some healing modalities when my sister died. After her death, my sinuses were continuously blocked. I was on a training program in Nevis with healers from all over the world and they tried everything to help relieve the pressure in my sinuses. Nothing worked. When I came home, I heard that a HR practitioner was in Toronto and I went for a session. Within three days, my sinuses were open and I could breathe! What a relief!

There is another example that helped me in my process of resonating with trusting the process. When I began to do HR, a client called and asked if she and her husband could come for a session as they were having marriage problems. He was a medical doctor. I was very nervous about relying on my muscle checking, as I was just starting out. I wondered, "What was he going to think of all this?" In my head, I assumed that his wife would proxy them both and I was comfortable working with her as we had done sessions before. After they arrived, I checked to see how the session would continue, and he was to be the proxy. I sent up a silent prayer and we began. He turned out to be a great proxy and the session went without a hitch. That sure helped my confidence!

One more example occurred when my husband was in the hospital for two weeks with a rapid heart. The doctor tried everything to get it to beat at a regular and somewhat lower rhythm. Finally, they sent him home to live his life with a rapid heart beat of 102 beats per minute at rest. When we came home, we did an HR session. I remember the healing modality. He needed a tuning fork on his chest 27 times. At the end of the session, his heart beat normally and has ever since. This was about 6 years ago. Before that he had been plagued with a rapid heart for years.

There have been many other incredible sessions where people have cleared issues that had caused anything from psoriasis to marriage breakups and cleared them. One client wrote that HR saved her marriage. How wonderful to play such a part in some people's life!

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Celebrations and Recognition



Reported by Leah MacLeod

The purpose of this section of the Journal is to celebrate with our fellow Practitioners their successes and accomplishments. We will be including announcements of those who have recently achieved Student Practitioner status (formerly Level I), Certified Practitioner Status (formerly Level II), and Teacher status. There will also be an area to acknowledge and honor other accomplishments our members have achieved. If there is some recognition you would like to receive, let us know what you are proud of so it can be included.

New Practitioners

We are happy to announce three new certified practitioners: Kimberly Rex from Bellingham, Washington; Jonathan Martin from Seattle, Washington; and Diane McGuire from Rancho Mirage, California.



Kimberly Rex has an undergraduate degree in Art Education, Modern Dance, and a Master's Degree in Special Education. Her heart has always

been in the arts for transformation and healing. She has a fervent desire to open and deepen her skills for service to herself and others.

Her advice to those working on their certification process is fivefold: stay connected to your life and spirit's purpose; utilize HR sessions to work through issues which arise during the process; watch a certified practitioner give a session from Orientation to completion; attend

Skills Days to share and deepen your skills; and videotape yourself in giving a session watching for particular elements, such as body language, muscle-checking, and wording.

When asked how she felt now that she was certified, she replied, "Chloe recently spoke of certification as an example of the Hero's Journey. I feel grateful for the process, the teachers and all of the lessons on the journey. Through the Certification Process, Holographic Repatterning has become a tangible reality, something to offer to the professional and business world. It is, for me, like earning a Ph.D."

Her vision for HR combines her background in Person-Centered Expressive Therapy (utilizing the arts for transformation), recovery, teaching, extensive training in child development and Holographic Repatterning. She will offer more than just triage in school settings, but holographic opportunities for transformation in the community. "Wouldn't it be great if every family had an HR Kit for problem-solving, stress management and self-care?" Wouldn't that be INCREDIBLE?



Diane L. McGuire had a long career with the County of Los Angeles Public Social Services Department. Eleven of the years were in the capacity of Training

Director for 12,000 employees. She has her Masters Degree in Marriage and Family Therapy, is a Reiki Master and has trained in many areas other than HR, such as cranial sacro therapy. She is also a member of Compassion in Action which works with terminally ill veterans.

Her advice to others working on the process of certification is to "Persevere. Keep your eye on your goal, and continually use HR on yourself and others as you strive for Certification. Develop and be part of a network of other HR students/practitioners, even if it can only be one other person."

Diane feels good that she achieved her goal of certification and plans to continue her present practice with the addition of HR sessions. "HR is integrated into my lifestyle and will continue to be a very powerful tool for my own personal use and to use with others as they work towards their own healing."

Other Recognition



We would like to congratulate **April Smith-Gonzalez** for her accomplishment on getting into Lake Erie College of Osteopathic Medicine in Bradenton, FL. We know that her skills with Holographic Repatterning will be an invaluable tool while in school and in her future medical practice.

Attention HR Certification Students
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Your HR Business

Bobbie Martin, Certified Holographic Repatterning® Practitioner, Kansas City, MO

HRAJ: Any thoughts on the pros and cons of sharing space with a massage therapist, or anyone for that matter?

BOBBIE: As far as sharing space with someone, that is strictly a personal choice and sometimes is driven by your circumstances and budget. I know many for whom it has worked very well. It is important that you have a professional space that feels comfortable and safe for you as well as the client. That can be in your home or in a commercial space. I have done both and they both work. If you are sharing, make sure you feel comfortable there and you have everything you need. If you have that, and the price is right, and your clients can get to you without too much trouble, it sounds good.

HRAJ: How long do I wait to call people who have had a session to check up on them, see how it went, and if they are interested in another session, and what do I say?

BOBBIE: On occasion, especially with new clients, I say: "Checking to see if your system needs another session," (m/c if yes), say: "Yes, and is it essential, beneficial, or good?" I then m/c the answer and give it to them. I then say: "This only says what your system resonates with, it is entirely up to you." (Many times at that time they will say I definitely would like to set an appointment. I also usually say, especially when I have been seeing someone on an ongoing basis) "Would you like to set up an appt now or would you rather call me when you are ready?"

All of these options leave it open to them, which I believe implies little pressure, and it also says I am ready to take action for them if they are ready.

Calling the client later can be perceived as very supportive and helpful, if handled well, or can be seen as pressuring. And I get too busy to follow-up on all of the sessions. My intention is that the session does what it needs and that they are empowered to call me when needed.

I also say at the end of a session: "Many people simply feel lighter and easier with things and some see and feel significant changes. Simply observe yourself over the next few days without expectations and see what happens. Also observe how others respond to you, sometimes it is easier to notice changes in others than in ourselves and when we change, other's responses to us also change."

I may tell them to the affect: Feel free to call me if anything comes up for you or if you are uncomfortable about anything. It doesn't happen often, but if it does we can often handle this over the telephone with a modality, should it happen.

This does open the door to the client feeling free to call you and also feeling served without you having to initiate the action. Usually by the time I have said all of this, they have set an appt or say they will call me in the next few days. Those who don't—I accept that the offer was made and they need time.

