

The **HRA** Journal

A publication of the Holographic Repatterning® Association



Mandelbrot's Crown
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Cover Image

This issue's cover image integrates a fractal, created using the Mandelbrot formula, that has been duplicated and rotated to form a radiating glow around the crown chakra of our Consciousness Science icon. A fractal is the visual representative of the whole in its most simple, essential form. Because it duplicates itself in a repeating pattern, a single fractal contains all of the features of its whole pattern no matter how complex the pattern becomes. The cover image is the artist's interpretation of the energy that transmits consciousness and communicates subconscious messages from one person to another. Read more in the feature article "Coincidence, A Reminder of Our Connectedness," by Dorinda Hartson which begins on page 4.

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The HRA Journal

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From the President

Carolyn Winter

Charting the Course

In this addition of the HRA Journal you will find our first annual report in preparation for our first annual meeting, and in there an amazing list of accomplishments by HRA volunteers and board performed on your behalf. It is a stunning representation of what can be done by an empowered membership with a handful of communication tools together with Holographic Repatterning®, a large heart and deep commitment.

Gail Glanville's report on the Transition summarizes the journey that has brought the association to its new mandate. The certification committee report covers the ground breaking changes that will serve to strengthen the core of our membership for decades to come.

Our financial report indicates that our operations will merit serious review and resolution in 2006, either in the form of fees, new revenue streams or fundraising if we are to meet our goals for future successes. Our available financing supports a very basic operational budget and is strained to meet the cost of our big goals and operational objectives of printing and mailing the journal 4 time a year, funding a conference or marketing HR to the general public.

Our assets are essentially our membership—a group of practitioners who specialize in coherence. Our combined skills and talents, organizational entrainment, and shared vision for success has in some way already brought us to this point. In our short organizational history we have a certification system and registry, a history of conferences, a fabulous journal and web sites that keep us connected, informed and organized. With the completion of the transition and a clear view of our purpose and mandate, I envision even greater possibilities for success given the qualities of each individual member.

The re-launch of the World Peace Hologram project serving the public with a free group proxy session weekly to create peace is in large part due to the commitment of the practitioners who have kept

weekly sessions going for 4 years.

My commitment to this organization is founded in the ideal of what can be achieved when a group of committed individuals align with a shared vision, purpose, goals and values and then collaborate for something more. The hard part is over. We know what we have and we have a basic idea of where to get to next.

What happens next is up to us. Each one of us has a leadership role to play with any contribution we make. I extend an invitation to all members to discover the leader within you and participate in this organization where you can. I can promise a rewarding experience where you will get to know other practitioners, the joy of collaboration and your contribution will serve yourself and others for a long time to come.

In closing, I would like to thank my colleagues on the board and committees for the time and talent they have contributed over the past year. Together we have learned to apply Holographic Repatterning in new ways, mastered the techniques of virtual communication, and with a dose of laughter, made our way around all obstacles to make things happen. It is both a joy and a privilege to serve with you.

A Letter from Chloe

Dear HR Community,

I have just completed the six day Advanced Meridian Training here in Scottsdale. It was wonderful seeing people from all over the USA and abroad too, from South Africa and England. In Chile last month, two HR practitioners flew in from Spain! Always a joy seeing how this far-flung family creates such amazing connections!

The Advanced Meridian Training was particularly fulfilling: for the first time I have completed a Meridian Repatterning for each of the 12 meridians in addition to short self-session meridian Repatternings.

The results were beyond all expectations. One person who had been deaf in his right ear for 40 plus years—he had four ear operations as a child and

his ear drum was removed—recovered 30% of his hearing in the right ear the day following his session! Quite dramatic! Another lady, who had lived in fear her whole life, just petrified, didn't talk to people, wouldn't go out for a long time, was transformed by the Heart Meridian Repatterning: laughing, talking, joining in the group interactions for the first time, being funny—she says that now she can't stop talking! In addition, the day after her session, she reported that her hip and knee, which has been painful for several years, were no longer troubling her: she slept without pillow-support or pain, and can walk, pain-free, up stairs without holding on to the banister.

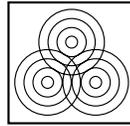
Once more, a sense of gratitude for the gift we can be to each other and those who want this work. A reminder too that it is not the symptom that matters. In both the above sessions we weren't working on the

deafness or the painful hip and knee. Both were about the heart. When we open our heart to love and loving, when we stay open to communicating who we are, the body, emotions and mind spiral into their healing process automatically.

More good news: I have started writing a booklet on HR and hope to have a rough draft in the near future—ever optimistic. My sister, Anthea, a professional editor and a writer, has offered to edit it so long as she is not under any pressure. She is a perfectionist and wants only the highest quality. So I feel blessed by having this support and encouragement.

In terms of the Institute, given my heavy summer teaching schedule, we got a little behind: but now we'll be moving ahead with the new website, legal agreements, trademarking and all

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Coincidence: A Reminder

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

In this excerpt from my book in progress, *Events in the Elsewhere*, we take a look at resonance and its power as a guiding force in nature and in the work we do as HR practitioners.

A coincidence happens and it feels like we've been given a gift from the universe. It surprises and delights us. And the best part is that we didn't arrange any of it. It's more like a conspiracy of positive forces, or a simple twist of fate in our favor. What has happened? Two people are somewhere at a distance from each other and one of them recalls a memory of the other which creates a pattern of vibrations and the other person recognizes these vibrations.

The phone rings and it is the person who was just on your mind. What began as your thought of that person has materialized as their voice at the other end of the phone. Out of

the blue friends or lovers find they are thinking about the same things. We go on vacation half way around the world and meet the person we are going to marry. When these events happen we are amazed by the precision in the logistics. There is no apparent reason for what has occurred and, yet, it is unreasonably right. It is as if there really were guardian angels appointed to our well-being.

Coincidence implies a deep mystery, which cannot be easily solved. The dictionary describes it as: "...A remarkable concurrence of events or circumstances without apparent causal connection." If there is no apparent reason for the connection, how was it brought about? The best answer isn't really satisfactory, because it just defers an explanation by calling it a random event. The truth is science cannot say what is behind a coincidence. Therefore, randomness has become the repository of events without a cause. But that "explanation" creates a huge contradiction because if it's random,

it can't be personal. And the phone ringing with your friend at the other end or true love half way around the world is very personal.

Here is an example of "a remarkable concurrence of events without 'causal' connection." I was sitting in my office on the second floor which overlooks the street. I looked out the window as a client for an HR session was pulling up to the curb. As he got out of his car, another car passed him heading down the street with an intense sound system, mostly bass, that rattled the window glass. I thought to myself, how strange since the neighborhood consisted of kids too young to drive.

My client began his session with the problem which was the fact that he lived in an apartment building and his neighbor played his music at a very high volume. He had repeatedly asked this neighbor to turn the music down, but the neighbor had ignored him. Then he went to the landlord and got similar treatment. I pointed

out to him the string of coincidences—the neighbor, the landlord and the car—and explained that these coincidences could be explained by resonance and HR was a system for changing resonance.

We finished the session and he went home. The next day I called to see how he was doing and he said, “You’ll never believe what happened. I got home and the landlord was evicting my neighbor.” I pointed out to him that now he was resonating with something different and he would begin to notice a string of positive coincidences because of his new resonance.

Angels waiting in the wings to make us happy are in a realm far outside that of cause and effect and not sanctioned as “real” by science. Random is code for, “We are not in control

a fundamental feature of nature we call resonance. We learn in HR that if you strike a specific note on a tuning fork, then bring a second tuning fork of the same note near the one that is vibrating, the second tuning fork will begin to vibrate as well. Instead of force or physical contact, the first tuning fork seems to persuade the second one to vibrate. How does this happen? The answer is, very simply, sympathetic vibration which is the definition of resonance. The second tuning fork is able to sympathize with the first one because the vibration is natural to it. Without the sympathy, the second tuning fork wouldn’t even notice the vibration of the other fork. Resonance is a response from a sympathetic other to a vibration that it recognizes.

Resonance is also defined as the “prolonged reflection” of a vibration,

is why Holographic Repatterning, as a resonance system, is so meaningful. We are able to return to ourselves through this process.

Resonance happens naturally on many different levels of nature. In fact, resonance is one way that Mother Nature can be so efficient and enduring. Resonance acts as a force moving us towards harmony. In many systems, from inanimate pendulum clocks to living organisms, the drive is to return to “synchronous vibration.” In his book, *Stalking the Wild Pendulum*, Itzhak Bentov describes this aspect so beautifully: “Nature feels that it is more economical if two or any number of oscillators (anything that vibrates in a rhythmic pattern) that vibrate at frequencies that are close enough to each other work together, rather than insist on keeping their small difference.”² We experience

of Our Connectedness

and cannot reproduce this event.” A question still persists: Why are some things random and others the result of a cause? Yet we continue to accept randomness as free from needing an explanation. In fact we probably have been doing so for the last 2500 years since Democritus, the famous Greek philosopher, said, “Everything existing in the universe is the fruit of chance and necessity.”¹ Chance (randomness) necessity (cause and effect) are the two forces that were obvious at the time. In modern times we can account for four forces: electromagnetism, gravity, the weak force and the strong force. But none of these explain coincidence. So we are going to pluck coincidence out of the category of random events and look at it as an aspect of resonance and look at resonance as another force of nature like electromagnetism, gravity, and the strong and weak forces. As each force has its function, resonance is the force of connection.

