

The

# HRJournal

The official publication of the International Holographic Repatterning® Association



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### COMING NEXT ISSUE

**Feature** – Stephen Linsteadt, N.D., HR Council Member writes about Cellular Frequencies

**Chloe Q&A** – Part 2 of “How to Take Sessions Deeper”

**June Conference Follow-up**

**Book Review**

**and More**

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

### The HR Journal

#### Executive Editor

Chloe Faith Wordsworth

#### Managing Editor

Terry Blakesley

#### Associate Editors

Brandy Reich

Christina Murray

Netta Pfeifer

Maureen Waters

#### Art Direction

Marilyn Hager

[MediaResourcePartners.com](http://MediaResourcePartners.com)

#### Cover Photo

Grand Canyon, Arizona, USA

Mark Tucker

[www.healing-heart.com](http://www.healing-heart.com)

#### Photo Page 4

Mark Tucker

[www.healing-heart.com](http://www.healing-heart.com)

#### HR Website Webmaster

Andrew Elliot

[MediaResourcePartners.com](http://MediaResourcePartners.com)

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

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#### **Please send submissions to:**

Naneen Boyce

P.O. Box 14

Aragon, NM 87820

[hra@holographic.org](mailto:hra@holographic.org)

#### **HR ASSOCIATION**

#### Executive Director

Naneen Boyce

P.O. Box 14 • Aragon, NM 87820

505-533-6060

Fax: 505-533-6893

e-mail: [hra@holographic.org](mailto:hra@holographic.org)

Web site: [www.holographic.org](http://www.holographic.org)

#### HR Association Council

Naneen Boyce

Dorinda Hartson

Stephen Linsteadt

Bobbie Martin

Ella Nacht

Ardis Ozborn

Chloe Faith Wordsworth



### From the HR Council President

The HR teachers and council members have been meeting for some time now to discuss the HR Practitioner accreditation process. We have all been made aware of many students' frustration with the current process. In response, we have made some improvements. We hope these changes will support students becoming practitioners more quickly, and offer ongoing training for those who want to move to a more advanced level.

The most notable change is that there are now three levels of accreditation offered. Practitioner fees for each accreditation level are still being determined, as are the requirements for qualifying for Level 3 Practitioner accreditation. More about both areas will be published in the next issue of the *HR Journal*.

On behalf of all the teachers and council members, we hope this new process will be supportive of students striving to become HR practitioners. We encourage all students to begin practicing and growing with HR, using it in your daily life and sharing this wonderful process with others. See you at the conference in Scottsdale!

Ardis Ozborn  
President, HR Association,  
HR Teacher

# Accreditation Changes Announced



## HR Practitioner Level 1 Accreditation

Requirements:

- Complete the basic HR seminar series: Fundamentals through Chakra and Meridians.
- Send a form to the HR Association (HRA) requesting a Certificate of Completion of the basic HR series. This form will be distributed to students at the end of the Meridian seminar. If you've already completed the basic series and taken Chakra and Meridians seminars as separate classes, simply submit your request in writing to the HRA. You will receive a packet, (which will be available for mailing effective 8/1/02).

The fee for this packet has not yet been determined. The packet will contain:

1. **Certificate of Completion**, valid for one year
2. **Client Information Intake form**, for obtaining mental health and medical history and medication information. This form will help new practitioners establish whether a client is within their scope of practice, or whether they should refer their client to a more advanced practitioner with more experience. Another option is to request supervision from a more advanced practitioner for help in working with someone outside the practitioner's scope of practice. For

example, if a client has attempted suicide in the past and you have no training in working with people who have been suicidal, you need to refer them to someone who has. High-risk cases require specific training regarding what to look for and how to handle/manage the situation. This will be discussed more in the forthcoming updated Code of Ethics.

3. **Code of Ethics**. Sign and return to the office, keeping a copy for your files.
4. **HR logo**, for use in producing advertising materials. Level 1 Practitioners may advertise using the HR name and logo under the following conditions:

- a. All advertising must indicate that you are a Level 1 practitioner. You should be aware that you may not yet have the experience to handle highly charged issues with some clients. In this case it is advised that you refer them to a more experienced practitioner.

- b. Remain a member in good standing with the HRA, paying your annual dues.

- c. Fulfill continuing education requirements. In order to do this you are required to complete ONE of the following within twelve months of when you

received your certificate of completion:

- Retake an HR seminar
- Take a new HR seminar, *Principles of Relationships, Energetics of Relationships* or *A New Vision*
- Attend the annual HR conference
- Take a pre- or post-conference seminar
- Attend any HR endorsed seminar such as  *Holding the Healing Space* or a practitioner development or skills development class
- Practice HR in alignment with the laws of your state. (General guidelines will be included in your packet.)

## HR Practitioner Level 2 Accreditation

Effective immediately, all current accredited HR Practitioners are considered Level 2 accredited. As a Level 2 Practitioner you may indicate in all advertising materials that you are a Level 2 Practitioner. Conditions for the use of the HR logo are the same as for Level 1 Practitioners; Level 2 Practitioners must also fulfill the continuing education requirements (see below).

Requirements:

- Complete all level 1 requirements
- Be a current member of the HRA in good standing
- Complete the requirements in the current HR Accreditation Blue Book
- Demonstrate the basics of personal coherence by being relaxed, confident, and grounded. Model that you are doing your own work, by not getting triggered by your clients' ses-

sions and issues. Also, demonstrate relationship coherence by holding a relaxed and appropriate eye contact. Demonstrate comfort with talking and with silence, by being able to listen and accurately reflect what you have heard. You should be able to offer clarity when your client is confused, compassion when clients are talking about painful situations, and the ability to remain focused and free of distractions.

- Retake *Primary Patterns, Chakra, Meridians* seminars

In addition, there will be more flexibility in how practitioners are observed in order to demonstrate the above requirements. You may now choose how these observations will take place:

**Tutorials:** This is the current process, which works great for some students. We would like to modify the format so a couple of people could be observed doing portions of a session, for example the problem, or the energy constriction, one repatterning or new possibility intention. We are asking teachers to come up with creative ideas for these tutorials to make them more supportive and less stressful for practitioners. There would not be a set number of observations. It would depend upon what you and the observer agree is needed.