Trade Association Explained

Prepared by **Marianne Hooker**, Level 1 Practitioner, Farmington, AR

The Holographic Repatterning Association Board of Directors had its kick off meeting for 2006 on January 8. One of the needs we identified was explanation of what our association is and what it does. Confusion remains between the purposes of HRA and Chloe Wordsworth's Institute. The focus of this article is on what a trade association is and what it does.

According to the Columbia Encyclopedia, a trade association is "a group of business people in the same trade or industry organized for the advancement of common interests. The trade association differs from a chamber of commerce in that membership is by industry rather than locality. The common interests binding the members of the trade association may include credit, public relations, relations with employees, sales development, output or prices. Some associations publish official journals and some maintain bureaus at the national and state capitals."

Trade associations exist for the benefit

its members. They can promote common interests and improvements in quality, health, safety, performance, and technical standards. These goals can be accomplished through diverse means such as the publication of guidelines, codes of practice, and regular briefings on technical issues and developments. Enhanced performance can be promoted through provision of news, events and developments in members' areas of activity. An association can provide a forum for discussion of non-competitive information, resolve industry wide issues, and act as a research center.

Membership of a trade organization is generally available through application, a process of acceptance, and payment of a fee. Trade associations are non-profit-making and the fees are intended to cover the necessary expenses of operation.

Membership is usually an asset in that it defines an area in which the member operates and an amount of common

knowledge, in addition to the direct benefits it receives by way of services and documentation.

Strict rules govern the operation of trade associations. Associations have to create an internal structure of policies and procedures to ensure that all rules are properly observed. The work of a trade association is accomplished through committees drawn from the membership and the Board of Directors. Current committees that have been formed for HRA include Membership Committee and Communications, International/Institute Relationships, World Peace Hologram Project, Finance Committee, Continuing Education Committee, Conference Committee, Marketing Committee, Certifications Committee, HRA Journal, IDeclare Program Management, Virtual Office Operations, and Other Special Projects.

Why Everyone Should Support A Department of Peace

Matthew Albracht and Patty Kuderer, Peace Alliance

Note from the HRA Journal Staff: This article is an informative article expressing the views of those involved with the Peace Alliance, and in no way reflects the opinions and beliefs of the HRA, HRA Board, or HRA members.

When I tell people I work for The Peace Alliance, a non-partisan, non-profit organization devoted to establishing a U.S. Department of Peace, the reactions vary. Some people instantly get it, and will typically say things like, “it’s just crazy that we don’t already have something like this!” For many people, it just seems logical to have a broad-scale program in place to handle the increasingly unmanageable problem of violence, in all the ugly forms it takes. And most people I talk to are elated that legislation is pending that could make peace more of a reality.

Others, however, instantly roll their eyes and dismiss the idea with little or no thought, before even learning what a Department of Peace would do. I can practically hear their thoughts, “It’s just another silly peacenik idea that will never happen.” Some people hang onto old paradigms like, “people have always been violent,” or “there has been war since the beginning of mankind, peace will never happen,” to rationalize why they won’t support a Department of Peace. But the support for a U.S. Department of Peace is indeed growing.

For starters, legislation to establish a Department of Peace is in the House, with 62 co-sponsors, and now also in the Senate, with 2 co-sponsors. More representatives are being asked to support it every day. Several countries, like England and Japan, are looking to establish their own Department or Ministry of Peace. This is truly a growing, worldwide movement, and The Peace Alliance is growing with it. Now active in all fifty states, The Peace Alliance has team leaders in place in 300 out of the 435 congressional districts across America.

So why do we need a Department of Peace? Quite simply, because the world is a dangerous place and our reactive and punitive approach to violence is not making us safer. Our approach focuses too

much on what to do after violence occurs and not enough on preventing it in the first place.

What would the Department do? The Department of Peace would establish nonviolence as an organizing principle of American society, providing the U.S. President with an array of peace-building policy options for domestic and international use. Internationally, the Department would gather research, analyze foreign policy and make recommendations to the President on how to address the underlying causes of war and intervene before violence begins. The Department of Peace would systematically root out the causes of violence by creating new and innovative programs, as well as vastly increasing support of the many existing programs around our nation and the world that are already having a positive impact. First and foremost, it would ensure that the voice of peace would be at the table when the President considers options for dealing with hostile situations.

The Department would focus on nonmilitary peaceful conflict resolutions, prevent violence and promote justice and democratic principles to expand human rights. It would establish a Peace Academy, on par with our Military Academy, that would teach the latest peace-making and non-violent conflict resolution strategies to a whole new group of civilian peacekeepers, as well as working in concert with the Military Academy to train our soldiers. If a situation can be diffused non-violently, everyone wins, and people go home to their families rather than to their graves.

Domestically, the Department would be responsible for developing policies that address the enormous problems of domestic violence, child abuse, mistreatment of the elderly, school and gang violence, gun violence and other issues of cultural violence. Currently, many programs addressing these domestic issues already exist, but are typically limited in geographic scope. The Department of Peace would act as clearinghouse for the best practices models, funding and disseminating these program around the country where they are needed. A

Department of Peace would ensure that a peace curriculum is developed and taught in our public schools. Just as violence is learned behavior, so is how to peacefully resolve disputes.

What would it cost? The cultural and emotional costs of violence are clear, and the financial toll is also becoming readily apparent as we continue to see programs that dealt with these problems cut due to misplaced priorities by our Nation’s lawmakers. We currently spend over \$400 billion per year on our nation’s defense. Funding for the Department of Peace would be a mere 2% of that budget, or around \$8 billion. Think of how much less we would spend on defense, prisons, hospitals, counselors, etc., if we dismantled the causes of violence before it erupted. And think of how much safer and happier we would be, too.

What can you do? Rest assured, the lobbyists on K Street don’t have this on their radar. This legislation will be passed only if the people demand it. Just ask yourself, “What kind of world do I want, and what am I willing to do to get it?” Are you willing to make a phone call or send an email to your representatives asking them to support a Department of Peace? Are you willing to join this growing grassroots movement toward a more peaceful world? Are you willing to support The Peace Alliance’s efforts? Rolling eyes aside, is it really so far-fetched to believe we can have a more peaceful world in our lifetimes? As John Lennon wrote in one of his songs, “war is over if you want it, war is over now.” It’s time to give peace a real chance.

The Peace Alliance is a non-profit citizen action group heading up the national campaign to create a U.S. Department of Peace. Matthew Albracht is Managing Director, and Patty Kuderer is Co-Director of Communications for The Peace Alliance. For more information, please visit our website at www.thepeacealliance.org or email info@thepeacealliance.org.