When Chloe created Holographic Repatterning® she introduced us to

or “reinforcement” of it. The resonant vibration is sustained over time and requires very little effort to maintain because that vibration is natural to the system reflecting it. We use muscle checking in our HR sessions to identify the statements pertinent to a particular issue. The words in the statements form a resonant pattern that our body/mind system recognizes. Even though the resonant pattern has been having a negative impact on the person, resonance itself is effortless because by its very nature it is natural to the resonating body. Since resonance is a vibration, we can transform the vibrational patterns that don’t support the growth and happiness of our client by finding the resonant patterns that will “reinforce the reflection” of the positive. The modalities and positive actions are the mechanisms that reinforce the new resonance. By shifting the negative resonance, the system can come into the new state of remembering its true nature before it adopted the negative patterns. This

that in our HR sessions. Our client’s body/mind system wants to return to a harmonious and balanced state and we are there to assist in their process of getting there.

Resonance in the form of “synchronous vibration” happens with the smallest particles of matter as well as with people. In the quantum universe a coincidence happens when first two particles interact, then they are separated by a huge (to them) distance. Something is done to just one of them but that action is registered by the other. This is called a non-local event happening in a non-local universe. The non-local universe is one in which there is a connection but it does not depend on physical contact or the ability to send and receive a signal between them. It is what Einstein referred to as “spooky action at a distance.” According to his relativity theory no thing or signal could travel faster than the speed of light, and yet these two particles are “aware” of each other.

In a non-local universe the parts
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Holographic Repatterning® and the Akashic Field

Caroline Rovari, HR Student, St. Catharines, Ontario

As a student of Holographic Repatterning® I am always amazed at the way the process gets at those beliefs and ideas which block my progress or my well-being. And when it comes to the Modalities for Creating Coherence, the process is able to tap into whatever I have available, such as reading a selection from one of the many books on my bookshelf in lieu of crystal torch or tuning forks which I don't own. As a result of these HR experiences, my curious mind has pushed me along on a journey toward understanding this phenomenon.

In recent years many scientists have written books about physics in non-technical language that is easy for the average person to understand. Many of these writers connect the facts and information about quantum physics to ancient views of this universe, this reality. I am not a scientist, but I am fascinated with the way that the new physics is picturing our world. A holographic world, filled with energy waves and particles that respond to the desires of an aware consciousness. Then there are pairs of particles which, even when separated in space by millions of light years, are somehow connected. The ideas and information from these scientists are giving credence to New Age healers, taking many practices out of an airy-fairy limbo and into a world of practical application

Recently I have read Ervin Laszlo's book, *Science and the Akashic Field*. Laszlo informs us about our world based on scientific discoveries over the centuries. He presents the theories about these discoveries as propounded by leading scientists in several fields of research. Building on what is known and some of their best theories, Laszlo then explains his own "Theory of Everything." He convincingly argues that all elements of the universe are interconnected, or 'entangled' (hence the butterfly effect) and that the Akashic Field is the medium for this interconnectedness.

Akasha is a Sanskrit word meaning

"ether" or all-pervasive space. According to ancient lore, the Akashic Record is the enduring record of all that happens and has ever happened in space and time. Laszlo uses the ancient term to refer to the zero-point field in quantum physics that underlies space and holds the record of all that has ever happened in the cosmos and relates it to what is yet to happen.

The modern Akashic Field or A-Field is the quantum vacuum. Laszlo takes us through the development of this modern theory from the ether-filled invisible energy field of the earlier beliefs to the zero-point field or unified vacuum theory of today. It is a field that carries photon (light) waves and density-pressure waves. Physicist Hartmut Mueller says that the vacuum



is a cosmic ultra weak background that acts as a morphogenetic field. Pressure waves in this field have been confirmed by NASA's Chandra X-Ray Observatory. They found a wave generated by a black hole 250 million light years from Earth. This wave translates into the musical note of B flat, a real note that has been traveling through the vacuum for 2.5 billion years.

Laszlo considers the possibility that this A-Field not only transports light, energy, pressure and sound but that it also correlates separate and distant events. He proposes that this super vacuum is a sea of information. He believes that the spinning particles in the vacuum of space create vortices

and interference patterns something like the wave patterns in water. These patterns form the information that is recorded and preserved. Since the vacuum is a frictionless medium, there is nothing to distort or lessen these patterns. They could move and exist in the vacuum forever. Laszlo calls this process nature's "holograms." His hypothesis is that the quantum vacuum generates the holographic field that is the memory of the universe, a memory of the information of everything from atoms to organisms to populations.

There is another attribute of the A-Field which deserves attention, the non-local nature of particles. It has been shown that once particles have been associated in any kind of process or system, they will remain in instantaneous contact with each other, no matter what distances separate them. They are said to be "entangled." This accounts for the instantaneous coherence exhibited by all kinds of systems. In physics, coherence refers to light waves that have a constant phase difference, resulting in harmonized processes and rhythms. Today, coherence is understood as an almost-instant tuning together of a system's parts or elements. This applies to everything including an atom, an organism or a galaxy.

Laszlo looks at the effects of the A-Field in the living organism, including everything from the minutest living entity to animals and humans. Experiments have shown that information, whether it be internal or external (environmentally generated), is instantly distributed throughout the entire organism whatever its size. We do have neural pathways and hormonal information systems, but the rate of information transfer is too slow to account for many types of instant responses in living organisms and for the evolutionary development of many species.

Laszlo explains how a whole-system coherence occurs. He quotes Mae-Wan Ho, a scientist who equates a whole-

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Five Elements: Fruitful Learning from Our Pioneering Teleseminar

Gail Noble Glanville, HR Practitioner, Jamestown, RI

You know how, deep inside, we challenge ourselves and don't even know it? We don't always understand what's going on, or why, or how to ease the pinch of our discomfort. So we look to endless self-help books, seminars, and other professionals, seeking outside answers that we hope will work uniquely well for us.

We're largely wasting our time. There is a system that is inside each one of us already. It is part of our natural heritage as human beings on this planet. It's called the Chinese Five Element system and, once revealed, it gives us a formidable inner tool for knowing who we are and how we work the best. Once understood, it gives us infallible clues for dealing with our inner challenges, and with other people as well.

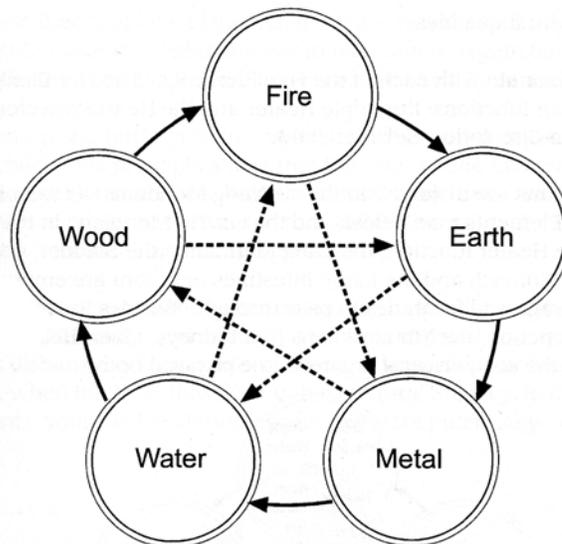
This is the premise with which Ardis Ozborn began the Holographic Repatterning® Association's pioneering 8-week teleseminar on the Five Elements. I was one of 22 participants who joined Ardis every Wednesday evening. Here's a thin-slice version of what I learned and a new way. I have been using the Five Element system since then.

It all starts with Nature. Several thousand years ago, Chinese sages and healers determined to emerge from magical shamanic traditions. They became aware that the elemental cycles of nature were mirrored in human beings and could be accessed to maintain balance and health. The Five Element system is a highly functional, holistic metaphor that reflects universal aspects of a healthy balanced life.

Each one of us aspires to a healthy Wood aspect, meaning movement, flexibility, vision and action. We each thrive with a healthy Fire aspect, meaning friendship, warmth, joy, laughter, play and connection. We all need a healthy Earth aspect, which means we are balanced, empathetic, harmonious and nurturing as we gather in our abundant harvest.

Each of us feels validated when our Metal aspect is healthy; we have a sound structure built on self-worth, spiritual values, truth and integrity. We claim our power with a healthy Water aspect, along with knowing, deep resources, clarity, coursing purpose and calm.

We are born with a natural affinity for one or two of the Elements, and our goal is to live in balance with all of them. They are all in us, operating all the time. Because of the flowing movement of our chi life energy, our inner elements are always interacting. When we are balanced, our elemental aspects operate in a harmonious pattern of ebb and



flow. When we are out of balance, our elemental aspects are all affected. Then it's our job to find the aspect that most needs to be re-balanced and which element can be used to re-establish harmony.

The Five Element system can be understood and used outside of the repatterning we learn as Holographic Repatterning Practitioners. In the teleseminar, we looked at ways the Elements show up in our lives, in our conversations, with our families. As we went more deeply into each element, we became more conscious of their universality.

Each week, we focused on a particular Element, and lived "inside" it for the week. Each time I did that, I learned something new about its qualities. For example, there is an aspect of Fire which has to do with maturation. I came to realize that we are maturing the HRA just as I am maturing my practice and becoming more mature as an adult. During the week of living inside my focus on the Earth element, I became aware of its quality of distribution. I began to look at how I distributed the fruits of my labors, how I might make my practice more available and asked if there were any aspects I might be hoarding.

The big payoff comes in learning to see the Five Elements in others. The secret is to know them intimately in yourself first. Then it's easy to recognize excess Wood in anger's shouting voice and know that some validating Metal respect would cut it back.

You know from the inside what Water flooding with fear feels like, and how nurturing Earth sets up boundaries and embankments to calm their flood. So when you see or hear someone who is fearful, you can empathetically nourish them back to a state of clarity and calm. (Think of Oprah calming the New Orleans flood survivors!)