**One-on-one coaching** with trained observers who will act as mentors for you. We would like to expand in this area and train experienced practitioners who would like to do this. You would contact a coach and set up a process that will give you the support you need. This could be

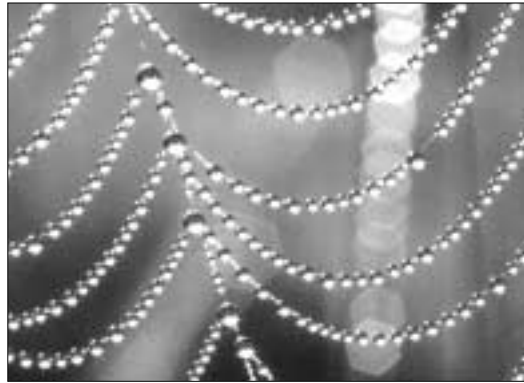
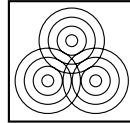
in-person sessions, videotaped sessions, phone conversations or a combination of all.

**Practitioner development weekends.** We are planning to expand the availability of these and more teachers will be facilitating them. This option would be an opportunity to expand your skills with other students who are also moving to this level.

## HR Practitioner Level 3 Accreditation

This is an advanced practitioner level for practitioners who demonstrate higher skill, personal and relationship coherence levels. They are able to bring a greater degree of understanding and relevance to the client and help give meaning to the session. These practitioners use the five elements in their sessions. They can assess which element they need to bring to their client and the predominant element in the client that is emerging in the session. These practitioners have a full-time practice and see clients on a regular basis. Discussions are still underway for the training for this level. More details will be provided in the next issue of the *HR Journal*.

Thank you for your patience and willingness to grow with us in this evolving process. After August 1, please contact Naneen at the HR Association office for details.



# Quantum Physics and

by Stephen Linsteadt, N.D.

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*Stephen Linsteadt is an accredited HR practitioner; member of the HR Council, and treasurer of the HR Association. In 1999, Stephen founded an integrated healing center in Mexico that combines HR with state of the art bio-energetic technology—which utilizes the body's own frequency oscillations to bring about self-regulation—and traditional medicine. Stephen earned a doctorate degree in Naturopathic Medicine in 2001. He is also board certified by the American Academy of Quantum Medicine.*

When Einstein used the word “spooky” he was referring to the sub-atomic phenomena whereby the building blocks of our material reality exist both as particles and as wave-forms at the same time. This makes it possible for an electron to be present everywhere simultaneously throughout the universe, a concept known as superposition.

What is “spooky” about superposition is that it only occurs when it is not being observed or measured. Once a measurement of this phenomenon is attempted, the superposition of the particle being measured in its all-pervading wave-form collapses into a single particle with space-time dimensions. Superposition will even collapse in anticipation of a measuring device detecting it after a measurable event takes place. This gives superposition a non-local omniscient quality in addition to being omnipresent. Einstein characterized this non-local aspect of quantum measurement as “spooky action at a distance.”

Superposition also contains all of the possibilities within which the particle can interact with all other particles. It is, therefore, in a state of infinite quantum potentiality. The wave-form of this state is said to be in perfect coherence as there is nothing there to create an interference pattern. It is the measurement that interferes with this state of coherence and acts like a filter, allowing only one of the infinite possibilities of the particle's position to materialize. Without measurement the particle aspect slips back to the quantum state. Therefore, the particles that make up our “reality” require constant measurement in order to maintain their physical-ness.

At the cellular level, it is the cell that acts as the measuring device that collapses or de-coheres the quantum field into a particle reality. Experiments in what is known as the “inverse Zeno effect” show that a series of measuring devices can collapse a quantum superposition so that the particle will be detected by the first measuring device and will then take a “quantum leap” to appear at the next measuring device. A series of measuring devices will act to capture the particle and drag it along the measured path.<sup>1</sup> In the same way, enzymes possess this unique ability of being able to capture and transfer electrons and protons along a path to various protein molecules in order to activate each protein's specific function.

There are several other quantum-measuring devices within the living cell. DNA, RNA, ribosomes, and mitochondria are all proton, electron, and photon level apparatuses. The motion and placement of electrons and

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What is a higher state of consciousness but the merging into the state of infinite possibilities?

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protons within DNA initiate gene expression. Single protons are battered across membranes to power the molecular turbine engines of mitochondrial respiration.<sup>1</sup>

The cell is the bridge between the quantum world of unlimited possibilities and what we experience as reality. It is the cell's ability to choose or measure the quantum world that separates inert matter from living matter. A chair or a rock represents the measurement states of

must move in and out of superposition trillions of times per second. This explains how schizophrenics can move in and out of different personalities with completely different states of physical health from one instant to another. It also explains how chickens deprived of calcium intake can produce eggs with complete shells containing healthy levels of calcium.<sup>3</sup> Calcium after all is only a molecule made up of protons and electrons. In the quantum world of infinite possibilities there is no difference

# Holographic Repatterning

particles with no possibility of slipping back to the quantum level. A living system is able to go back and forth between the classical reality state and the quantum state.

Each time we go into the quantum state we freeze particles in the reality state based on what or how we are taking the measurement. We can set up our measuring device on the upper end of the coherence continuum or the lower non-coherent end.<sup>2</sup> In either case, our measurement device (focus of consciousness) will cause a collapse of the quantum superposition and will act as a filter between all of the infinite possibilities.

Our minds are also quantum-measuring devices. Our thoughts produce electromagnetic waves that have the ability to induce electrical impulses in neurons. This is how our thoughts or consciousness translates into nerve impulses that puts us into action. This conscious electromagnetic field (CEM-field) is transferred throughout the body by the oscillations carried through the cerebral spinal fluid and the interconnected crystalline structure that makes up the body holographic. Our cells respond and entrain to our CEM-field by adjusting their quantum-measuring apparatuses to select that which conforms to our conscious or subconscious expectations.

Disease can therefore be seen as the result of the cell's distorted quantum perspective. Electrons become misplaced in protein molecules and metabolic processes become derailed as a result. Changes in cellular metabolism can set off a whole cascade of mutations. Because the cell's monitoring of the quantum field is constant we

between a calcium electron and any other electron. The chickens know (intend) that their eggs are made of calcium so they produce calcium rich eggs whether or not they have adequate supplies of dietary calcium.

Yogis that have reached high states of consciousness and are able to perform miracles are also able to tap into the quantum world. What is a higher state of consciousness but the merging into the state of infinite possibilities?

Holographic Repatterning is a quantum tool. It allows us to break the pattern of our cellular consciousness that repeatedly reaches into the quantum realm only to continuously bring back the same old low-energy state in our relationships or physical health. The HR modalities change the vibration of information frequencies at the cellular level. Once the intention has shifted our cellular quantum-measuring apparatus will manifest new and exciting realities from the quantum world of infinite possibilities.

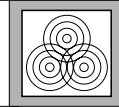
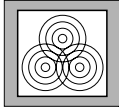
## References:

<sup>1</sup>McFadden, J., *Quantum Evolution*, W.W. Norton & Company, 2000.

<sup>2</sup>Wordsworth, C.F., *A New Perspective and New Possibilities*, HR Journal, Vol. 7, Issue 1, March 2002.