Contact information:
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Changes and Shifts: When Life Seems to Have Turned Upside Down

Thoughts by Susana Sori, Certified Practitioner, Miami, FL



Since I began my full-time healing practice in March of 1998, many clients have shared with me their enthusiasm and excitement about finally having the inner strength to make responsible choices that support their positive spiritual, emotional, mental and physical goals. A handful of clients have written me about their challenges on the road to joy and well being. Some say that since they began working on themselves, life has turned ‘completely upside down.’ Does that sound familiar to you? It does to me. So, one aspect of this ‘challenging side to healing’ is what I would like to address in this article.

The Challenging Side of Healing...

Challenge on the road to healing can be a normal part of the healing process. Do not think that just because you encounter challenges along the road to wholeness and joy that the process to positive change is not working for you. The “dross” or waste, is surfacing for clearing. That is all. Facing the dross is making you stronger and, as a side benefit, you may be becoming convinced that this “old you” is not who you want to be anymore. These acknowledged challenges are giving you a strong foundation to solidify your shift forward. Congratulations! You are going through the tunnel towards the light! Don’t give up now. You have taken a great step. There is a great quote that I often remember, ‘When you are going through hell, don’t stop. Keep going!’

These challenging times may also be known as healing crises. It has been noted that sometimes after taking the appropriate medicine to combat a ‘disease,’ a person may get worse before they get better. If you have changed your diet to health-giving foods, your healing process may manifest as a physical release of toxins which you experience as fatigue, nausea, etc. Those of you who have moved from physical ‘disease’ towards physical health, may already have encountered some ‘set-backs’ along the way. This physical healing crisis is normal and may

even be a necessary, common occurrence on the path to greater health. I am sure you have all heard, ‘It can get worse before it gets better.’ This is not always a pessimistic saying, or words from a negative mindset. There is truth here.

A healing crisis typically lasts a few hours to a few days, sometimes longer. Please note that a healing crisis comes when the body/mind system has been getting stronger and cleaner, and should not be confused with a disease crisis, which follows prolonged stress or weakness in the body or mind. A healing crisis is about gaining health and eliminating disease. The disease crisis is about losing health.

A healing crisis over ‘changing patterns’ can be very similar to a physical healing crisis. This healing crisis can occur on the emotional, mental or spiritual levels; It may occur on whatever level you are ‘clearing’ at the moment. As you begin to dissolve unhealthy patterns, you may begin to face inner resistances as they present themselves to be flushed out of your system: you may temporarily reconnect to hurtful memories, old negative patterns and habits, blocks that have held you back, energetic constrictions from an early challenging experience or you may recall abusive words and actions that have cut your ability to live your life fully and with total joy in the moment. If you are getting rid of objects you have held onto (old mementos, furniture or things shared with another who is no longer here, etc.) you may feel the emotional surges...regrets, guilt, non-forgiveness, hurts, unresolved situations and unmet life needs that these materials trigger for you. These are also types of healing crises.

Undoubtedly, all of us may go through healing crises, at one time or another in our process towards positive change whether it be about creating positive intentions in eating with more awareness, losing weight, exercising the body, letting go of negative attitudes or patterns, observing the mind’s workings and thinking properly or just having a sense of order about our emotional and physical habits.

The healing crisis is a sign of progress—the elimination of toxicity in whatever level of our being. The healing crisis occurs when you finally feel energetically strong enough to face the issues you have been avoiding until now. You earn this crisis through hard work. It comes through sacrifice, discipline, giving up bad habits, taking a new path, cleaning up your act and other great actions.

(Important note on the physical side: Please check-in with your healing practitioner if at any time you need help in identifying whether you are in a physical healing crisis or find yourself in a disease crisis.)

This article is addressed to those few times in our life when we may need to remember that, ‘It can get worse before it gets better.’ I have spent time writing about this challenging side of healing because in the process of positive change, we need to be warriors from within. All of you know this road ‘through’ change may not always be an easy experience, yet, little by little as you move to your ‘greater self’, you begin to energetically come into phase with new positive ways of thinking, feeling, and being and you begin to support a new healthier vision of yourself. Guaranteed! This will, in turn, support you in connecting with a part of yourself that is even greater than that part which offers the temptation to hold on to your old way of being. Remember that the healing crisis does NOT go to waste. The new understanding of self, offered through crisis, does NOT go to waste. You can count on this! And, don’t forget, ‘When you are going through hell, don’t stop. Keep going!’

A Suggestion...

It may prove important for you to be well versed in all the events you may go through. Learn as much as you can about the health topic or life goal you have set in front of you. Along with knowledge comes understanding. Along with understanding comes wisdom. Then a crisis in healing can make better sense to you and you may connect to the acceptance necessary for the challenges

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HRA Journal Annual Report 2005

Committee Members: Andrew Adleman, Managing Editor; Marilyn Hager Adleman, Art Director; Contributing Editors during 2005: Gail Glanville, Dorinda Hartson, Tara Herrick, April Smith-Gonzalez. HRA Board Representative: April Smith-Gonzalez.

The purpose of the HRA Journal, published quarterly, is to provide information to our members designed to enhance their professional practice. Rather than just publishing news about the association, the Journal strives to educate and enlighten. During 2005, we focused on the larger goal of locating Holographic Repatterning as a practical application of technology within the larger field of Consciousness Science. Four in-depth

lead articles about this topic provided the feature stories for this year. Additionally, we focused on computer technology and how members were using these tools in their practices. Other articles added information on marketing, branding and new books of interest. Our tradition is one of respect for all belief systems and as such we maintain religiously and politically neutral content.

The cover designs, created by Marilyn Hager Adleman, began with an adaptation of the HR Mandala correlating it with the concepts of Consciousness Science. The three other covers illustrated her interpretation of the feature article topics from consciousness science: the Five Bodies of Consciousness, the Zero Point

Field, and fractals as a visual depiction of consciousness.

New this year is the opportunity to place ads in the Journal. All practitioners and people in related fields are invited to purchase space in the Journal. We welcome ideas for articles from the membership, and offer a free business card ad to anyone whose article is published.

Future Goals: We invite expanded participation by the membership. We recognize that the cost of printing and mailing these Journals, given the size of our membership base, might require that one or more issues will be made available electronically rather than in hard copy.

Letters to the HRA Journal

Back in November when the HR Journal arrived, we were disturbed by the cover because of our religious beliefs. Due to being so busy, the Journal got misplaced and forgotten, until recently when it was brought to our attention by members of our spiritual community.

We are both certified practitioners and have done this in good faith because we know from attending Chloe's classes that this method is non religious and does not promote a spiritual path. We realize that the cover is explained as the artist's interpretation of "the energy that transmits consciousness," however this came across to some of our associates (whom we invited to the website to get accurate information regarding HR) as the representation of a god, indeed a "pagan god."