In my practice, I have begun using the Five Element system in another way. I've found that once someone begins to move out of trauma and the dysfunctional operating systems they have known most of their lives, it helps to teach them about the Five Elements. First they begin to see the healthy aspects of their natural gifts by learning about the Elements in which they have innate strengths. Then they learn the aspects that need to be balanced, and gain an understanding of their own ability to self-heal using this system.

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World Peace Hologram Is Your Opportunity

Despite the global news filled with war, poverty and natural disasters, we now have a better way to create Peace in Our Hearts and Peace for the World.

Now more than ever our service is needed. We have the power as Holographic Repatterning practitioners to make a difference — in our lives, in other people's lives and in our community. We access our power on a regular basis by offering sessions that guide people to new levels of balance, harmony and coherence. Now we have a new opportunity to use our combined powers as an Association of practitioners in a way that will bring increased coherence, peace and prosperity to people all around the world.

Announcing our new and improved World Peace Hologram project and website.

Most of you know that Carolyn Winter, Carolyn Himmelfarb and Lynn Larson created a "Hologram for Peace" program and website immediately after 9/11/2001. More than 600 people from around the world signed up to be proxied in. And 15 certified HR practitioners have volunteered to keep weekly sessions going ever since. Now, four years later, we took some time off to upgrade the interactive management structure of our Peace website. Thanks to webmaster extraordinaire Tony Saad, we now have a beautiful, new, self-managing site. Our sessions resumed on September 16, 2005. Within days of the re-launch nearly 200 participants re-joined and more than 1000 visitors have been to the site.

You'll find the site at www.WorldPeaceHologram.org

Your help is needed. Please join our group of volunteer practitioners. If you can do 2 to 3 sessions per calendar year, you'll find lots of support at the website. You'll be able to list your own practice, even post your photo, and promote your business. You can do promotional tie-ins with your local press, host a world

peace hologram group repatterning on your community and proxy in our more than 500 subscribers. There's a template to follow as you do the session, and clear instructions on how to post the session once complete. At the site, monthly forums allow registered participants to submit their problems and intentions to be repatterned.

All association members are invited to promote the program in their communities, and in their literature.

If you are a Certified Practitioner and want to volunteer your session time, please contact our coordinator Yvonne Brown at yvonne@humanresonance.com

The purpose of the World Peace Hologram is two-fold: The first of course is to promote peace for all, meaning respect, prosperity and work that fulfills our holographic potential. The second purpose is to offer a wider public the opportunity to experience Holographic Repatterning by proxy, and to encourage them to notice the subtle changes that result in their lives because they chose to participate. By volunteering, you support both goals. Yvonne will keep the calendar going, and will be thrilled to sign you up!

Everyone who has participated in this project agrees: "This is one of the most fulfilling ways I've ever done a session."

We have nearly four years of energy built up in our Peace Hologram project. Working with this energy on a global basis is a profound experience, one that will augment your current practice by continuing to expand your own hologram. Please visit the website and register yourself to be proxied in, and please contact Yvonne to find just the right dates on our annual calendar for you to give your global peace sessions. You'll be very glad you did.

Thank you from our hearts!-Gail Glanville and the HRA Board

Nonviolent Communication (NVC)

By Annette Weidner, Germany

Soon after my participation in the three basic Holographic Repatterning seminars, I attended a course in Nonviolent Communication language (NVC). I learned that NVC guides us to reframe how we express ourselves, how we hear others and to resolve conflicts by focusing our consciousness on what we are observing, feeling, needing, and requesting. It is taught by the global Center for Nonviolent Communication, created by Marshall B. Rosenberg, Ph.D. and is meant to help people around the world connect compassionately with themselves and one another through nonviolent language.

I was absolutely excited because I felt

that, in addition to HR, NVC could help me to articulate my feelings and needs in a new way. NVC encouraged others to simply hear my request, consider their own needs, and then decide freely how they would like to respond to me.

During the last 5 years, I have often practiced with NVC. In analyzing conflicts or difficult situations, I get clear by asking:

- what happened?
- how did I feel in that situation?
- what were my needs that had caused these feelings?
- what action could I request that would meet my needs?

These questions are nearly the same as those from the *Energy Constriction Release* (ECR) section of Holographic Repatterning. Just as with the ECR, the last step of NVC is to be clear about what would make all the difference to resolve the situation, and request the specific action.

Marshall Rosenberg, the creator of NVC, teaches us to listen to our own judgmental thoughts from a neutral space, like watching a movie while enjoying it. This is similar to finding our limiting beliefs in HR, bringing them up without judgment and then releasing them.

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Yvonne Brown, Certified Practitioner, Perth, Western Australia



How did you learn about HR?

I discovered Holographic Repatterning in 1997, whilst living in Scotland. During an unrelated training course, the instructor showed us a video of Chloe doing a session on a lady who was randomly selected from the audience. There was an immediate positive outcome.

A chill ran up my spine and that's when I knew I had found the tool I had been looking for, to help me help others.

My dream had always been to help children clear their issues at a young age, so they could develop free from unconscious limiting beliefs and patterns and live to their full potential.

Holographic Repatterning was the tool to make that possible.

Over the next year and a half I traveled around Scotland and England, taking part in all the courses offered and necessary for becoming an accredited practitioner. These included all the advanced courses Chloe offered.

I qualified as a Holographic Repatterning practitioner, in September 1998. I also took all the advanced courses, taught by Chloe Faith Wordsworth.

What was your background?

After high school I trained as a doctor's assistant and then went on to train as an

OR assistant, doing both the surgical and anaesthesiology side. That experience led me into social work and awakened an interest in self-development. I started taking week-end workshops, did a training with the Human Potential Movement and then took time out to have and raise my children. Once their demand on me became less, I started looking for information in the self-development area again and doing the odd workshop

What does HR mean to you?

HR is my passion. It has given me the opportunity to really make a difference in other people's life as well as my own.

I love seeing clients and doing sessions, I love doing proxy sessions, my website is set up specifically for that and I love doing group sessions, either in person or by proxy.

I've been involved with the Hologram for Peace project from the start and have just taken over as administrator of the beautiful new website: www.worldpeacehologram.org/peace

I have always felt it an honor to be part of that and feel very proud of the work we collectively do.

We are still looking for certified practitioners to join us!

The organizational side of HR also attracts. I'm committed to keeping HR alive and thriving amongst practitioners

and the wide community. I've been involved with the HRA-UK since it's birth until my move to Australia and am now involved with the HRA Pacifica. I'm also an advisor on the Interim Board of the HRA in the US and the Certification team.

Since moving to Perth, Australia I've been working hard to get the HR name out to the public—I'm the only practitioner in Western Australia so HR was completely unknown. Through giving talks, doing group repatterning sessions and having editorials published in local newspapers and magazines, I'm slowly getting the name recognized and building my practice.

Do you have a vision for the future of HR?

Having been involved, be it on the side lines, with all the changes that have happened in the US, eagerly anticipating the start-up of Chloe's institute and know-ing the work that the HRA Pacifica is doing to support and move HR forward, I'm convinced we will hit critical mass soon and HR will spread across the globe and be recognized for the brilliant system it is.

For myself – I see myself opening my own center and working closely together with other practitioners of differing modalities. I like to see HR grow in Western Australia, which would mean organizing training workshops and, who knows, even teaching it myself.

The Pathway of Service as A Designated Observer

By Victoria Benoit, M.C., Certified HR Practitioner and Teacher, Phoenix, AZ

A Designated Observer is a Holographic Repatterning® teacher who is dedicated to supporting a Level 1 or Student Practitioner in their process of becoming a Certified Holographic Repatterning Practitioner. Observers are qualified to observe sessions, to give helpful feedback on the session's strengths and on the areas where improvement is needed in order to support both personal and professional growth.

I have had the privilege of being a Designated Observer since 1997, and have recommended certification for several practitioners. I have been in awe of the time, dedication and love put forth by each practitioner. I equate this process to getting a Masters Degree (without the thesis). It includes continuous learning, fine tuning, learning more, overcoming obstacles, learning about yourself, accomplishment, acknowledgement and celebration!

I have especially enjoyed watching the progress a particular student makes from one observation to another and witnessing them make a difference in the life of another in an ever deeper way. I remember giving feedback to one student about the "presence" with another that is needed during an energy constriction release. The next time I observed her, the client was able to access a time that had been unresolved in all her previous time in counseling.

(continued on page 22)

Living an Abundant Life, Part I: Clearing Blocks to Abundance

Ellen Shapiro, Certified HR Practitioner, Montclair, NJ



How do you envision a truly abundant life? Take a few minutes right now to imagine, picture or feel this new reality, and as you do that, notice any sensations in your body. Is there any fear, resistance or difficulty as you imagine yourself doing work you love to do, having a balanced life, AND earning a plentiful living? As you give yourself permission to dream, to envision yourself feeling more abundant, you may also discover feelings of guilt or unworthiness popping up, or little whispers about “isn’t that selfish?” We’ve been heavily conditioned since early in our lives, against what is pleasurable and feels good. We may feel it’s wrong to have more, that we are being indulgent, or simply that we don’t deserve abundance. And then there’s #1 on the negative programmer’s top ten hit parade list: *“Who do you think you are?”*

Women and healers often feel challenged around abundance, worthiness, success, pleasure, and receiving money. We may struggle with it even more than others because we tend to be service and other-oriented (heavy on the Earth element) and because we may not value our skills and abilities (a call for Metal element work). With a metal deficiency, we may be in conflict between money and spiritual values. We may believe it’s more virtuous to have less money, or that it’s wrong to “succeed” and have more than others. Thus we are unable to nourish our water and create good cash flow, financial reserves and a good supply of vitality to help us move forward with our goals and visions (wood) into new beginnings.