<sup>3</sup>Ballentine, R., *Diet and Nutrition, a Holistic Approach*, Institute Press, 1978.

The *HR Journal* encourages dialogue between our authors and our readers. Please submit any questions or comments you may have for Stephen regarding this article. At the editor's discretion, your input and Stephen's responses may appear in future issues.



BY CHLOE FAITH WORDSWORTH

**Q**: Dear Chloe: Could you give me some input on how to take my sessions deeper?

**A**: This question covers so much material that I've decided to answer your question in two parts. (*Part 2 will appear in the next issue.*) The first step in your practice of HR is to become comfortable with the HR books and your muscle-checking skills. Reading the books, doing self-sessions and sessions on others, and using the modalities every day, if possible, generally bears fruit quite quickly in terms of the confidence you experience doing HR sessions. Then comes the feeling that your sessions could go deeper, that more *is* possible.

The following ideas may give you a few hints, which you can practice over time. They represent the process I have applied to myself for deepening my own work with HR.

***The Power of Orientation.*** Before doing a session on yourself or someone else, make sure that you are oriented. To be oriented is to be grounded, centered, relaxed and calm. Doing the New Beginning Pause before you see a client always orients you in the direction of being able to facilitate a deep and powerful session for yourself or client. When you are calm and relaxed, it allows you to create a safe space or container for your client. We only allow ourselves to go deeply into our process when we feel safe.

Ask yourself what creates safety for you and your client. For some clients, external factors such as the environment in which the session is being given and the professional appearance of the practitioner may provide that sense of safety. For others, the sense of safety may be heightened by your ability to explain HR in a way that your client understands, or who you are as a person and how you relate.

The most important factor always lies within the self:

- Do you resonate with being in a neutral place of compassion with your client, even if their actions and words challenge you?
- Are you relaxed and able to breathe—rhythmically

rather than sporadically or holding your breath—especially when strong feelings surface?

- Are you comfortable being with your client's process, even if it means being at the edge of the unknown?
- Do you resonate with being fully present and focused throughout the session, even when the session activates your own patterns?
- Can you make the distinction between your own patterns and your client's patterns, acknowledging the similarities to yourself and yet staying in touch with your own and your client's uniqueness?
- Are you able to use the wisdom of your own experiences at the appropriate time to bring a deeper understanding to the client?
- Are you able to have a similar pattern to your client's and yet keep silent because you know that sharing your experience at that time wouldn't support them?

This is the power of orientation. Orientation supports our inner connection to what is life giving, for your self and for others. To practice this level of orientation on a consistent basis requires self-work and receiving sessions from experienced practitioners. This allows you to go deeper into your own process of identifying and transforming your unconscious patterns, which in turn will allow you to support others in their process.

Observing and experiencing other HR practitioners doing sessions also provides you with a model for the kind of depth that you would like to facilitate. As a result of your own sessions you experience the feelings that emerge, and their power and the relief that results as the underlying patterns causing your painful feelings are transformed. This in turn allows you to be comfortable with your clients' feelings as they surface.

*This concludes part one of Chloe's answer. In the next issue, she'll explore the power of silence, eye contact and acknowledgment for taking sessions deeper. Also covered is the Energy Constriction Release and how to determine when feelings or reactions are helpful or are merely disguising the real feelings or core issues that need to be expressed and released. Ed.*

*I have been searching for the most efficient ways to heal my whole adult life. Five years ago, I received my first HR session and my life direction took a new turn from that day forward. The work of HR*



*was unlike anything I'd ever experienced before.*

*I'd received sessions in many different healing techniques before experiencing HR; however, HR identified missing pieces in my life in a way that no other work had been able to access.*

# HR and the Body Connection

by Susan Wisniewski

Accredited HR Practitioner, Shepherdstown, West Virginia

Early in my HR journey I noticed how two unmet needs consistently presented in my self sessions: “positive touch” and “protection from harm.” My self sessions connected to obvious areas from my childhood; times when I had been tickled by my father and times when I had been spanked by my parents. Tickling and spanking were the only types of touch I recall receiving from my parents as a child. I believe my father thought that tickling his children was a fun way to relate to us. The reality was that tickling may have been fun for him, but it felt uncomfortable to me.

Through HR, I started to look at the effects of these two actions on my mental, emotional, physical, and spiritual levels. A positive action from a self session indicated that it would be helpful for me to receive massages. It made sense to me. If, as an adult, being touched makes me uncomfortable, then perhaps receiving positive touch in the form of massage would help turn this around. Prior to this, I'd

received sessions in cranial sacral therapy, polarity therapy, yoga therapy and acupuncture. This time, my body was calling for hands directly on my skin. I began receiving massages from a local massage therapist twice a month.

In the massage sessions I began noticing my body's connections to my suppressed emotions and limiting beliefs. Tension held in a part of the body would release once I recognized the feeling that was being “held” there, and breathed it out of my body. I used the energy constriction release process while receiving my massages. At first, I mostly felt fear of being touched and I would release this each time it came up in a different part of my body or each time it came up in a different massage therapy session. In later sessions, other emotions from other events in my life were felt and subsequently released.

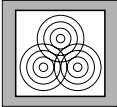
Self sessions done before receiving a massage helped me move through the issues, feelings and beliefs that I was working on at that time. I would further release

these or related parts each time I received massage therapy. The combination of HR and massage sped up my healing dramatically. HR has literally become a part of me. It is almost second nature now for me to shift into mini HR sessions whenever I need them. The energy constriction release has become my most favorite and useful tool. This simple technique has helped to bring great healing and awareness into my life.

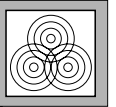
My body continues to evolve and now, three years later, most of my tension is gone, my sensitivity has increased, I can feel how energy runs through my body, I have an awareness of how my body parts are interconnected, and how important the body-mind connection is.

I continue to receive regular massage myself, and I now recommend to all my clients that they receive regular massage sessions at least once a month. The clients who do this seem to move faster and more smoothly along their own personal healing journeys.





## UPCOMING EVENTS



### HR CONFERENCE, JUNE 7-9 WHAT'S NEW IN 2002?

by Maureen Waters

*The Seventh Annual HRA Conference, June 7-9 in Scottsdale, Arizona, offers a grand opportunity to renew your connection to self and others, deepen your understanding of our holographic Universe and HR, enhance your skills, network and enjoy poolside resort life. Bring your friends and family, and plan to have a great time!*

This year's theme is *Coherence: Exploring the Universal Patterns of Life*. We have an outstanding lineup of presenters before, during and post-conference!