This is offensive to ourselves and our peers and is jeopardizing our freedom to do this very fine, wholesome process, which we have utilized to effect positive change in many hundreds of lives over the past 13 years. It would be a sad loss to be unable to support our peers in these difficult times.

Even if you or the artist did not intend to assign religious intent to this drawing, if others perceive it that way, there needs to be a clarification on your website to acknowledge these concerns.

Chloe knows and respects us and knows that there are many of us, and has always respected our beliefs. We believe that she would want this to be addressed as soon as possible. We will be communicating these concerns to her in person when she returns home on Sunday. We also contacted Carolyn Winter about this yesterday, as well as Ardis Ozborn.

Respectfully,
Pam Joseph and Joy Marshall

Email from Their Client on the Same Topic:

In reading your website it is stated that "Holographic Repatterning is not a spiritual path or a religion." However, I noticed the cover of your November HRA Journal has a Hindu God on the cover. As I am trying to understand what HR is, can you clarify for me if it is based in a religion or comes from religious origins?

HRA Journal Reponse: Thanks for contacting us about the HRA Journal cover. I am sorry if the cover offended you. Although I can understand how you could interpret the cover the way you did, it is, in fact, not a Hindu god or any other religious symbol. Rather, it is artistic representation — a fractal image created using the scientific Mandelbrot formula, and based on physics principles. Although consciousness can, in some ways, be seen as religious, our intention was to show a concept of awareness and coherence, with no reference to religion.

To be clear, although I am not an official spokesperson for HR, I have been associated with organization for years and have never seen any religious affiliation, message, or intention. Although

HR members may be from a wide variety of denominations, HR is nonreligious and has no religious origins. In fact, unlike what most people usually think of as a "religion," HR has been scientifically tested and can be explained by the scientific principles illuminated in quantum physics.

Again, I thank you for contacting us with your concerns. I apologize for any misunderstanding. Please know that what is important is intention, and our intention with the Journal cover was in no way meant to be religious. HR is not a religion, but a healing modality based on scientific principles.

Andrew Adleman
HRA Journal Managing Editor

Annual Plan *(continued from page 3)*

wonderful to have Victoria expand this role on the board.

Victoria says, "My plan as the Board Repatterner is to open each meeting with what ever is needed from the HR process to orient everyone and to ensure that the meetings go efficiently, smoothly, and lovingly. My job is also to close each meeting with the HR process to integrate the information from the meeting and orient everyone to the next phase of their day. I will also be facilitating an HR session after each meeting to clear anything that might get in the way of everyone fulfilling on their commitments to accomplish what is needed for their team. This session will also move everyone into coherence so that what they are up to will be productive, fun and inspiring! Board members submit their requests for each session. Upon completion of each session I email the session notes to the Board Members. It is the responsibility of each member to post their submissions by the due date to ensure that their needs are included. I am also available if an additional Session is needed between the regularly scheduled sessions. It is an honor and privilege to be on the HRA Board of Directors in this capacity."

Membership Committee & Communications **Rose Williams**

The membership committee will focus on ways to keep the membership connected and involved so that everyone feels part of the holographic repatterning community. The committee will develop policies for board approval, an on-going marketing survey of members, will plan some board/membership teleconference events including the next virtual conference, and information packages for teachers about the association.

Finance Committee **Ellen Shapiro**

Behind every great organization is a structure and financing to make it happen. This committee will be creating the policies and decisions that will create a strong association for decades to come. The committee will develop and recommend financial policies to the board, review the

financial statements and make recommendations, make and monitor investments, and strategize on short term fundraising projects that will benefit the association.

Certifying Board — Sally Herr & Kathy Kulaas

This committee will be establishing the role and function of the certification committee regarding certification candidates, developing policies as needed and make recommendations for the future of certification as the Institute evolves its programs.

Continuing Education Committee—Karen Kent

The Continuing Education Committee will be developing one of the key roles of a trade association – to provide its professional members with knowledge, information and skills that would enhance their professional practice. It will be important to distinguish the types of training we do as it should be over and above the training offered by the Institute and yet expand the skills of the practitioner either in their practice of HR or in how they manage their business. Building on last year's teleseminars pilot series with Ardis Ozborn, the committee will develop and propose teleseminars offerings in areas such as the allied modalities (Jin Shin Jyutsu points or other modalities), marketing strategies for selling these unique services for a successful business, or offering advice and simple techniques for managing a business venture. Some courses may be used for the annual course requirement to maintain certification

World Peace Hologram Project **Carolyn Winter**

We continually get positive feedback on this wonderful volunteer program. World Peace Hologram Project was re-launched in September of 2005 and has over 300 participants with over 10,000 visits to the web site. A new website was donated by Anthony Saad giving volunteer practitioners the ability to post their own session dates and subsequent notes. Currently program delivery of weekly sessions is the primary focus. However, this year we intend to further develop this project with monthly themes for repatterning, and develop marketing strategies for practitio-

ners to use to promote the program world wide. There is the possibility of creating a "radio show" style sound byte or bytes for the site where the committee could tackle explaining HR by proxy or another on the vision for repatterning the group weekly for peace.

HR Journal

The Journal continues to be our valued form of communication throughout our community. This year the committee is looking at ways to obtain more articles from members, determining the topics and themes for the Journals over the next 8 issues and identifying the information that members would most like to read about. The committee will be formalizing its roles and functions. We will need columnists, reporters, editors and most of all feature writers.

Our committees meet by teleconference call, and email groups. They are a great way to connect with other practitioners while making a contribution to the association. If you would like to be involved, please contact Rose Williams directly at membership@holographic.org or visit the JUMP web site for other volunteer positions and a sign-up form. WE would love to hear from you.

Carolyn Winter
President

Changes & Shifts **Susana Sori**

(continued from page 13)

you need to pass through. Even though at these times there may be difficulty present, you are observing tendencies you no longer need and may be having insights that will manifest outwardly as healthy mind/body routines. And, when you see life in this way, it becomes more exuberant because you have a clear view of the path you are traveling and you are more of who you are supposed to be from the start!

Susana Sorí is a Certified Holographic Repatterning® Practitioner, a Mesa-carrying Shaman in the Q'ero tradition and a Certified Meditation and Yoga teacher. In addition to the HR Association and the HR World Peace Project, she is also a member of the Society for Shamanic Practitioners and is owner of SpiritUnleashed Publications and Repatterning Associates. Susana is currently engaged in writing two books: one on the power of the breath and the other on transformation.

How much of what we define as **reality** is really a pattern of **beliefs** that **worked** in the past but **no longer serves** us?

What **beliefs** do we have that **our personal experience** has **verified** over and over but if we **let go of** might open a window on **greater possibilities**?