As you begin to charge clients, and then move more into promoting and marketing yourself, I can guarantee

you that any non-coherence you have around money and self worth will pop right up! Unless these patterns are resolved, our marketing may lack energy, consistency and focus, and won’t bear great fruit. Or we may block our success by being disorganized, failing to return calls or follow up with returning clients. We may hesitate to ask for our full fees, or be uncomfortable, or in some way block getting paid. What do YOU do to block the flow of abundance?

As skilled practitioners who’ve invested significant time and money into our training, we offer a highly valuable service—Holographic Repatterning sessions. Just as with any other aspect of our lives, the higher we raise our frequencies and clear old non-coherent patterns, the more money, success and business will flow to us. We need to feel that we are worthy, and that the work is valuable.

Thank goodness we have the Abundance Repatterning and so many other HR tools to help us transform our money blueprints. Tons of new resources and books are also out there for changing our energy around money. We need to do our individual work around abundance, since we all have our personal money stories. We also have some collective money stories, which have emerged over and over in the Abundance Repatterning groups I’ve been offering in the last few years. See if you relate to any of the following beliefs, and if you do, go right ahead and get out your repatterning books!

For healers, and women in particular:

“Making money isn’t spiritual, so is it right for me to get paid for spiritual work” (Lurking underneath that might be *“Money is the root of all evil.”*) *“Caring for other people is something that we should all do naturally, it shouldn’t have to be a*

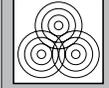
service performed for money” or *“Healing work should be free.”*

If you view what we do in HR as spiritual and humanitarian work (which indeed it is, whether God is mentioned or not), then you may unconsciously associate it with ministry or social work—and neither of those fields pay too well. Given that money is our society’s main way of recognizing and rewarding what is considered of value, then we place a low value on most of the work that involves caretaking for others: childcare, eldercare, housekeeping, teaching, and of course motherhood itself. Even where these roles, historically filled by women, became paying professions, they are not paid well, relatively speaking. The truth is that in an ideal world, if we did need healers at all, it would be easy for anyone to access their healing abilities and help others, and no money would need to be exchanged. To some of us, in the ultimate ideal reality we wouldn’t even need money. But, until our economic systems change drastically, to live comfortably or to prosper, we need to be able to value & charge for our work.

“I shouldn’t need to make a lot of money; that’s a man’s job” *“If I’m taking care of others, others should take care of me financially”* *“I can’t handle math and finances”* *“It’s not okay for me to out-earn men or to want more money.”* Most women have blocks about money because we have a huge historical imprint. It hasn’t been very long at all, historically, since women were even allowed to own property and entered the paid workforce—just a few generations. Even if we were raised by feminist parents, as I was, we are still in reaction to the underlying position that women are dependent on men for money.

“It’s not safe to be too successful.” *“It’s not okay to be too visible.”* *“I might threaten others.”*

(continued on page 21)



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

PRACTICAL ADVICE is a regularly appearing column in the HRA Journal.

Each issue will focus on readers' questions relating to establishing a thriving Holographic Repatterning® practice.

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

A: The key word in this question is "attract." Attracting clients is the only way to build your practice. Regardless of whether you advertise or do other outreach, it's the state of your own coherence that will attract potential clients to you. So how does one attract clients? One attracts clients through intention and frequency. The Law of Attraction states that like frequencies attract like frequencies. Or, as we say in Holographic Repatterning, what we resonate with is what we attract into our experience. Resonate with your intentions and you'll start to outwardly manifest them.

The first and most obvious way to attract clients is to use the Holographic Repatterning process to ensure that you're resonating with attracting them. Holographic Repatterning is the perfect tool to use to manifest the type of practice that you want to have. I would suggest receiving sessions from Certified Practitioner(s) who already have a full-time practice as well as giving yourself sessions, and trading sessions with colleagues. Working with a practitioner who already earns their livelihood doing HR will help you to entrain to the vibration of HR as a viable profession.

Before you book an appointment with a practitioner or sit down to do your self sessions, spend some time thinking about who your perfect client would be. This will help you clarify who you want to attract. Do you want to work with individuals, families, couples, children, businesses,? Envision what qualities you would like your clients to possess. A basic intention I set for myself is that I work with clients who are ready to create positive change in their lives, who are open to what comes up in the HR session, who understand that change is a process and that

multiple sessions may be beneficial, who value my services, are able and happy to pay me for those services, and who recognize the benefit of the Holographic Repatterning sessions in their daily lives.

Think about how you want to work with people—on the phone? In person? By proxy? Where—in your home, in an office? When—Days? Evenings? Weekends? Once you get clear on what you'd like your practice to look like, and who you'd like to serve, then you can use the HR process to ensure that you're resonating with your intentions.

Another way to attract clients is to give thanks in advance as if you have already attracted all of the clients you want. Here's an exercise that I recently learned: get into a high energy state of joy and gratitude, then give thanks for all of the clients you are serving who are making wonderful progress and whose lives are changing for the better. See this in your mind's eye and feel it energetically. Hold this energy for at least 17 seconds then in multiples of 17, 34 seconds, 51 seconds, until you've worked your way up to 68 seconds. Do this once a day or more often if you can.

Another of my favorite attraction tools is the Gratitude Journal. Everyday write down five things for which you are thankful. This will help you to feel and sustain the vibration of gratitude on a regular basis. And gratitude, as we know from the Appreciation Repatterning, is a high level of coherence that puts one in a highly attractive state.

As long as you're amping up your attraction potential, consider bringing yourself into resonance with attracting people who can help you increase your clientele. One section of the bagua in Feng Shui relates to helpful people. While it may not take a village to build an HR practice, you will need people to support you. Helpful people may include clients who refer their friends to you, contractors who support your enterprise with skills such as accounting or web design, other healers in allied modalities who trade sessions with you or introduce you to their network, etc.

I've found that an important aspect of attracting helpful people involves shifting one's own resonance around the issue of competition—your own limiting beliefs and what you may perceive to be others' non-coherence. The old paradigm revolved around competition and winning. The new energy paradigm is all about supportive relationships and cooperation. There really is enough of everything for everybody!

Now that we've explored some ways to get energetically aligned with attracting clients, in the next issue we'll explore some practical alternatives to advertising.



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.

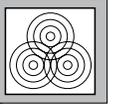
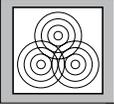
**"Sharing Our Gifts"
Monthly Proxy Group**

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

Elizabeth Tobin, JD;
Certified HR Practitioner

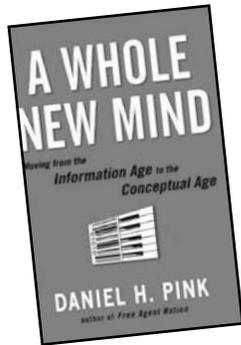
et@megaHRgroups.com
617-469-2930

Register on-line at
www.megaHRgroups.com



*A Whole New Mind:
Moving from the Information Age to the Conceptual Age*

A new book by Daniel Pink



Book Review by Gail Glanville

“The last few decades have belonged to a certain kind of person with a certain kind of mind—computer programmers who could crank code, lawyers who could craft contracts, MBAs who could crunch numbers.

But the keys to the kingdom are changing hands.

The future belongs to a very different kind of person with a very different kind of mind—creators and empathizers, pattern recognizers, and meaning makers. These people-artists, inventors, designers, storytellers, caregivers, consolers, big picture thinkers—will now reap society’s richest rewards and share its greatest joys.”

What great opportunities for Holographic Repatterning practitioners! When you read this book, you’ll find yourself thinking: “I knew that, I recognize this, I do just what he is describing - all the time.” And then you will realize just how profound is the shift that is occurring in our lifetimes, right under our noses.

Daniel Pink is a former White House speechwriter who writes articles on business, work and politics for The New York Times, Fast Company magazine, and on-line magazines like Slate and Salon. He is a prolific writer, and about the last person one would expect to write a mind-shifting

book like this. I try to imagine what it took for him to transition from his White House job to a laughter club in Bombay, to a “Drawing on the Right Side of your Brain” class, to animating ideas like inventiveness, empathy, joyfulness and meaning.

To make his case for the transition, he begins with a linear, logical left-brain analysis that will satisfy his more traditional constituents. Pink argues that our society has, for nearly a century, been dominated by a form of thinking that is reductive and overly analytical. He describes the three forces that he believes are now jump-shifting us out of this form of thinking.

The first is Abundance. Because we live in unparalleled abundance, we are now free to pursue less material goals and fulfill our yearning for purpose and meaning. Pink quotes a writer who says: “The most striking feature of contemporary culture is the unslaked craving for transcendence.” Most Westerners now have the time, money and inclination to pursue higher levels of happiness and meaning.

Second, is Asia. That’s where the left brain jobs are going, to countries with a growing middle class, educated and hungry for the kind of work that they can do for less money than Westerners can. The kind of work that propels them into the upper middle class in their own countries. Pink argues that today’s “knowledge workers will ...have to command a new set of aptitudes. They’ll need to do what workers abroad cannot do equally well for much less money — using (right-brain) directed abilities such as forging relationships rather than executing transactions, tackling novel challenges instead of solving

routine problems, and synthesizing the big picture rather than analyzing a single component.”

The third is Automation. Let’s face it, computers are, he writes, “simply better, faster and stronger.” The three professions that have become most affected are computer programmers, physicians and lawyers. In the medical field especially, these developments “are changing the emphasis ... away from routine, analytical and information-based work and toward empathy, narrative medicine and holistic care.”

Having outlined his case, Pink jumps right in to answer the question: “How can we prepare ourselves for the Conceptual Age in which the main players are the high concept creator and the high touch empathizer?”