"Each conference seems to be better, more full of energy and offers more unique information than

the last," says Bobbie Martin, who has a BA in psychology and more than 20 years of energy healing experience. She entered full-time HR practice 11 years ago and will be offering her popular post-conference seminar, *Building Your HR Practice*.

"This conference will completely fill the SunBurst Resort," Bobbie says. "To be surrounded by 300 people of like mind and intention, and be constantly exposed to so many inspiring sources, promises to be more blissful than I may be able to handle," she laughs.

#### What's New for 2002?

**Post-presenter moderator.** Chloe Faith Wordsworth, HR's founder and developer, will moderate question-and-answer sessions following each speaker's presentation. Chloe has offered to help us integrate each speaker's information in order to deepen our understanding and application in our life and our HR practice.

**Child care options.** Last year Kaye Paton, an HR practitioner since 1996, and her family drove across

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HR Association members  
earn a reduced rate for registration—  
a good reason to become  
a member of the Association  
if you haven't already made that choice.

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country from Arkansas to attend. "My entire family enjoyed it tremendously," says Kaye. She serves as a reminder for those who haven't yet made a firm decision to attend. "There's so much to learn," she says. Kaye reports that the informa-

tion she received last year about Ray Castellino's work and images of the fetus helping in delivery has been invaluable to her practice when doing diffusions.

This year, childcare options and age-appropriate craft classes will be offered, helping make the HR Conference truly a family vacation destination.

**Spouses.** Spouses are invited to attend the Thursday night opening reception (see sidebar) and the Sunday afternoon closing ceremony without charge.

**Lunch-on-your-own option.** All-vegetarian meals are included in the regular conference registration. A reduced no-lunch registration fee is an option for those who choose to have lunch on their own, at local restaurants.

If all this isn't enough to entice you to attend this year's conference and discover what surprises are in store for you, don't forget to take advantage of the opportunity to meet and mingle with HR members from around the world. All events are held at the SunBurst Resort in Scottsdale, Arizona. To make your room reservations, call now, 1-800-528-7867.

## Visit Our Presenter Lineup on the Web site: [www.holographic.org](http://www.holographic.org)

Pre- and post-conference workshops provide insightful bookends for this year's conference. Pre-conference workshops feature Rebecca Wing and Chloe Faith Wordsworth. Wing, featured in the

March issue, will offer an experiential day of exploring sound and its effect on the mind and body. Chloe will present part of her new pilot series, *Primary Patterns, Part I*.

Popular post-conference workshops include Chris Fernie's Qi Gong intensive, Bobbie Martin's *Strengthening Your HR Practice*, Wendy

Anne McCarty's *Personal Life Patterns: The Impact of Prenatal and Birth Experience*. This year, Ella Nacht presents *Deepening Your Practitioner Skills*, a must-attend for anyone serious about becoming an HR Practitioner. (See below.)

### A Vision to Behold Welcoming Reception Thursday evening, June 6

Nationally acclaimed photographer/speaker, Mark Tucker, of Healing Heart Productions is the featured presenter for this year's welcoming reception, an event you won't want to miss. Mark will offer a remarkable presentation of awakening through exquisite imagery and life-affirming music. His enchanting slide shows are inspirational journeys honoring the majesty and wonder of life.

Mark's work has been presented at the United Nations; Harvard, Yale and Princeton Universities; Eastman-Kodak and many other corporations; as well as countless numbers of social, spiritual, academic and health-care centers throughout the world. To date, more than 500,000 people worldwide have seen his work.

What a great way to entrain for what promises to be the most illuminating HR Conference yet!

### *Deepening Your Practitioner Skills*

presented by Ella Nacht  
HR Council Member

Tuesday, June 11

Ella Nacht will present a post-conference seminar on essential elements of the helping relationship. This can be used to enhance your facilitation of an HR session and will ultimately help every relationship in your life. Ella is familiar with her subject matter. She's earned a masters in counseling from Seattle University where she has been a clinical supervisor in the Graduate Counseling Department since 1996. "I will be presenting about half of what we normally cover in the first clinical class in graduate school. I'm inviting participants to be ready to receive a lot of very helpful information that they can start using immediately. We will be using the Problems Into Opportunities and New Possibility Intention sections of the Rainbow Book for the practical application of these skills."

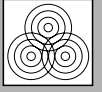
Ella will present ten basic counseling responses you can use to help your clients move through the HR process

toward greater coherence. Using these basic responses you will learn the following:

- effective ways to open and close a session;
- how to pace and lead a client;
- how to create and maintain a healing environment;
- how to avoid making common mistakes such as giving advice and cheerleading.

You will increase your confidence in how to respond to a client by knowing what is helpful and what may not be helpful. There will be time to practice these skills in triads and to ask questions.

Participants are asked to bring their Rainbow Books and an eagerness to expand their communication skills. If you have questions, e-mail Ella at [LNACHT@AOL.COM](mailto:LNACHT@AOL.COM).



## HR ASSOCIATION TO BEGIN RESEARCH PROJECT

*by Ella Nacht, HR Council Member*

Wouldn't it be nice to have the ability to offer someone the latest research on Holographic Repatterning (HR), and be able to answer questions regarding HR with valid data? That day is approaching.

For some time now the HR Council has wanted to conduct research on the efficacy of HR. I am happy to announce that we are now in the process of writing our first research proposal. This research is important to HR because it will provide validity in the professional realm.

The research will be done using a survey style approach to gather perceptions and reactions of both the client and the practitioner. This first step in doing formal research will give us some preliminary findings so that we can be in a better position to obtain financial backing (i.e., grant money) for further study.

The process of writing the proposal is very extensive and it has taken the Research Vision Team many months to get to this point. The group consists of Dorinda Hartson, Joan Rood, Naneen Boyce and Ella Nacht. We have also had generous input from HR Council members Stephen Linsteadt and Ardis Ozborn.

The Research Vision Team has enlisted the services of a research scientist to begin the process of designing the study. The project will proceed in four phases:

- 1) develop a research proposal
- 2) raise funds or obtain a grant to implement the study
- 3) implement the study
- 4) compile data analysis and reports

This project represents a significant opportunity to advance the profession of HR, gain insight into how practitioners and clients perceive HR and begin the process of documenting HR's effectiveness.

Of course, a project like this one requires funding. If you have experience in procuring research grants or have worked with foundations that provide financial support for research of this nature, please contact the HR Association at 505-533-6060 or e-mail [hra@holographic.org](mailto:hra@holographic.org).

We also need people throughout the HR community to participate in this process—the more participants who fill out the surveys the more valid the survey results. Anyone interested in participating in the HR research project in your area, please contact Ella at 425-823-1166 Ext. 4#.