When we realize that **reality is inside out** we also realize that **we are in control of what happens on the internal landscape** and that **the love we get is equal to the love we give**.

“What is real you do not see. What you see is your shadow.”

—Socrates

“Your focus is your reality.”

—Obe Wan Kanobe

Reality Happens on the Inside

(continued from page 4)

has become the gate-keeper for what is real.

In its everyday use the word objective is often used as an injunction against feelings or emotions. If we become emotional we might hear, “Don’t be so emotional, be objective!” “Maybe some of us have feelings about a world without feelings. Feelings are real and important and must be factored into our understanding of life,” says the other. Then the one who issued the injunction says, “But there is an appropriate time and place for them as you know, etc.,” and ad infinitum. You see where this takes us—into reactivity and eventually polarization. When we only have two choices, we run the risk of polarization. When we become reactive we lose our freedom.

In the world today in which acts of terrorism are so prevalent, we can’t help but feel afraid. After all, Homeland Security monitors our days by codes for how much danger to expect. There is no TV anchor saying, “We are all feeling very green today according to the latest happiness and wellness index.” So we see how complicated it could get to really nail down reality. Even a consensus reality around danger or happiness depends on what it is we think is important. Objective, subjective, thoughts and feelings all seem to reduce reality to dual states.

Classical reality is the paradigm of duality. And rightfully so! We live in a world full of duality. Our lives take place in time and space. We are both rational and emotional. We are matter and energy. We are good and evil. Our material brains produce immaterial thoughts. We are the metaphor of this duality.

We are either male or female, right or wrong. It’s “your God,” “my God,” the “Lord is my shepherd,” “there is no God.” The religious points of view have become “a line drawn in the sand” and our creator has been put in the middle. Slowly the innate duality has become differentiated even further and the differences turned into a

political battleground. We are in danger of relating by virtue of our resistance to each other. We are immersed in duality gone mad. It has become overly important to people to have others think like they do.

Meanwhile, we try to stay objective even though it may seem impersonal and it is! Subjective means “proceed from personal idiosyncrasy or individuality; not impartial or literal.”

The subjective reality is an inside out reality because all day long we are constructing the reality of who we are and what we are meant to be doing. Our responses to people and things are based on a personal perspective from our own internal landscape. We construct reality in our heads and then act as if it were real.

We have attitudes constructing walls and enclosures, beliefs drawing the floor plan and then we decorate this enclosure with our personal bias. We have opinions that pre-select what is important and useful. “A man hears what he wants to hear and disregards the rest” as the Simon and Garfunkel song goes. We distort what we hear by giving it our own special spin or interpretation. Or we generalize when we decide that, “Oh, this is just like the time that...” comparing the present to a memory of a different situation. All these are techniques that filter incoming information so that it will fit into our “pre-fab” reality. We have imprinted filters like generational patterns and built-in filters like education and religious upbringing, yet we assume that what we think and know is actually reality itself.

The problem comes when we forget that our thoughts and beliefs are not THE reality. We are so certain that they are as real to others as they are to us. Then we are surprised when we come up against disagreement or conflict or we are accused of hurting someone’s feelings. We assume that everyone thinks as we do or should. From this assumption, we feel misunderstood. When we don’t feel understood, we begin to worry and feel hurt, become anxious and upset. When things don’t

go our way, we get angry. We believe that our perception of reality is flawless and the other person's is in disrepair.

Given this feature of mentally constructing reality, even objectivity runs the risk of encountering "beliefs" disguised as "facts." A classic example is "absolute time" and "absolute space." This is why one of the first things we learn in HR is to get out of the way. We use HR to muscle check the field of the other person to ascertain what is real for them and free of our projection.

In classical reality we live in two separate realities—an outside reality and an inside reality. The "two realities" are different perspectives on the same thing—reality itself. We cause ourselves all sorts of problems going between these two extremes. At one extreme we delete all personal interpretation, bias, judgment, intolerance, opinion or feeling from observation. On the other extreme, "my viewpoint" is the "right viewpoint." We end up in confrontations because we get stuck attending to the differences. If our attention is too tied up with "right" or "wrong," we miss the opportunity to experience a connection.

Lee Smolin in *Three Roads to Quantum Gravity* says:

"In science we are used to the idea that the observers must remove themselves from the system they study, otherwise they are part of it and cannot have a completely objective point of view. Also, their actions and the choices they make are likely to affect the system itself, which means that their presence may contaminate their understanding of the system."

It is not only in scientific experiments that what we think may evoke a prejudice. Our thoughts have a very discernible impact on our bodies, too. Everyone has experienced how worry can cause one not to be able to eat or to overeat. What is on our minds

manifests as a physical experience of loss of hunger or else an excess of hunger. We think something outside is causing this problem when in fact it was our response that became the problem. The immaterial realm of thought/worry creates tangible physical experiences.

Given the fact that even our presence can "contaminate understanding," objective reality must reject anything from the "internal landscape." The result of this separation of "what we know" from "what we think" is that classical reality throws us into confusion. On the one hand we must leave ourselves out of it. In reaction to this we can become quite defensive of our viewpoint. The other extreme is we are asked to rely totally on the external expert. In reaction to this we become dependent on them to cure, heal and

"An electron is not confined to a specific orbit about an atom's nucleus, but buzzes around in a blur...The electron does not have a real position until somebody (or something) measures it."

—Tom Siegfried

make all kinds of decisions for us. In reaction to this our own inner wisdom becomes a faint voice and an inactive resource.

Now we ask, "How do we maintain objectivity and do it differently?" How do we get the benefit—a shared, agreed upon reality—and know the TRUTH of that reality? How can we be a "subjective being" and have an "objective" experience of life for the purposes of better understanding? It seems obvious to the scientists—experimental proof; for the therapist or the social worker, a certain "professional relationship is interred to presuppose objectivity; for the medical doctor a statistical relationship between disease and medical intervention affords the needed objectivity. But what about coordinating our experiences as human beings in such a way that we

attain mutual respect, harmony and peace between the internal and external landscapes?

In the quantum universe the tiny particle is never totally independent of its field. The two—the particle representing the wave and the wave representing the field—co-exist like two sides of a coin. There is a connection between "matter" or the particle and "energy" or the wave. In the world we live in, we find this same "complementary" relationship between our selves and our thoughts, feelings, beliefs. Thoughts form a field around us; they have a physical effect on our bodies so we cannot separate ourselves from what we think.