His description of this age might well be the language we find in our Certification Manual: “...high concept involves the ability to create artistic and emotional beauty, to detect patterns and opportunities, to craft a satisfying narrative, and to combine seemingly unrelated ideas into a novel invention.”

High touch involves “the ability to empathize, to understand the subtleties of human interaction, to find joy in one’s self and to elicit it in others, and to stretch beyond the quotidian, in pursuit of purpose and meaning.”

Finally, Pink describes the six new right-brain aptitudes knowledge workers must master to complement their already adept left-brain skills. I quote liberally because they are all qualities we desire as successful practitioners.

1. Not just function, but also DESIGN. Our products and
(continued on page 17)

Plugged in for Greatness

**Holographic Repatterning® Association
First Annual Meeting and Virtual Conference
November 19, 2005**

Save this insert for
the Annual Meeting

This year we will meet via teleconference. You will need a phone line, and you will have the option of following information on your computer screen. If you don't have a computer, you can still join in comfortably by phone. When you register, you will receive the call-in number and complete instructions.

SCHEDULE: SATURDAY, NOVEMBER 19, 2005

1:15pm - 3:00 pm EST Teleconference On-Line Preliminaries

You can participate at your convenience between 1:15pm and 3:00pm EST.

- Go on-line to receive & /or download documents to read prior to the Annual Meeting. Most of these documents are printed on the following pages of this HRA Journal.
- Go on-line to submit your intentions for the day.
- Go on-line to the Exhibit Area to shop for web store products with special prices and offers from the Association and from HR Sales.
- Go on-line to submit your intentions for greatness as a practitioner, and your limiting beliefs, to be repatterned in a live session with Chloe.

3:00pm - 4:30pm EST The Annual Meeting of Members

Via Teleconference Call. Call in just before 3:00pm EST to the number provided when you register. This year we will have computer access available for those who want to watch the documents on their computer screen as the meeting progresses.

AGENDA

Orientation, from Holographic Repatterning

Call to Order: Carolyn Winter

Introductions & Explanation of meeting venue

Financial Report: Ellen Shapiro

Transitions Report: Gail Glanville/HRA

Certification Committee Report:

Kathy Kulaas and Elizabeth Tobin

Vision and Goals for the Coming Year–

President's Report: Carolyn Winter

Nominations Report–New Board Members:

Kathie Joblin

New Business: From the floor or off the wire

Instructions for voting: Carolyn Winter

Closure, from Holographic Repatterning

Motion To Adjourn

Hang up and enjoy time out. You can go on-line during this time and add more proxy statements for the live session with Chloe, or take advantage of the Exhibit Area's special offers.

6:30 - 7:30 pm EST Teleconference Call & Live Repatterning with Chloe Wordsworth

We will reconvene by calling in just prior to 6:30PM EST.

Chloe will conduct a live session via teleconference (and computer screen if you want to watch the session statements). Your on-line submissions will all be included.

TELE CONFERENCE COST: US \$80

Includes access to Exhibitor's Area, on-line submission, documents, discounted prices, Annual Meeting and Live Session with Chloe Wordsworth

TELECONFERENCE REGISTRATION

You can register on-line or by calling the HRA office. You'll receive the call-in number, access code and instructions for computer participation.

ON-LINE: www.holographic.org • Phone: 1-800-685-2811

**Holographic Repatterning® Association
Income Statement for the
Year Ended 12/31/2004**

Income:

Membership dues	\$ 33,212
Conference Income	11,429
Administrative fee	9,405
Sales: brochures/tapes	1,451
Donations: research fund	6,057
Donations: unrestricted	3,808
Manuals/reprints/misc	1,665
Total operating income:	\$ 67,028

Interest income: 14

Total income: \$ 67,041

Expenses:

Conference Costs	6,370
Brochure/audio production	1,511
Accounting fees	722
Bank fees	39
Computer software	136
Internet expense	811
Journal:	
printing & distribution	11,033
Office Expense	1,475
Office Supplies	892
Other payroll expense	1,683
Payroll taxes	528
Postage	1,202
Printing & reproduction	494
Rent	1,800
Research expense	5,776
Salary expense	22,674
Service charges-	
merchant acct	829
Telephone	4,263
Website/webmaster	2,220
Committee expenses	3,230
Council expenses	2,218
Interest expense	103
Misc expense	191
	\$70,199

Net income (loss) \$(3,158)

**Holographic Repatterning® Association
Balance Sheet for the Year
Ended 12/31/2004**

Assets:

Business Checking \$2,718.74

Total Assets \$2,718.74

Liabilities & Equity:

Loan Payable \$3,228.03

Retained Earnings (509.29)

Total Liabilities & Equity \$2,718.74

**TRANSITION REPORT: June, 2004–November, 2005
Compliance with US IRS 501 c 6 Trade Association Status**

The Holographic Repatterning® Association (HRA) was initially formed around the teachings offered by Chloe Faith Wordsworth in her unique art and science of holistic behavioral repatterning. Its members were, and are, students and certified practitioners of Holographic Repatterning®.

As the Association grew, it was intended to be a traditional non-profit 502 c 3 organization. It was operated in that fashion, oriented primarily towards teaching Holographic Repatterning to people around the world and managing their certifications.

In 2002, the US IRS turned down the HRA's application for a tax-exempt non-profit status because the founder directly profited from the sale of books and seminars. Instead the Association was given the more accurate not-for-profit Trade Association status.

In order for the Association to come into compliance with this kind of tax exempt status, we were required to make some significant changes. In effect, this designation required us to separate the business of Chloe and the teachers, ie, offering training seminars, selling books and other products, from the Student/Practitioner Association dedicated to practitioner certification and

success. The alternative choice would have been for the HRA to give up its tax exempt status and become folded into the founder's taxable business.

In July, 2004, Gail Glanville, Jeanne Supin and Carolyn Winter submitted a proposal to the HRA Council that outlined the steps required to make this change. The Council voted unanimously to accept the proposal.

To implement the transition, an Interim Board was formed in August 2004. This Board included Crystal Chissell, Carolyn Campora, Gail Glanville, Kathie Joblin, Ellen Shapiro and Carolyn Winter. The primary focus of the Interim Board was to create new bylaws, set up the processes for a new Board of Directors and their replacement schedules, and begin to re-orient the Association away from seminars and towards empowering and promoting Certified Practitioners.

The Interim Board enacted a Certification Team sub-committee who were charged with updating the HR Certification process, creating an interim certification plan, and drafting a new Certification Manual.

Informational communications with the membership included a new website, JUMP, and frequent email news updates in addition to the HRA Journal.

By January 2005, the revised bylaws and a slate for the Trade Association's first Board of Directors was mailed out to the membership and posted at our website. The new Board added Kathie Kulaas and April Smith-Gonzalez to the members of the Interim Board who agreed to continue in their role for either one or two year terms. This way a revolving slate of Board members was established according to the new bylaw requirements.

In August 2005, the Interim Certification Plan was put into effect. That same month, the HRA inaugurated its first teleseminar designed specifically to support Practitioner certification standards.

Next steps include establishing a Marketing sub-committee, revising the HRA website and creating more teleseminars. With the creation of the Holographic Repatterning Institute, the seminar listings will be transferred from the HRA site to the Institute's new website.

Once that final step is complete, the HRA will be in full compliance with its IRS designation.

HRA Certification Team's Year End Report for 2004-2005

Committee Description

In order to address the concerns of the Holographic Repatterning® community regarding certification, on September 19, 2004, the Holographic Repatterning® Association/USA Board voted to establish a Certification Committee whose purpose was to take into consideration the concerns of the HR community and the desire to work cooperatively with the Holographic Repatterning Institute to support Level 1 Practitioners and Meridian Students in becoming fully certified Holographic Repatterning Practitioners.

The committee started with a full roster that included Jennifer Johnson as Chair, Victoria Benoit, Meryl Chodosh-Weiss, Dorinda Hartson, Nicky Benson, Elizabeth Tobin, Kathy Kulaas, Kimberly Rex and Ronna Loersch. HRA/USA Board President, Carolyn Winter and Board member, Gail Glanville, served as advisors to the Committee.

Since its inception the committee has evolved to include the following members: Elizabeth Tobin, Chair; Kathy Kulaas, Secretary; Victoria Benoit, Team Repatterner and Meryl Chodosh-Weiss, At Large. Current International Advisors include Jennifer Moalem of Australia, Joelle Mann-Bourcart of the United Kingdom, Mindy Stanford of South Africa, Yvonne Brown of Australia. U.S. advisors currently include Carolyn Winter and Honorary Advisor, Dorinda Hartson.

The Certification Committee met weekly (with few weeks excepted) via teleconference calls and also used a dedicated Yahoo Group for additional communications with members who could not participate on calls and to exchange and distribute information to Committee members. International advisors communicated their input via email and on rare occasion via telephone.

Objective

The charge of the Committee was to:

- a. Develop a plan of additional, accessible support, as soon as possible, to current Level 1 Practitioners and Meridian level students seeking certification.
- b. Review the current certification process and make recommendations to the HRA Board for a revised plan of certification that continues to ensure competence in Holographic Repatterning® Practitioners.

Accomplishments

1. Developed an Interim Plan for Certification for current Level 1 Holographic Repatterning® Practitioners and Meridian Level students, which included reclassification of all practitioner titles.
2. Developed a more inclusive, flexible, policy for maintaining Certified Holographic Repatterning® Practitioner status which includes teleconference calls, marketing and business development classes and credit for classes in allied modalities. Extended the continuing education period to two years to earn 32 hours.
3. Revised and updated the former Blue Book now called the Certification Manual with an emphasis on revising the Guidelines for Constructive Feedback. Incorporated the Five Elements within the three categories of Personal, Relationship and Awareness Coherence. Created, condensed and revised the various forms included in the manual.
4. Assisted the HRA and consultant, Eric Kulaas, in developing the IDeclare web site for certification candidates.
5. Met with Chloe Wordsworth and teachers to get feedback on the Certification Manual.
6. Met with Chloe Wordsworth to coordinate the interface of the HRA certification

support efforts with the future HRI's planning.