### DO THE MATH

What does your annual Holographic Repatterning® Association membership fee cost you per day over a year? **Less than 10¢.**

How much does a \$345 HRA member's conference registration cost per day over a year?  
**95¢**

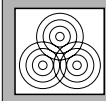
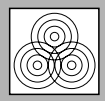
Add a one-day pre- or post-conference seminar at about \$100,  
Cost over the year? **27¢.**

**Total: 10¢+95¢+27¢=\$1.32.**

Of course, you have to add the cost of your room and travel expenses, but it still adds up to a per-day cost pretty close to the **price of a bagel and a cup of coffee.**

The **benefits** to your life and/or your HR practice?

**Immeasurable.**



## NEW SOUND MODALITY INTRODUCED: QUANTUM HEALING CODES

by Netta Pfeifer, Director

We've added an exciting new HR sound modality: the Quantum Healing Codes CD. The new modality is the creation of Stephen Linsteadt, an accredited HR practitioner and naturopathic doctor, who uses quantum medicine concepts in his clinic. The CD includes a descriptive booklet. On the back of the CD there is a list of the tracks containing the note or intervals. The booklet explains the tracks, including whether the track is a single note, dissonant interval, or consonant interval.

I talked to Stephen in some detail about Quantum Healing Codes. Here's what he had to say:

**N:** What makes the particular set of notes on the CD so special?

**S:** Even before Pythagoras, it was known that all matter owes its existence to the resonance of frequencies. When one talks of creating physical matter you can't escape that everything also has a geometric foundation. It is the relationship between geometry and frequencies which makes these notes so special.

**N:** How did you come up with these specific notes?

**S:** The original idea came from Dr. Leonard Horowitz's book, *Healing Codes for the Biological Apocalypse*. Based on frequencies that were supposedly known by the ancients, the codes were purportedly hidden in the Bible. What interested me was that they are based on the numbers 3, 6, and 9. From the

standpoint of sacred geometry these are very powerful. Then, a client brought me Michael Schneider's book, *Beginner's Guide to Creating the Universe*. Schneider describes how you can build your own universe with basic geometric shapes using the elements of 3's, 6's and 9's. Armed with a new geometric perspective, I went back to Horowitz's notes and started to do some mathematical calculations.

**N:** What happened next?

**S:** I was doing an HR session with a client that needed to hear two tuning forks—one in each ear. When the modality started he said, "That's the interval of the tri-tone." He turned out to be a musician with a good ear for intervals. At his next session I came prepared with some calculations which intrigued him enough to offer to record the notes on a CD. During his next session, of course, all of his modalities were from that CD. I asked him to record all of the notes in all the different intervals and that completed the Quantum Healing Codes CD.

**N:** What kinds of experiences have you had with the Quantum Healing Codes?

**S:** Inevitably they come up during the Diffusion Repatterning to shift the non-coherent frequencies of a dissonant interval. A dissonant interval produces very hard to listen to sounds that can be almost excruciating, for example, the crying of a baby. Or, the groan you make when

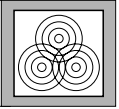
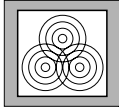
you injure yourself, or the wail that happens in times of grief. If I identify that type of dissonant interval, the Quantum Healing Codes CD makes it very clear that a frequency pattern must be removed quickly from the system.

When you hear a dissonant interval, you want that tone to move immediately to a harmonizing consonant. Your emotions seek equilibrium in the consonant. Therefore, the consonant interval identified for the Fusion Repatterning brings resolution to the earlier disturbed frequency pattern in a very tangible manner. Clients usually sigh with relief after their session. They feel much lighter.

The Quantum Healing Codes CD and booklet (and all other HR modalities) will be for sale at the Conference. The price of the CD is \$30.00. The HR Sales Team will be available at the conference from Tuesday, June 4, until the close of the Conference on Sunday, June 9. We look forward to seeing all our HR friends again this year; make plans to come in, browse and ask questions!

In the meantime, visit our Web site at [www.hrsalesusa.com](http://www.hrsalesusa.com).

To contact Netta at HR Sales-USA:  
Phone 928-204-9960  
Fax 928-204-9905  
E-mail: [hrsales@sedona.net](mailto:hrsales@sedona.net)



MUSIC, PHYSICIAN FOR TIMES TO COME

*an anthology by Don Campbell, Wheaton, IL: Quest Books, 1991*

*reviewed by Kathie Joblin, Accredited HR Practitioner, Parry Sound, Ontario, Canada*

I had the privilege of meeting Don Campbell several years ago when he came to Toronto for a one-day workshop sponsored by the Learning Annex. I was so inspired by his presentation that I bought his book, the subject of this review, only to discover that it was on the reading list for HR practitioners! I had some music background, having taken piano and singing lessons when I was growing up, but had never really explored the potential of music for healing.

The collection of 23 essays in this book, including two by Mr. Campbell himself, represent the thinking and writing of a wide spectrum of people involved with music and healing, including musicians, music therapists, physicians, scientific researchers and spiritual teachers. The essays are organized into four sections: *I. Listening: The Art of Sound Health*; *II. Music as Timeless Therapy*; *III. Potpourri of Music's Potential*; and *IV. The Eternal Future of Sound*. Campbell includes a brief introduction to each section and to each of the authors.

Space does not permit me to review each essay; however, I thought that I would comment briefly on the essay by Jill Purce, *Sound in Mind and Body*, since many of you are familiar with her recording of Tibetan overtones. She describes

the work of Dr. Hans Jenny, and states that his work inspired her to study the creative power of sound. As she looked into the traditional literature of different parts of the world, a common theme emerged: that the world was created and continues to be created by sound. She calls this a metaphorical description of a vibratory universe. So it seems that long before physicists began talking about the holographic nature of the universe, the world's mystics were "tuning in" to this reality.

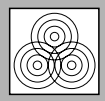
This ancient understanding survives in the spiritual practices of Tibet, where sound is considered a bridge between spirit and matter. Traffic on this bridge goes both ways: if spirit can become matter through sound, then matter can become spirit again through sound. The voice acts as the vehicle for traversing the bridge. Perhaps you have experienced something like this in "losing yourself" while singing songs together with others around a campfire, using a mantra in meditation practice or singing hymns together in church. I had this experience recently, when the choir I belong to presented Bach's *Mass in B Minor*. Singing this wonderful work for choir, soloists, and orchestra carried me to another realm.

Jill Purce concludes her essay by

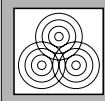
relating an experience she had in a school, teaching children who were dramatically transformed by the singing experiences she taught them. The much-needed transformation of humanity lies within our reach, she believes, with the harmonious use of our voices.

*Music, Physician for Times to Come* is a wonderful and comprehensive introduction to healing with sound. Many of the essays include bibliographies that suggest further reading; many of the authors have Web pages. The Sound Healers Association, ([www.healingsounds.com/sha](http://www.healingsounds.com/sha)), founded by Jonathan Goldman in 1982, is an excellent source for further information, and includes links to many other interesting related sites.