This duality that is so innate to everyday living on the external landscape is not the only opportunity for how we see our lives. We can take a hint from Mother

Nature. Mother Nature does not view the dual nature of things as a polarizing feature. She accommodates duality so that it exists in relationships that network the variables no matter how intrinsically contradictory they may seem. For example,

a complete cycle of time is night and day. Two things seemingly disparate—energy and mass—are constitutional elements of a whole as proven in $E=mc^2$. The parts are independent of each other and yet create a whole in which they depend equally on each other. What we find out is that the inescapable essence of nature is oneness consisting of nested differences that sometimes seem contradictory but interact in life-enhancing ways.

Quantum Reality

Einstein introduced us to the reality of everything being relative to the observer. While this theory launched the science of the unseen world, quantum physics, it turns the objective world upside down. It says that what is observed depends upon the motion of the observer. The absolute reference point to use when we measure motion

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Reality Happens on the Inside

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in space and action in time is the speed of light. Space and time are not rigid markers of daily experience. But they are convenient ones.

Quantum physics goes on to glue our feet to the ceiling with the observation that there are qualities of the particle world that cannot be perceived by the senses. And the speed of light is impossible to attain unless you are a particle of light. We have mathematical proof that the practical and the wave exist simultaneously, but we do not experience that simultaneity. We are capable of observing how fast a particle is going or where it is located but not both at once. This is also true for the amount of energy the particle has and the time it stays in a specific energetic state. We can only know one item in the set. Then we need to make a separate measurement to know the other aspects of the particle's existence.

Neils Bohr, one of the founding fathers of quantum physics, came up with the Principle of Complementarity which basically says that the dual natures of the particle—the wave and the particle—exist together in a complementary relationship. The Principle of Complementarity is the quantum mechanical bridge over duality. It brings us to a reality that accommodates apparent opposites. It does an elegant job of “coordinating experience.” It invites us to join rather than separate things that appear to be unrelated.

Complementarity implies a connection that is beyond the obvious reason to connect. So a new kind of relationship enters our conscious awareness—one in which things that seemed independent of each other create a coherent whole

from a connection that is internal rather than external. We can see the mind and body as complementary features. Their relationship holds together—the definition of coherence. The Principle of Complementarity points us towards a perfection that exists on every level of this creation including us. It guides us to a state of being where imperfection and perfection are complementary. When looking at ourselves, we might ask the questions: What is the perfection in my life experiences? Where is there a need for coherence in my life?

The new opportunity for being objective is a “holographic” reality that includes every perspective. Everyone has a piece of the puzzle. The “whole

“The strength of nature’s forces are determined by the values of a handful of fundamental physical constants, including the speed of light, the electric charge of an electron, and Newton’s gravitational constant. These constants capture the essence of physical reality, describing what nature is like in a quantitative and precise way. Even very small changes in these constants would change the strength of nature’s forces in such a way that life would be impossible...”

picture” has changed from something static that is broken down into parts to a collection of observations that creates a dynamic picture. But take away one piece and the whole thing falls apart because the whole picture has its own vitality linked to each of the individual perspectives. The parts and the whole create coherence together.

What’s “new” about the new physics is an opportunity to think and feel differently about the world. It reminds us that we are responsible for what we think and feel because that is the source of what we radiate out into the world. It requests of us an expanded flexibility in place of the absolute, “if this, then

that” approach; an increased tolerance for a variety of forms co-existing and intermingling in a state of “complexity” instead of only a linear relationship of cause and effect; and an acceptance of creativity and freedom instead of the need to control and impose limitations on ourselves and others in order to feel loved. When we realize that reality is inside out we also realize that we are in control of what happens on the internal landscape and that the love we get is equal to the love we give. The network of interactions is taking place no matter how we perceive the differences or how we respond to them. Our presence adds or subtracts from the whole depending on our individual coherence.

It is important to remember that we are radiant beings. What is going on inside is literally being projected onto the outside world and the energetic component of that projection is being radiated out into the world. If we are unclear about the internal landscape as the source of reality, we miss hearing, seeing and feeling the outside world. Instead we see, hear and feel our own reflection. The outside world misses knowing who

we really are because its inhabitants pick up only what we radiate. If we create incoherence on the internal landscape it shrouds our light like clouds blocking the sun.

Thoughts are discrete and also wavelike. We can see thoughts in the form of brain waves, and even transcribe them into colored graphs with neuro-feedback systems. Because thoughts are quantum-like, they have the quality of non-locality or connection beyond the limitations of time and/or space travel. Our experiences of this quantum connection are seen in esp, intuition even, coincidence, proxy muscle checks—all events that don’t leave a

Reality Happens on the Inside

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clear cause and effect trail.

As a new paradigm to the rescue, Holographic Repatterning helps us create coherence. The Negative Thoughts Repatterning or the Self Image Repatterning give us a perfect opportunity to fine tune the vibrations we radiate out into the world. The Appreciation Repatterning brings us into resonance with gratitude and appreciation, two very potent resources for enriching our contribution to the world and our own life experiences. In many of the repatternings we find the option to look at the higher meaning of our life experiences which gives us a context for all that has happened in our life. Rather than separate out the “bad memories” and try to forget them, we can bring coherence to the past and the present through the perspective of higher purpose. Holographic Repatterning is an excellent tool for refining our radiance.

We HR practitioners and students are the equivalent of the particles in a quantum wave with the power of influence if the people/particles in that wave are all in phase. Being in phase doesn't mean agreeing with each other, it just means—go beyond the mind and come from the heart, feel joy and have faith in the perfection of everything that happens whether good or bad. If each mind projects perfection and each of our hearts projects love, we can add up to a powerful influence in the world.

¹ *Unfolding Meaning*, Ark Paperbacks, 1994, by David Bohm, pg. 13

² *Life of the Cosmos*, Oxford University Press, 1997, Lee Smolin, pg. 244

³ *Oxford Pocket American Dictionary*, Oxford University Press, 2002

⁴ *Three Roads to Quantum Gravity*, Basic Books, 2001, by Lee Smolin, pg. 26

⁵ *Wholeness and the Implicate Order*, Routledge, 1995, by David Bohm, pg. 57, 59

⁶ *The Bit & the Pendulum*, John Wiley & Sons, 2000, by Tom Siegfried, pg. 23, pg. 157 & 247

Practitioner Interview

Leah MacLeod

(continued from page 9)

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

LM: I see HR as a one year full-time or two year part-time course. That way, by the end of the course, every healing modality and repatterning would be understood completely and practised frequently. This would make delivery of the process easier for the practitioner and more effective for the client. Also, by having an on-going course, the participants would have an opportunity to work on their own personal growth, which I think is critical for every practitioner. My vision for HR is based on my experiences which probably were somewhat different from others. I started studying HR nine years ago when I was 52 years old. As a late starter, I had a lot of catching up to do.

Practical Advice (continued from page 6)

How about donating a gift certificate to your local public radio or TV station's annual on-air fundraiser?