7. In order to address the implications of the Interim Plan for the international HR community, the C-Team maintained communication with and received feedback from the C-Team's international advisors.
8. Developed internal policies and procedures for the structure and ongoing work of the C-Team.
9. Incorporated the Holographic Repatterning® process into every meeting and appointed a team repatterner to facilitate regular proxy sessions outside of the meetings to enhance team coherence, communication, cohesiveness, efficiency and effectiveness.
10. Devised new methods of meeting certification requirements to include using high quality DVD/Video to demonstrate skills and a limited number of student session trades over the phone.

Summary

The main objective of this committee was met in that an Interim Certification plan is now in place and a new Certification Manual is complete. The IDeclare web site is up and running. And in addition, a new policy for maintaining certification is now in place. The committee has clear procedures and policies for rules of order, decision making, the conduct of meetings and committee member responsibilities.

Goals

The future may include developing a certification process for implementation when the HRI's new curriculum is established and the creation of an International Certification Committee of which the HRA/USA has a sitting member.

Report from the President: The Transition Challenge

Our first year of transition, which required the separation of the founder's company from our not-for-profit Trade Association, has presented many financial and organizational challenges. These include the loss of a full time staff, the challenge of hiring someone via long distance to manage our operations, a loss of revenue as administrative fees from HR classes are no longer part of the Association's revenue base, and the challenge of creating teams who meet in the virtual world instead of face to face.

In our 2004 survey of members and in the research project conducted by Dr. Joel Bennet earlier that year, we found years of confusion about the purpose of the organization. Angry members expressed their concerns about the lack of support for their certifications, process and for marketing HR as a profession.

Additionally, the strained finances made publication of the Journal difficult, and cancelled the possibility of a 2005 conference.

Goals

Three major goal areas encompass dozens of tasks and included:

1. Stabilize Operations
2. Advance and Complete existing projects that serve members' priorities
3. Plan 2006/7

Accomplishments

Stabilize Operations

The Office The most challenging aspect of the organizational transition was to finalize operational strategies not only with part-time staff but virtually. Office operations changed

administrators several times before our current 18 month contract with Josephine Rovari in Toronto Ontario. The office goal in this next time frame is to build a virtual office operation that can be tendered out to qualified staff for management anywhere in North America. We are well on our way, with a 1.800 number, Private Mail Office address, and plans for a data management driven web site where members may update their own contact records. The office also improved online payments with a secure merchant account in affiliation with Wells Fargo Bank

The Web Site(s) Other transitional activities include the re-working of the current HRA web site removing content specific to Chloe Wordsworth's private business, including seminar listing and teacher biographies.

While a major re-design of the web site is still desired, the content presently focuses on practitioners and promotes the public to explore the possibility of having a session. Specific website to support membership communication was established with the JUMP site and the IDeclare-HR.org site (Visit www.holographic.org and select members login in the navigation bar)

Governance – Critical to our mandate for operation was the approval of bylaws circulated among the membership earlier in the year. A major change in operation resulted with the phasing out of the Level 1 practitioner level. Current level 1 practitioners may maintain their designation by declaring their intention to be certified. All level 1 designations are phased out by June 30 2007.

A policy on re-certification requirements was approved and now allows practitioners some alternatives for course re-takes as well as for teleseminars.

At the time of this writing a proposal is being considered by the board of directors to establish a Certifying board to formally approve recommendations for certification.

The Board of Directors met once a week for the first six months or so. Now with many projects coming to maturity, the Board meets via teleconference call once every three weeks, or monthly depending on what is needed.

The Board makes use of the basic Roberts rules of order for its decision making. Additionally the Holographic Repatterning process is used to create coherence for every meeting. Group proxy sessions for the collective board are also held monthly.

Affiliate Agreements – At the time of this writing the Board has approved a policy to formalize its relationship with the other Holographic Repatterning Associations in Mexico, Pacifica, South Africa and United Kingdom. Affiliate agreements offered to other associations include maintenance of the certification registry world wide, provision of the journal for international distribution to members, participation in the IDeclare website and program, and collaboration in joint projects such as the World Peace Hologram.

With our affiliate agreements in place, web sites, model of governance and a virtual office in place we are positioned to be the official distribution agent for the trademark name and logo, to resolve our financial challenges for expansion, and to focus on other projects that support practitioners success.

Advance and Complete Existing Projects

Clear the back log of certification candidates We established a process of identifying who our potential certified membership is and

created a program to support and monitor this function. The the IDeclare-HR website was created to support this achievement. At this writing we have over 50 of our 160 level 1 practitioners enrolled in this program.

Chloe Wordsworth supported the IDeclare-HR process with the announcement of 18 Designated Observers available in North America.

Teleconference Course—A pilot course on 5 Elements and Your Practice was offered by the Association with Instructor Ardis Ozborn. Despite some technical challenges, the program was considered a success and was re-offered in October. Plans for further practitioner training using the teleconference method will continue for 2006.

World Peace Hologram Project—This group proxy program was started in 2001 shortly after 9/11. The goal of the program is to offer the public a group proxy experience to create peace in their hearts to collectively create peace in the world. Over 16 different practitioners have kept weekly sessions going since that time. A re-launch of the program at a new website location www.WorldPeaceHologram.org attracted over 200 subscribers and 1000 visitors within weeks of its September 16 2005 launch. Many new practitioners world wide have joined the volunteer ranks and continue to provide weekly sessions.

Plan 2006/7

Our board agenda for the coming year includes

1. A Board Planning Event to review purpose & vision and devise new strategies. Members will once again be surveyed for their views and opinions.
2. Development of financial strategies to support operations.
3. Implementation of licensing agreements and name changes
4. Establishment of a Certifying Board and long range goals for National Certification
5. A possible name change for the association
6. A focus on Marketing strategies
7. Planning a Conference for either 2006/ or 2007
8. International Relationships with HR Associations

The Future

Here is a sober fact. In the coaching profession, a survey indicated that approximately 50% of coaches earn less than \$20,000 per year,

and only 10% earn more than \$100,000. Our own survey in October 2004 would suggest that our group does barely that. Training in being a great HR practitioner, doing sessions on ourselves and on our business is only 1 step out of 7 that insure a thriving practice. Successfully promoting our work in a way that is congruent with what we offer constitutes the remaining 6 steps that we will work together on as a Trade Association. These include:

1. Set a vision for your business, its size and how it grows
2. Target your ideal clients and how you meet their needs.
3. Improve client relationships and their experience of your service (not just sessions)
4. Provide information in the way your client wants it
5. Build relationships with interest groups and those who will provide referrals
6. Have a business plan, budget and goals, with great positioning, pricing and packaging spelled out.

We are creating a strong base from which to launch our next 6 steps – a strong corporate identity, a clear Certification process and registry, a web site and public relation endeavors that promote the benefits of Holographic Repatterning® sessions. Projects like the World Peace Hologram continually bring the public back to our website and to the directory of Practitioners.

While all of us promote our work individually, there are huge benefits to be had by uniting to promote our work in nationally published magazines. Advertising will direct the public to our web site and directory of practitioners, marketing courses for our members will teach customer focus skills. PR/promotion kits make obtaining local publicity easier, which drives customers to both the HRA website and to individual practitioners. In Holographic Repatterning terms it is called entrainment, – a state where energy more than doubles when fields of energy are entrained.

In the short term, our Board and organizational energy will continue to focus on strengthening our base of operations. But everything we do is focused on reaching our long range goals of creating positive public awareness, of promoting the unique benefits of Holographic Repatterning sessions, and supporting each practitioner in having the thriving practice they desire.

Respectfully submitted,

Carolyn Winter

President
Holographic Repatterning® Association.

Book Review (cont. from page 12)

services must serve a purpose, but also be beautiful, whimsical or emotionally engaging in order to compete successfully in today's marketplace.

2. Not just argument but also STORY. There is always another bit of information that can confuse or change the argument: now the essence of persuasion and effective communication lies in the ability to fashion a compelling narrative...to connect the dots.
3. Not just focus but also SYMPHONY. Out of focus and specialization into synthesis—the ability to combine disparate pieces into an arresting new whole that creates new products and new revenue streams.
4. Not just logic but also EMPATHY. Logical thought is part of our humanness. But beyond too much information and too many advanced analytical tools lies the

thriver's ability to understand one another, to forge relationships and to care for others.

5. Not just seriousness but also PLAY. We know there are enormous health benefits to laughter, light-heartedness, games and humor. Of course there is a time to be serious. But too much sobriety can hinder your career and your well-being. In the Conceptual Age, in work and in life, we all need to play.
6. Not just accumulation but also MEANING. Perhaps the greatest argument for Holographic Repatterning is its role in fulfilling people's search for transcendence. The answers don't come from someone else, rather they come from giving meaning to life from deep inside yourself. Gratitude works, the author writes.

I am reminded of the great strength we have gained as Holographic Repatterning practitioners and students, and

that is to learn about muscle checking and how it works best when wrapped in a specific context. We constantly discern the context and high concept pattern recognition with each session we give. We certainly know that gratitude works.

So in pondering the value of your career, ask yourself these three questions:

1. Can someone overseas do it cheaper?
2. Can a computer do it faster?
3. Am I offering something that satisfies the transcendent, aesthetic, emotional and spiritual demands of an age that is hungry for this kind of opportunity?