Don Campbell is the author of nine books, a composer of original healing music, and the creator of the Mozart Effect® books and CDs. He is the founder and director of the Institute for Music, Health and Education in Boulder, Colorado, and travels widely, teaching, speaking and consulting. His mission is "to bring music to its central place in the modern world as a resource for growth, development, healing and inspiration." For more information about him, visit his Web site at [www.mozarteffect.com](http://www.mozarteffect.com).



# ■ HR PRACTITIONERS ■



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• HR Practitioner does Proxy Sessions

❖ HR Practitioner does Proxy Sessions for Animals

**THE UNITED STATES**

**Arizona**

Catalina Abril	602-268-1834	Gila Bend
Victoria Benoit•	602-864-7662	Phoenix
Susan Billings•	623-566-8691	Peoria
Kathleen Cherish	480-461-1448	Mesa
Lyndis Durwin•❖	928-778-3730	Prescott
Erika Faulkner•❖	480-423-8038	Scottsdale
Grace Galvanoni•❖	602-992-7478	Phoenix
Dorinda Hartson•	602-999-2538	Scottsdale
Sheri Jyoti	602-550-9567	Phoenix
Ironwood		
Pamela Joseph	480-391-9894	Scottsdale
Susan Kansky	480-947-5161	Scottsdale
Fern Lewis	480-832-0104	Mesa
Joy Marshall	480-451-6650	Scottsdale
Merrily McCabe	602-564-1141	Phoenix
Donna McIntyre•	520-745-1401	Tucson
Ardis Ozborn	480-481-9023	Scottsdale
Netta Pfeifer•	928-204-9960	Sedona
Alyson Reid•	602-494-0094	Phoenix
Dee Rudd•	928-282-1097	Sedona
Susan Sherrill	928-282-8700	Sedona

**Arkansas**

Deanna Jarvis	501-474-6221	Van Buren
Kaye Paton	870-732-1716	Marion

**California**

Julia Ashton	707-522-8505	Sebastopol
Bonnie Berg	650-326-9219	Palo Alto
Stephanie Brill	510-540-8411	Berkeley
Anthea Margi	707-793-2205	Petaluma
Guinness•		
Carolyn	310-226-7025	Sierra Madre
Himmelfarb•		
Patricia Light•	530-343-5451	Chico
Stephen Linsteadt•	619-572-6606	San Ysidro
Robin Lynn-Jacobs•	805-898-0225	Santa Barbara
Holly McClenahan	619-420-2410	Chula Vista
Diarmuid Milligan	650-615-9543	Millbrae
Malaika Namara•	707-773-3366	Petaluma
Penny Paccassi	858-342-5530	San Diego
Cynthia Paul•	310-582-6424	Venice
Joan Rood	714-429-9228	Costa Mesa
Jolie Stevens•	415-713-5698	San Francisco
Terry Trotter	510-527-1472	Albany
Robin Winn	510-644-4196	Berkeley
Judy Wohlberg•❖	707-668-4006	Blue Lake

**Colorado**

Shari Billger	719-748-3412	Florissant
Lee Cronn	719-634-4294	Colo.Springs
Maggie Honton	719-583-2885	Pueblo

Rosellen Lobree	970-482-3801	Fort Collins
Helen Peak•	970-229-0765	Fort Collins
Bailey Stenson	970-482-3448	Fort Collins

**Connecticut**

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

Susana Sori•	305-866-3458	Miami
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**Hawaii**

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

**Idaho**

Romey Stuckart	208-255-2267	Hope
----------------	--------------	------

**Illinois**

Joan Leigh	815-942-0005	Morris
Marjorie Soule	847-475-8825	Evanston
Jeanie Wheeler	847-604-4477	Evanston

**Iowa**

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

**Kansas**

Tina Merritt	913-287-7231	Kansas City
Wendy Teague•❖	913-677-5860	Mission

**Maine**

Naomi Kronlokken•	207-774-3465	Portland
Lucinda Talbot	207-338-9528	Belfast

**Massachusetts**

Susana Sori•	416-924-7912	Boston
Elizabeth Tobin	617-469-2930	Boston

**Michigan**

Mandira Gazal	616-957-3786	Grand Rapids
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**Missouri**

Bobbie Martin•	816-363-0091	Kansas City
Wendy Teague•❖	816-833-8304	Independence

**Montana**

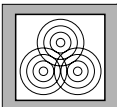
Adele Zimmerman	406-755-4905	Kalispel
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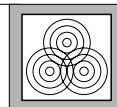
Ellen Shapiro	973-655-1745	Montclair
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**New Mexico**

Naneen Boyce•	505-533-6993	Aragon
Rudrani Brand	505-897-1355	Albuquerque
Marya Corneli•	505-473-3039	Santa Fe
Jan DeRusha	505-821-7194	Albuquerque
Emily Porter•	505-232-3637	Albuquerque



# ■ HR PRACTITIONERS ■



## New York

Michelle Bongiorno• 845-436-9257 Hurleyville  
 Meryl Chodosh-Weiss• 212-628-8260 NYC  
 Kenya DeRosa• 212-252-4715 NYC  
 Leslie Jenney 718-638-4690 Brooklyn  
 Eileen Martin 646-602-2079 NYC  
 Priscilla Martin 212-674-6460 NYC  
 Susan Pasternack 914-679-8079 Shady  
 Ellen Shapiro 973-655-1745 NYC

## North Carolina

Quiana Ele'AnAriel• 828-298-6191 Asheville  
 Annie Hassell 919-643-1696 Hillsborough  
 Georgia Dianne Miles• 828-267-6466 Hickory  
 Tobey Milne• 252-261-6052 So. Shores  
 Helene Zahn-Chilberg 252-412-2008 Greenville

## Oregon

Sally Brunell 503-390-2201 Salem  
 Ted Brunell 503-390-2201 Salem  
 Anne Chozinski 541-487-4877 Alsea  
 Lucinda Hobart•❖ 541-488-4897 Ashland  
 Janelle Kaye 541-752-0071 Corvallis  
 Shady Sirotkin• 541-488-4791 Ashland  
 Nan Tonkin 541-929-2201 Philomath

## Rhode Island

Gail Noble 401-423-2280 Jamestown  
 Glanville

## South Carolina

Kathie Smith 803-366-9453 Rock Hill

## Tennessee

Marcelle Askew• 901-767-4587 Memphis  
 Kaye Paton 870-732-1716 Memphis

## Texas

Nancy Crossthwaite 512-450-1148 Austin  
 Ann DeRulle 972-733-1719 Dallas  
 Lynn Larson•❖ 512-419-1076 Georgetown  
 Sue-Anne MacGregor• 972-898-8833 Dallas  
 Sandra Stringer 512-306-8422 Austin

## Utah

Jayne Lowe 435-635-5212 LaVerkin

## Washington

Jennifer Lurani Evans 206-783-6040 Seattle  
 Jennifer Johnson 360-384-1415 Ferndale  
 Frieda Morganstern• 425-255-3200 Bellevue

## Washington, D.C.

Stacey Coates 202-362-1302 Washington, D.C.