Here are some other ideas:

- Speak at your local community groups' meetings such as the Board of Trade, Noetic Sciences, etc.
- Send announcements about your work to your alumni magazine.
- Appear on your local community access cable TV station and local radio shows.
- Post to message boards at Internet sites that are synergistic with Holographic Repatterning.
- Use www.Craigslist.com to invite people to your demos.
- Collaborate with practitioners of other disciplines that are complementary to Holographic Repatterning.

These are just a few options to get you thinking about how to spread the word

about your services. You may gravitate to some methods more than others. Explore different approaches and find the ways that best suit you. Word of mouth is the best advertisement. Every encounter is an opportunity for you to talk about your work, and when you resonate with your work and enjoy what you do, it is easy to be enthusiastic and genuine. This is what attracts clients. Remember, getting your message out is all about communication. Each time you try something you are honing your communication skills and broadcasting your brand to the mass consciousness. Detach from results and spread the love!

Elizabeth Tobin, JD is a Certified Holographic Repatterning Practitioner who earns her livelihood through her full-time HR practice. Geographically based in Boston, MA, Elizabeth serves an international clientele. If you have a question that you would like to see answered in the HRA Journal you can email Elizabeth at et@megaHRgroups.com.

Our New Board Members

(continued from page 8)

working in the traditional health care system to focus fulltime on her private practice.

In addition to being a Level One HR practitioner, she is a Board Certified Holistic Health Counselor, Board Certified with the American Association of Drugless Practitioners and a Certified Spiritual Response Technique Consultant.

She lives in New Jersey, is married with two children and loves bringing the gifts of HR to her family's well-being and development. Her focus this past year has been on becoming more visible in her community with HR and the other modalities she provides to her clients. She has thoroughly enjoyed going 'more public' with HR and plans to continue to coordinate events and workshops with fellow practitioners in her area.

Holding the Healing Space™

“Learning is the discovery of what’s possible.” —Fritz Perls

We grow up within a certain family, we have a certain set of friends and experiences in life, and we are conditioned by all of these. When we see something else, we learn what else is possible. There is so much that is possible in human relationship, thus in our relationship with our self and with our clients. There are infinite possibilities, and so much that is rich and magical!

One of the basic tenets of Holographic Repatterning is that ‘anything is possible.’ When we explore this in terms of what our capacity is as a human being, what does it mean to have personal coherence and relationship coherence, we begin to get a picture of what is possible. We get a sense of what it means to create and be part of a different kind of world than the one we grew up in. If someone had a family experience where they felt their needs weren’t met, what will it look like or feel like to be part of a world where your needs can be met. If someone had an experience that there wasn’t love or compassion available, what will their experience be when they learn that it is possible to have love and compassion in their life?

To create an environment where what needs to happen for healing can take place, whether it is within a seminar, a session, a conversation with a friend, a meeting in business, a mediation of a situation either personal or professional, is an art and a skill that we can develop when we focus on our personal and relationship coherence. There are many things that stop us from having a certain quality of attention that

can bring deep healing to a situation, and it is important to explore how we get in our own way as well.

That is so central in our development as Holographic Repatterning practitioners, and as human beings. In holding a healing space for another, we must have confidence in a certain set of known skills that allows us to enter into the unknown places with another. We then can use the safety created in our relationship with the client as a primary catalyst for their healing.

It is important to increase our understanding and confidence in aspects of a session that are spontaneous, for example the Energy Constriction Release. While we have a process that we go through, a deep understanding of what we’re doing, and knowing how to listen to the client on many levels, allows a deepening of the clients experience, and also our own.

Many times new students and practitioners are nervous or uncomfortable working with the emotions of the client. This is an important piece of creating a safe container for the hurts, fears or insecurities of the client to come up for resolution. Learning to listen deeply, creating safety and a healing space needed for growth, are really life skills that we learn to use in an HR session, but benefit all areas of life.

Holding the Healing Space seminar is being offered in Arizona and Hawaii – information is available at www.holographic.org or call Victoria Benoit 602 864-7662 for HHS in Phoenix, April 28-30 or Bonnie Chan 808 485-2248 for HHS in Honolulu, May 19-21.

One testimonial from an Holographic Repatterning practitioner who took this seminar:

“Holding the Healing Space was like an initiation into understanding the Energy Constriction Release, and an understanding of how the whole session really is your client’s process. I feel the seminar should be required.

By the intention of the seminar, energy constrictions came up. Everyone was affected by everyone. The work was subtle and an art, and I felt like it was a ritual in being compassionate – how to truly be compassionate with others.

I felt a total opening to empathy and understanding, and how to demonstrate that. Since the seminar, doing the ECR is like an exercise in referring back to a pool or reservoir of empathy.

Holding the Healing Space was an opening to the essence of what is core in Holographic Repatterning.”

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VICTORIA BENOIT, MC
Master's Degree in Counseling

Victoria studied Holographic Repatterning (HR) under its developer, Chloe Faith Wordsworth starting in 1991. Certified as a Practitioner in 1994, and as a Teacher in 1996, Victoria uses her HR skills to clear her clients' unconscious patterns, allowing them to move into optimum health and well-being physically, emotionally, mentally and spiritually.

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

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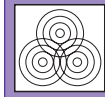
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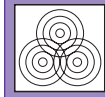
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■ HR PRACTITIONERS ■



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■ HR SEMINARS ■



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

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

EMPOWERING YOURSELF WITH HR

3/03/06	Kaye	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
3/18/06	Ardis	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023
3/24/06	Victoria	Los Angeles, CA	Kathy Kunau/kathykunau@earthlink.net	310-234-8739
3/31/06	Kaye	Princeton, CO	Theresa Larson/klentco@juno.com	719-380-8851
4/04/06	Sylvi	Austin, TX	Deborah_de_Freitas@msn.com	512-260-0109
5/14/06	Shady	Oahu, HI	Bonnie Chan/b_chan@msn.com	808-485-2248
6/16/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
8/12/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109
9/19/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109

FUNDAMENTALS OF HR

3/03/06 - 3/04/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109
3/04/06 - 3/05/06	Kaye	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
3/11/06 - 3/12/06	Jennifer	Bellingham, WA	jennifer-hr@comcast.net	360-384-1415
3/19/06 - 3/20/06	Ardis	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023
3/25/06 - 3/26/06	Victoria	Los Angeles, CA	kathykunau@earthlink.net	310-234-8739
3/25/06 - 3/26/06	Rosario	Xalapa, Ver., MX	Rosario/solazpiri@yahoo.com	011-52-122-8817-5975
4/01/06 - 4/02/06	Kaye	Princeton, CO	Theresa Larson/klentco@juno.com	719-380-8851
4/05/06 - 4/06/06	Sylvi	Austin, TX	Deborah_de_Freitas@msn.com	512-260-0109
6/17/06 - 6/18/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
8/25/06 - 8/26/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109
9/20/06 - 9/21/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109