If you answered "no" to the first two questions, and "yes" to the third, then you're well on your way to recognizing the great new opportunities that exist for Holographic Repatterning practitioners... by using our skills with a whole new mind.

Our left brain is sequential, logical and analytical. The right hemisphere is nonlinear, intuitive, and holistic. ...Today the defining skills of the previous era—the "left brain" capabilities that powered the Information Age—are necessary but no longer sufficient. And the capabilities we once distained or thought frivolous—the "right-brain" qualities of inventiveness, empathy, joyfulness, and meaning—increasingly will determine who flourishes and who flounders. For individuals, families, and organizations, professional success and personal fulfillment now require a whole new mind.

Letter to the HRA Journal

Naomi Kronlokken, Certified HR Practitioner, Portland, Maine

I am responding to the articles in the August HRA Journal on the topic of marketing. While there was much that I appreciated in the well-articulated material presented, I was struck by the amount of emphasis on "self-promotion."

It seems to me that it would be helpful to reframe this, or, at least, to offer a balancing perspective. For me, and perhaps for others with introverted tendencies, there is a profound difference between promoting myself and promoting the work that I do.

Although we must acknowledge that introvert is a very limited identification and that we are all much more than introverts or extroverts, I also have a response to the way the word "introvert" is used in these articles, particularly as it surfaces in the book review about the book *Brag*. The instructions are: "Get over it!"

My point here is that we don't have to negate our fundamental nature. An introvert is not a less functional human being. It's more a matter of style and preference. Introverts can be great marketers! We just might do it differently.

While I might think of myself as introverted, I am an introvert who has a successful, full time HR practice. In my own process of marketing my work, a light dawned when I realized, "This isn't about me. This is much bigger than I am. Therefore I can just get out of the way and let my joy and enthusiasm for the process of Holographic Repatterning speak through me."

It works! When I share with others, I don't feel that I am talking about myself. I'm talking about the magic of HR—and my reticence disappears.

Resonance is a driving force behind many of the simplest and most complex forms in nature and can be found even in inanimate objects. The first recorded observation of resonance was made by the Dutch physicist and inventor of the pendulum clock, Christiaan Huygens. He was confined to his room in the winter of 1665 and noticed that two of his clocks hanging next to each other came into what he called “consonance” which means harmony. In a letter to his friend he describes what they were doing. “I finally figured out that it occurs through a kind of sympathy: mixing up the swings of the pendulum I have found that within a half hour they always return to consonance and remain so constantly afterwards for as long as I let them go... When in consonance, the pendulums do not oscillate parallel to one another, but instead they approach and separate in opposite directions.”

Exploring the situation further he tried placing them at different angles to each other and different distances. The most interesting position was when they were hanging from two planks that were placed on chairs set back to back. After they achieved their sympathy he purposefully disrupted it and the chairs began to shake and chatter and the planks began to move. Huygens wrote to his friend, “Once the consonance is achieved the chairs will not move any more, only preventing the clocks from leaving (the state of sympathy), since as soon as they try to do that, the small movement of the chairs restores them to the previous position.”⁷

Huygens not only discovered resonance but demonstrated in his experiments that the state of resonance is natural to a system so much so that it will find its way back to that state as the clocks did after a brief spell of shaking floorboards. *Nature, and Daily Life* (Theia, 2004):

Coincidence: A Reminder of Our Connectedness

(continued from page 4)

are never separate from the whole so connection is intrinsic. When we experience the non-locality features in a coincidence, we don’t experience separation because distance does not “break” a connection between the inhabitants of this world, so there is no speed limit that “signals” have to observe. In short, time and space have no function in a non-local universe because their function only begins once the “whole” evolves into distinct and separate “parts.”

In his pioneering work on the wave nature of particles, French physicist de Broglie explained that the “wave associated with the electron is in resonance (i.e., the peaks coincide with the peaks, and the troughs with the troughs) along its trajectory; in other words, ... the wave associated with a stationary state of an electron in an atom is itself a standing wave in the sense of conventional wave theory” (Pullman, 1998).³ This means that the wave is in resonance with the particle to such an extent that they are one and this is why we can only see one aspect a time, either the wave or the particle aspect.

In the quantum universe particles that interact become entangled with each other. Nick Herbert in his book *Elemental Mind* has an additional explanation for this rare type of union.

The possibility waves that represent the particles possess a certain intrinsic “wholeness” that, in the mathematics at least, ties these waves together with unpleasant (to a physicist) nonlocal... connections ... Unlike local fields such as gravity or electromagnetism, this lingering quantum connection is not mediated by fields of force, but simply jumps from A to B without ever being in between ... Particle A is in touch with particle B because A’s wave has kept a part of B’s wave—its phase—in its possession. Because nothing really crosses the intervening space, no amount of interposed matter can shield the quantum connection. Since this non-local connection does

not actually stretch across space, it does not diminish with distance. It is as potent at a million miles as at a millimeter. Just as a non local connection takes up no space, so likewise it takes up no time. A non-local connection leaps between A and B immediately, faster than light. (pg. 180)³

As it turns out recent experiments have actually created this non-local effect proving that it is more than an artifact of the mathematics.

Coincidence is a reminder of our connection to a greater whole. When we are connected to each other and we allow that connection to be active in our lives, we have the possibility of moving in a different frame of reference—one in which the ordinary rules we live by seem to be suspended. We can have a thought and experience a response as if they were happening simultaneously. A sequence of events is replaced by a shared “now.” Time stands still. Distance is irrelevant. We feel touched by something bigger than us and are able to touch others from this more expanded place. We are living in the non-local universe and able to appreciate a new “range of motion” from which we reach each other in the wondrous way of coinciding thoughts and from the expanded perspective that every person and thing is connected.

Scientists can insist on writing coincidence off as chance, probability or even statistical eventuality but the biggest coincidence of all is life itself. Physicist and Nobel Laureate, Steven Weinberg says, “Life in the Universe would be impossible if any one of several physical quantities had slightly different values ... One constant does seem to require incredible fine tuning. This constant has to do with the energy of the big bang.” Weinberg quantifies the tuning as “one part in 10 to 120th power ... If the energy of the big bang were different by one part out of 1 with 120 zeros behind it, there would be no life anywhere in our universe. The universe is tuned for life from its inception.”

Michael Turner, the widely quoted astrophysicist at the University of Chicago and Fermilab, described that tuning with a simile: “The precision,” he said, “is as if one could throw a dart across the entire universe and hit a bull’s eye one millimeter in diameter on the other side.”

That is the ultimate resonance—resonance with the life force! Would the universe we live in have begun and survived its lifetime at the mercy of some nebulous intervention or random guidance? The answer to that question actually has to be found in the heart of each individual because science cannot reach that far. Steven Strogatz, who is well known for groundbreaking discoveries in chaos and complexity theories, comments on synchronous events:

For reasons I wish I understood, the spectacle of sync strikes a chord in us, somewhere deep in our souls. It’s a wonderful and terrifying thing. Unlike many other phenomena, the witnessing of it touches people at a primal level. Maybe we instinctively realize that if we ever find the source of spontaneous order, we will have discovered the secret of the universe.⁴

In his book *The Elegant Universe*, Brian Greene describes resonance as a “natural state of oscillation of a physical system.” Resonance becomes a force of attraction like gravity because anything recognizing this natural state is drawn to it. The attraction is in the recognition of its own natural state. In this way resonance brings patterns of energy together whether they exist as thoughts or as particles. Once the bits and pieces of matter become more complex and dynamic the only way they can recognize each other is through resonance. It is a kind of pattern recognition. This pattern recognition or resonance happens in physics, electronics and of course music.

- In music, resonance means the reinforcement or prolongation of a sound by reflection or vibration of other bodies.
- In electronics, resonance means the condition of adjustment of

a circuit that allows the greatest flow of current of a certain frequency. It takes very little energy of the correct frequency to drive a resonant system. Resonance makes the circuit more power efficient.

- In physics, resonance means the reinforced vibration of a body exposed to the vibration, at about the same frequency of another body—a kind of mutual amplification. Resonance moves the system from one operating frequency to another.
- In string theory, “Just as the different vibrational patterns of a violin string give rise to different musical notes, the different vibrational patterns of a fundamental string give rise to different masses and force charges...the properties of an elementary particle—its mass and its various force charges—are determined by the precise resonant pattern of vibration that its internal string executes.⁵
- In chemistry, the photon (light wave) is absorbed when its frequency is in resonance (sympathetic vibration) with the atoms or electron or anything they meet.
- In chaos theory, the strange attractor sets up “the natural state of oscillation” because it draws the system into a certain path and the system then repeats that path over and over. The strange attractor sets up the resonance in the system and is responsible for the “Order” that is inherent in all chaotic systems.
- The famous fractal which is a product of chaos theory represents the resonance between the part and the whole, much like deBroglie’s theory that the electron has a matter wave. Just like the wave of light has a particle associated with it, the particles of matter have waves associated with them. The fractal is the particle of the whole. It is like the chip of the hologram that still displays the whole picture once the laser light has shown through it.

When we experience a coincidence we experience what the physicists call entanglement. Our life is entangled with someone else’s in a delightful way. And it could be that separation is an illusion. We are all connected and coincidence is our reminder. If on some level we are always connected and the properties of our connection are at work, it would be possible that our thoughts would be like the tiny particle that politely leaves the domain of its field so that we can observe it. It is impossible to know this reality as it really is—both a particle and a wave that spreads out as a field to infinity.