## West Virginia

Susan Grace Wisniewski•❖ 304-876-3957 Shepherdstown

## US VIRGIN ISLANDS

Margot Zimmerman 40-777-3954 St. Thomas

## AUSTRALIA

Irene Cooper• +61-8-8388-8388  
 Pamela de Lacy +61-2-9809-3721 Sydney  
 Lesley Gruzin +61-2-9440-2540 Sydney  
 Kathy Halay +61-2-4758-7126 NSW  
 Ruth Henderson +61-2-9687-6420 Westmead, NSW  
 Rod McLean• +61-2-4946-6136 Newcastle  
 Jennifer Moalem +61-2-9389-8915 Bronte, NSW  
 Viki Sky +61-2-9489-3469 Bondi, NSW  
 Carolyn Tyrer•❖ +61-2-9918-4353 Avalon, NSW

## CANADA

### British Columbia

Michael Fisher 604-264-9011 Vancouver

### Ontario

Karen Brunger 905-773-6599 Richmond Hill  
 Christiane Garczarek 416-322-5044 Toronto  
 Kathie Joblin 705-389-2407 Parry Sound  
 Dr. Ana Lulic-Hrvojic 416-531-2660 Toronto  
 Leah MacLeod•❖ 905-880-3779 Palgrave  
 Lorensa McDonald 905-891-1263 Mississauga  
 Carolyn Winter•❖ 416-410-2349 Toronto

### Quebec

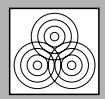
Madeleine Legault 450-682-5508 Laval

## CHILE

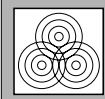
Liliana Bustos 208-52-83 Santiago  
 Andrea Herrera 215-20-60 Santiago  
 Clara Olivares 343-62-79 Santiago

## GERMANY

Ulla Sebastian• +49-2307-73545 Kamen



# ■ HR PRACTITIONERS ■



## IRELAND

Yvonne O'Gorman +44-353-260-1955 Dublin

## JAPAN

Reiko Sakai leikosakai@yahoo.com Tokyo

## MEXICO

Hebe Aloi Sciaini +52-555-212-00-57 Mexico City

Maria del Rosario +52-222-817-59-75 Veracruz

Azpiri Avendaño

Carin Block Bucher• +52-777-311-24-96 Cuernavaca

Karine Bourcart- +52-739-395-07-73 Tepoztlan

Knight•

Gladys Brauwer +52-55-51-529189 Mexico City

Brigitte Bret +52-777-3616-5147 Cuernavaca

Claudia Millan +52-555-281-27-70 Mexico City

Carleton

Mariandrea +52-555-295-38-94 Edo

Corcuera deMexico

Leticia Cruz +52-961-615-75-23 Chiapas

Herminia +52-555-254-67-69 Mexico City

Grootenboer

Jim Knight +52-739-395-07-73 Tepoztlan

Joanna Macias +52-555-570-17-53 Mexico City

Joelle Mann +52-739-395-01-05 Tepoztlan

Adriana Monroy +52-777-317-61-36 Cuernavaca

Lourdes Fernandez +52-777-3616-5147 Cuernavaca

Palazuelos•

Silvia Puente +52-555-529-41-74 Mexico City

Leopoldina Rendon +52-777-318-82-58 Cuernavaca

Pineda

Yuriria Robles +52-555-668-10-35 Mexico City

de Miranda

Anne Signoret TBA Cuernavaca

Lyne Vezina +52-555-291-1803 Huixquilucan

Laliberte

Julia Yasky•♦ +52-322-223-0284 Puerto

Vallarta

## NEW ZEALAND

Lori Forsyth• +64-9-372-5541 Waiheke Is.,

Auckland

## SOUTH AFRICA

SA HR Association +27-11-782-3080

### Cape Town

Karen Wilson +27-21438-2997 Camps Bay

### East London

Kim Hucker +27-43-735-4266 Stirling

Hilary Thacker +27-43-735-2770 Nahoon

### Johannesburg

Gary Allen +27-82-455-8180 Melville

Nicky Benson +27-11-880-3688 Rosebank

Dawn Blankfield +27-11-786-9834 Bramley

Nina Frank +27-11-648-4032 Bellevue

Michael Gunko +27-82-774-8388 Hyde Park

Natascha Heine +27-11-476-7977 Cresta

Niki Kritsos +27-11-485-2667 Bagleyston

Daniele Maggiola +27-11-782-3020 Northcliff

Walter Röntsch•♦ +27-11-782-3080 Linden

Cheri Stewardson +27-11-453-3888 Edenvale

Clarissa Tunstall +27-11-787-9936 Randburg

### Port Elizabeth

Jean Campbell +27-41-484-5401 Mt Croix

## SPAIN

Marie Jeanne +34-93-323-4316 Barcelona

Childers

Elissa Akka Sanchez +34-91-437-70-91 Madrid

## U.K.-ENGLAND

Josie Airns +44-1626-774461 Devon

Marina Duskov +44-798-974-4106 Berkshire

Barbara A. King• +44-07968-754242 Solihull,

W-Midlands

Joelle Mann +44-1865-51-11-05 London/

Oxford

Christina Neumann +44-1803-762665 Devon

## SCOTLAND

Yvonne Bost-Brown• +44-13398-82388 Torpins,

Kincard-

ineshire

Sarah Gibbons +44-131-466-3195 Edinburgh

Joanna Harris +44-1309-690-655 Findhorn

Joanna Legard +44-131-225-8092 Edinburgh

Joanna Legard +44-1309-691793 Findhorn

Helen Nicoll +44-131-221-0789 Edinburgh

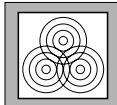
Susie Seed +44-1644-460257 Castle

Douglas

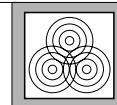
Catherine Vardi +44-1738-840004 Perthshire

Georgia Wolfson♦ +44-141-423-2164 Glasgow





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## EMPOWERING YOURSELF WITH HR