TRANSFORMING PRIMARY PATTERNS

3/22/06 - 3/23/06	Ardis	Scottsdale, AZ	ozardis@cox.net	480-481-9023
3/25/06 - 3/26/06	Jennifer	Bellingham, WA	Jennifer Johnson/jennifer-hr@comcast.net	360-384-1415
4/07/06 - 4/08/06	Sylvi	Austin, TX	Deborah_de_Freitas@msn.com	512-260-0109
4/07/06 - 4/09/06	Ardis	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
6/20/06 - 6/21/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
9/22/06 - 9/23/06	Sylvi	Austin, TX	deborah_de_freitas@msn.com	512-260-0109

TRANSFORMING UNCONSCIOUS PATTERNS

3/11/06 - 3/12/06	Ardis	Indianapolis, IN	Rosalyn Newsom/rozelbozel@hotmail.com	317-847-3721
3/25/06 - 3/26/06	Ardis	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023
4/09/06 - 4/10/06	Ardis	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
6/03/06 - 6/04/06	Ardis	Bellingham, WA	jennifer-hr@comcast.net	360-384-1415

TRANSFORMING CHAKRA PATTERNS

4/15/06 - 4/16/06	Ardis	Indianapolis, IN	Rosalyn Newsom/rozelbozel@hotmail.com	317-847-3721
4/26/06 - 4/27/06	Ardis	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023



HR SEMINARS



Dates:	Teacher:	Location:	Coordinator:	Phone:
6/10/06 - 6/11/06	Ardis	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
7/28/06 - 7/29/06	Ardis	Bellingham, WA	jennifer-hr@comcast.net	360-384-1415

TRANSFORMING MERIDIAN PATTERNS

4/29/06 - 4/30/06	Ardis	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023
6/17/06 - 6/18/06	Ardis	Indianapolis, IN	Rosalyn Newsom/rozelbozel@hotmail.com	317-847-3721
7/08/06 - 7/09/06	Ardis	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
7/31/06 - 8/01/06	Ardis	Bellingham, WA	Jennifer Johnson/jennifer-hr@comcast.net	360-384-1415

PRINCIPLES OF RELATIONSHIP

6/02/06 - 6/04/06	Chloe	Cuernavaca, MX	Lourdes/lourdesfp@aol.com	011-52-777-316-9168
11/10/06 - 11/12/06	Chloe	Scottsdale, AZ	Ardis Ozborn/ozardis@cox.net	480-481-9023

A NEW VISION

4/22/06 - 4/24/06	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
9/01/06 - 9/03/06	Ardis	Cuernavaca, MX	Lourdes/lourdesfp@aol.com	011-52-777-316-9168

ENERGETICS OF RELATIONSHIP

8/18/06 - 8/20/06	Chloe	Johannesburg, SA	Cheri/cheri-rob@absamail.co.za	011-27-11-453-3888
10/27/06 - 10/29/06	Chloe	Bellingham, WA	Jennifer/jennifer-hr@comcast.net	360-384-1415
12/01/06 - 12/03/06	Chloe	Cuernavaca, MX	Lourdes/lourdesfp@aol.com	011-52-777-316-9168

INTENSIVES

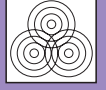
3/18/06 - 3/26/06	Ardis	Scottsdale, AZ/Emp, Fun, PP, TUPS	ozardis@cox.net	480-481-9023
3/24/06 - 3/26/06	Victoria	Los Angeles, CA/Emp, Fundas	kathykunau@earthlink.net	310-234-8739
3/31/06 - 4/02/06	Kaye	Princeton, CO/Emp, Fundas	Theresa Larson	719-380-8851
4/04/06 - 4/08/06	Sylvi	Austin, TX/Emp,Fun,PP	Deborah_de_Freitas@msn.com	512-260-0109
4/07/06 - 4/10/06	Ardis	Salt Lake City, UT/ PP & TUPS	Marja_Shelley@yahoo.com	801-209-7714
4/26/06 - 4/30/06	Ardis	Scottsdale, AZ/Chak & Merid	ozardis@cox.net	480-481-9023
5/04/06 - 5/10/06	Chloe	Austin, TX/ Ad. Merid. 1&2	sylvi@mindspring.com	512-389-3990
6/16/06 - 6/21/06	Chloe	Austin, TX/Emp,Fun,PP	www.thecrossingsaustin.com	877-944-3003
7/28/06 - 8/01/06	Ardis	Bellingham, WA/Chak & Merid	jennifer-hr@comcast.net	360-384-1415
8/24/06 - 8/30/06	Chloe	Johannesburg, SA/Parts 1&2	cheri-rob@absamail.co.za	011-27-11-453-3888
9/19/06 - 9/23/06	Sylvi	Austin, TX/Emp, Fun, PP	deborah_de_freitas@msn.com	512-260-0109

ADVANCED MERIDIAN SEMINAR

5/04/06 - 5/10/06	Chloe	Austin, TX/Parts 1&2, Sun. off	sylvi@mindspring.com	512-389-3990
5/26/06 - 5/28/06	Chloe	Cuernavaca, Mexico/Part 1	lourdesfp@aol.com	011-52-777-316-9168
8/24/06 - 8/26/06	Chloe	Johannesburg, SA/Part 1	cheri-rob@absamail.co.za	011-27-11-453-3888
8/28/06 - 8/30/06	Chloe	Johannesburg, SA/Part 2	cheri-rob@absamail.co.za	011-27-11-453-3888
9/08/06 - 9/10/06	Chloe	Spain/Part 2, 3 days	Olga Sacristan	011-34-983-231961
9/15/06 - 9/17/06	Chloe	England/ Part 2, 3 days	Sarah Gibbons & Josie Airns sjg@lawyers.co.uk/ josieairns@aol.com	
10/05/06 - 10/11/06	Chloe	Scottsdale, AZ/1&2,Sun.free	Ardis Ozborn/ozardis@cox.net	480-481-9023



■ H R S E M I N A R S ■



Dates: Teacher: Location: Coordinator: Phone:

HOLDING THE HEALING SPACE

4/28/06 - 4/30/06	Shady	Scottsdale, AZ	Victoria Benoit/HRvbenoit@aol.com	602-864-7662
5/19/06 - 5/21/06	Shady	Oahu, HI	Bonnie Chan/b_chan@msn.com	808-485-2248

SKILLS DEVELOPMENT

10/25/06 - 10/25/06	Chloe	Bellingham, WA	Jennifer/jennifer-hr@comcast.net	360-384-1415
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