Fritjof Capra, in his book, *The Tao of Physics*, gives us a very clear picture of this field. The quantum field is seen as the fundamental physical entity: a continuous medium which is present everywhere in space. Particles are merely local condensations of the field; concentrations of energy which come and go, thereby losing their individual character and dissolving into the underlying field.⁶

What if we picture consciousness as a field and a thought as a “quanta” or condensation of that field? Then there is no difference between the thing (the thought) and its field of influence. They are coinciding events that illustrate a fundamental example of coincidence! Just as a particle emerges from its field, a thought emerges from our field of consciousness. Since we are not separated from anyone else’s field, then thought is an energetic extension of our connection no matter how far away our loved one is. It is no wonder that HR creates such potent and powerful transformations for people. We are all connected like the entangled particles. There is an economy in our process as we can move the way energy moves—in quantum jumps. We can go from “aha” to “aha” instead of step by step through the purely mental processes we often use to solve problems and make things happen. And no wonder our HR proxy sessions are just as powerful as the ones we do in the same place with each other.

(continued on page 20)

Coincidence (cont. from page 19)

Resonance does not have to travel the local world but puts us in touch free of the limitations of time and space and cause and effect.

So next time we experience resonance in our sessions and in our lives, perhaps we should take a pause to appreciate the moment of oneness. It is resonance that connects us to each other and to the wondrous fabric of the whole.

Endnotes

¹Leon Lederman, *The God Particle : If the Universe Is the Answer, What Is the Question?* (Delta 1994): 59

²Itzhak Bentov, *Stalking the Wild Pendulum: On the Mechanics of Consciousness* (Houghton-Mifflin Company 1993.): 29

³Bernard Pullman, *The Atom in the History of Thought* (Oxford University Press, 1998): 274

⁴Steven Strogatz, *Sync: How Order Emerges from Chaos in the Universe, Nature, and Daily Life* (Theia, 2003): 289

⁵Brian Greene, *The Elegant Universe: Superstrings, Hidden Dimensions, and the Quest for the Ultimate Theory* (W.W. Norton 1999): 143-144

⁶Fritjof Capra, *The Tao of Physics* (Shambhalla Publications, 1975): 196

⁷Steven Strogatz, *Sync: How Order Emerges from Chaos in the Universe, Nature, and Daily Life* (Theia, 2004):106-107

Dorinda Hartson is a Holographic Repatterning teacher and certified practitioner who has been involved with HR since 1993. She is currently writing *Events in the Elsewhere*, a book that explains how the principles of Quantum Physics can give us tips about travel on the internal landscape of our consciousness.

The Akashic Field (continued from page 6)

system coherence to the behavior of a good jazz band, where every player responds immediately and spontaneously to however the others are improvising. Each and every play enjoys maximum freedom of expression while remaining perfectly in step with the whole. The “music” of a higher organism ranges over more than seventy octaves and is the result of the vibration of chemical and molecular processes among the cells. In a very real way, our bodies are part of the Akashic Field, receiving and transmitting information.

Laszlo also asks, “Is there an A-Field in the human mind?” He builds a convincing case for transpersonal connections at all levels of consciousness and bio-communication which can only be explained by a non local consciousness. He quotes physicist Henry Strapp, “The new physics presents prima facie evidence that our human thoughts are linked to nature by nonlocal connections: what a person chooses to do in one region seems immediately to affect what is true elsewhere in the universe. This nonlocal aspect can be understood by conceiving the universe to be not a collection of tiny bits of matter, but rather a growing compendium of ‘bits of information.’”

Here’s how Laszlo answers his question. “The information field that links quanta and galaxies in the physical world and cells and organisms in the biosphere also links the brains and minds of humans in the sociosphere.” His world view is that it is a coherent, fine-tuned, interconnected whole, an Akashic Field. He calls it an ‘informed

universe.’

The Akashic Field by Ervin Laszlo is one of the latest books by scientists and physicists who explain their work in language that all of us can understand. Laszlo’s view of the world we live in is fascinating and for the Holographic Repatterning Practitioner it presents compelling evidence for the validity of this healing system. I believe that HR taps into the Akashic Field and efficiently brings us useful and healing information. The modalities for creating coherence can change or eliminate negative patterns that affect us because those patterns are part of a melody which we have the freedom and the capacity to change, to improvise and to make our own.

Inherent in the use of the HR system is the mandate to make our connection to the A-Field as strong as possible. Chloe Wordsworth’s material is an amazing tool which she continually adds to, sharpening its effectiveness. Each of us can add our own knowledge and skill to the field by reading and learning as much we can to create a strong HR morphogenetic field. I would like to close with a powerful quote from Depak Chopra.

“Knowledge has organizing power.

Special knowledge has special power.

Precise knowledge has precise power.”

NVC (continued from page 8)

Last year I attended the *Principles of Relationship* seminar and found further similarities, especially between the qualities of listening in the *Clearing Communications Repatterning* and the NVC way of interacting that allows everyone’s needs to be equally valued.

For me the combination of HR and NVC is a perfect “wedding”. After using HR and NVC, my relationship with my sons has changed dramatically—from struggles and arguments to a peaceful harmony. I have helped clients, friends,

colleagues, neighbours and family members connect compassionately.

I’m very thankful to Chloe Faith Wordsworth and Marshall B. Rosenberg for these powerful methods.

Living An Abundant Life *(continued from page 10)*

I see two main roots for these beliefs. First, we have a collective legacy of earlier experiences in past lives where women healers, priestesses and midwives had their healing powers denied and punished as heresy, where many were tortured, killed or at best severely ostracized.

Second, we live in a legalistic, credential-oriented culture where many people see allopathic medical doctors as the primary, and the only legitimate authorities on health and healing. As HR practitioners we operate in a completely different paradigm, of course. We don't treat, diagnose or prescribe; in fact our work is in relation not to illness but to non-coherent frequencies. Nevertheless, as healers, many consider HR practitioners to be part of the "holistic health" continuum. We can have fears of being judged, discredited, dismissed or disallowed by the "authorities" or anyone thinking about health and healing in a mainstream way. Many states have considered, or already passed, legislation that could potentially restrict the freedom of alternative practitioners, or require licensing, so the legal status of our work can make us feel tenuous about increasing our visibility.

You may have some very good reasons to stay low profile and fly "below the radar." The important thing is to become conscious of the beliefs and decide for ourselves, how much of this caution is appropriate and how much is simply our non-coherent fears from past and present society. Then we can act with discrimination, wisdom and courage as we move our work into the world in the form that is most perfect for us.

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The Five Elements *(continued from page 7)*

The more they learn, the more they access their own innate operating system and how to maintain it in health. They begin to see how they can apply it in their relationships to others. Their confidence grows.

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Contact Carolyn Winter directly for more information:

phone: 416.410.2349
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web: www.CarolynWinter.com/mpmp.htm

The Pathway of Service as A Designated Observer *(continued from page 9)*

The client felt like a new person!

I often feel like I am helping the student chip away everything that is not a Certified Holographic Repatterning Practitioner so that one can emerge, like a sculptor does with their masterpiece. It is so inspirational!

If this journey is taken as a pathway to growth and development, being the best person and practitioner you can be, it will be like rebirthing or renewing yourself. You may not even recognize yourself and your life will expand beyond anything imaginable. You'll start drawing clients to you just out of who you are and how you are being in the world.

I highly encourage each one of you who are considering this journey to go for it, take the leap and register for this process. You won't regret it!

I am dedicated to this process being as smooth for you as possible. I have had the privilege of working with Liz Tobin, Kathy Kulaas and Meryl Chodosh-Weiss on the Certification Committee, and on updating the interim Certification Manual. It's a beauty. It is intended to be educational as well as practical.

Most of the Designated Observers are available for skills development, tutorial observations, individual mentoring or providing sessions. We are working with the HRA to develop teleconference opportunities or traveling to different parts of the country for your needs. Remember to log onto www.IDeclare-HR.org to make your needs known. I know that you will find this website supportive on your journey to becoming a Certified Holographic Repatterning Practitioner.

In working with hundreds of clients over the past 12 years, one of the greatest frustrations that come up for people is feeling stuck and unable to move forward in accomplishing their goals. My desire to help you have a smooth journey in this process has inspired me to develop a four day seminar called "Heal Your Birth Journey - Heal Your Life." My thinking is that if there was anything holding you back at birth, it's more than likely impacting your certification journey too.

Message from Chloe *(continued from page 3)*

the other organizational opportunities that are coming my way!

My hope is that by the next Journal, if not sooner, I will be able to update all of you with more solid information. I am thrilled with how the HR Association certification team is working to support all the level 1 student-practitioners move forward with their training into the certification process. For example, we've just completed a great teleconference meeting between teacher-designated observers, the certification team and Carolyn Winter, with more meetings scheduled. It's clear that we are all here for you!

Keep up your confidence in who you are and the gifts you bring,

Chloe

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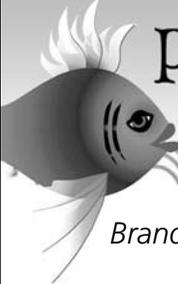


VICTORIA BENOIT, MC
Master's Degree in Counseling
Victoria studied Holographic Repatterning (HR) under its developer, Chloe Faith Wordsworth starting in 1991. Certified as a Practitioner in 1994, and as a Teacher in 1996, Victoria uses her HR skills to clear her clients' unconscious patterns, allowing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

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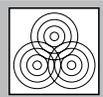


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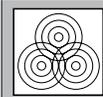
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■ HR PRACTITIONERS ■



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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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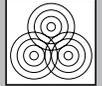
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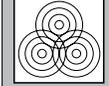
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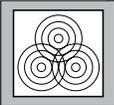
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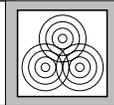
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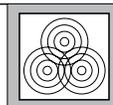
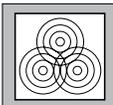
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