Dates:	Teacher:	Location:	Coordinator:	Phone:
5/25/02 - 5/25/02	Ardis	Seattle, WA	Ella Nacht	425-823-1166
6/15/02 - 6/15/02	Ardis	Warwick, RI	Gail Glanville	401-423-2280
8/17/02 - 8/17/02	Ardis	Kona, Hawaii	Marcel Hernandez	808-775-0946
11/02/02 - 11/02/02	Ardis	San Diego, CA	Robert Chavez	619-476-9444

## FUNDAMENTALS OF HR

Dates:	Teacher:	Location:	Coordinator:	Phone:
6/21/02 - 6/23/02	Lori	Auckland, New Zealand	Lori Forsyth	+64-9-372-5541
6/22/02 - 6/23/02	Ardis*	Kansas City, MO	Bobbie Martin	816-363-0091
8/09/02 - 8/11/02	Lori	Edinburgh, Scotland	Yvonne Bost-Brown	+44-13398-82388

## TRANSFORMING PRIMARY PATTERNS

Dates:	Teacher:	Location:	Coordinator:	Phone:
7/19/02 - 7/21/02	Lori	Auckland, New Zealand	Lori Forsyth	+64-9-372-5541
7/19/02 - 7/21/02	Karine	Seattle, WA	Frieda Morgenstern	425-255-3200
7/26/02 - 7/28/02	Shady	Cuernavaca,	Lourdes Fernandez	+52-777-3616-5147
8/30/02 - 9/01/02	Lori	Edinburgh, Scotland	Yvonne Bost-Brown	+44-13398-82388

## PRIMARY PATTERNS I

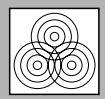
Dates:	Teacher:	Location:	Coordinator:	Phone:
6/04/02 - 6/05/02	Chloe*	Scottsdale, AZ	Ardis Ozborn	480-481-9023
7/20/02 - 7/21/02	Ardis*	Kansas City, MO	Bobbie Martin	816-363-0091
10/11/02 - 10/13/02	Chloe*	New York State	Michelle Bongiorno	845-436-9257

## PRIMARY PATTERNS II

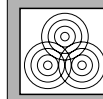
Dates:	Teacher:	Location:	Coordinator:	Phone:
7/27/02 - 7/28/02	Chloe*	Scottsdale, AZ	Ardis Ozborn	480-481-9023
8/24/02 - 8/25/02	Ardis*	Kansas City, MO	Bobbie Martin	816-363-0091

## TRANSFORMING CHAKRA PATTERNS

Dates:	Teacher:	Location:	Coordinator:	Phone:
6/28/02 - 6/30/02	Ardis	Barcelona, SPAIN	Marie Jeanne Childers	+34-936-848117
9/14/02 - 9/15/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
9/14/02 - 9/15/02	Shady	Seattle, WA	Frieda Morganstern	425-255-3200
9/21/02 - 9/22/02	Ardis	Guadalajara, MEXICO	Teresa Barba Rubalcaba	+52-13-633-9044
10/04/02 - 10/06/02	Shady	Cuernavaca, MEXICO	Lourdes Fernandez	+52-6777-3616-5147
10/05/02 - 10/06/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
10/05/02 - 10/06/02	Lori	Sydney, Australia	Jennifer Moalem	+61-2-9389-8915



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### **TRANSFORMING MERIDIAN PATTERNS**

<b>Dates:</b>	<b>Teacher:</b>	<b>Location:</b>	<b>Coordinator:</b>	<b>Phone:</b>
6/01/02 - 6/02/02	Shady	Albuquerque, NM	Shady Sirotkin	541-488-4791
6/15/02 - 6/16/02	Shady	SF Bay Area, CA	Sharon Gang-Molikin	510-638-6662
6/22/02 - 6/23/02	Chloe	Goshen, NY	Michelle Bongiorno	845-436-9257
7/05/02 - 7/07/02	Chloe	Mexico City	Leopoldina Rendon	+52-777-318-82-58
9/20/02 - 9/22/02	Chloe	Cuernavaca, MEXICO	Lourdes Fernandez	+52-777-316-51-47
10/10/02 - 10/13/02	Ardis	Barcelona, SPAIN	Marie Jeanne Childers	+34-936-848117
10/19/02 - 10/20/02	Ardis	Seattle, WA	Frieda Morgenstern	425-255-3200
10/26/02 - 10/27/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
11/09/02 - 11/10/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
12/06/02 - 12/08/02	Shady	Cuernavaca, MEXICO	Lourdes Fernandez	+52-777-3616-5147

### **PRINCIPLES OF RELATIONSHIP**

<b>Dates:</b>	<b>Teacher:</b>	<b>Location:</b>	<b>Coordinator:</b>	<b>Phone:</b>
11/23/02 - 11/24/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

### **HR AND YOUR VISION**

<b>Dates:</b>	<b>Teacher:</b>	<b>Location:</b>	<b>Coordinator:</b>	<b>Phone:</b>
10/05/02 - 10/06/02	Chloe	Catskills Area, NY	Michelle Bongiorno	845-436-9257
11/15/02 - 11/17/02	Chloe	Cuernavaca, MEXICO	Lourdes Fernandez	+52-777-316-5147
2/08/03 - 2/09/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

June 4, 5 & 6

Pre-Conference Seminars to help you deepen and build your skills,  
build your practice, open your heart.

Thursday Evening • June 6

Welcome Reception, including live entertainment.  
Spouses welcome.

Friday • June 7

Welcome & orientation –  
Chloe Faith Wordsworth, HR Founder & Developer  
Keynote presenter – Dr. Lorraine Day  
Q&A: How Dr. Day's work applies to HR  
HR Group Demo – Chloe Faith Wordsworth

Saturday • June 8

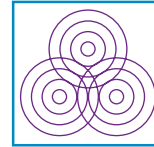
Activating Latent Potential Inherent Within Universal Patterns –  
Jeff Volk  
Q&A: Application of Jeff's work to HR  
Continuum Movement – Robert Litman  
Q&A: Application of Robert Litman's work to HR  
Conference Banquet. Spouses welcome.

Sunday • June 9, 2002

Sacred Geometry – Robert Gilbert  
Q&A: How Sacred Geometry is used in HR sessions  
Breakout Sessions:  
Working with Sound Frequencies in HR Sessions  
Deepening Your Understanding of Energy Modalities  
Children and HR  
Short Group Integration Repatterning, Chloe Faith Wordsworth  
Closing Ceremony  
Post Conference workshops, too!

# C•O•H•E•R•E•N•C•E

Exploring the Universal Patterns of Life



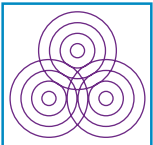
## Seventh Annual Holographic Repatterning® International Conference

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**Plus Pre-and Post-Conference Seminars**

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**Conference Registration:**  
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**505-533-6060**



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PO Box 14  
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ADDRESS CORRECTION REQUESTED