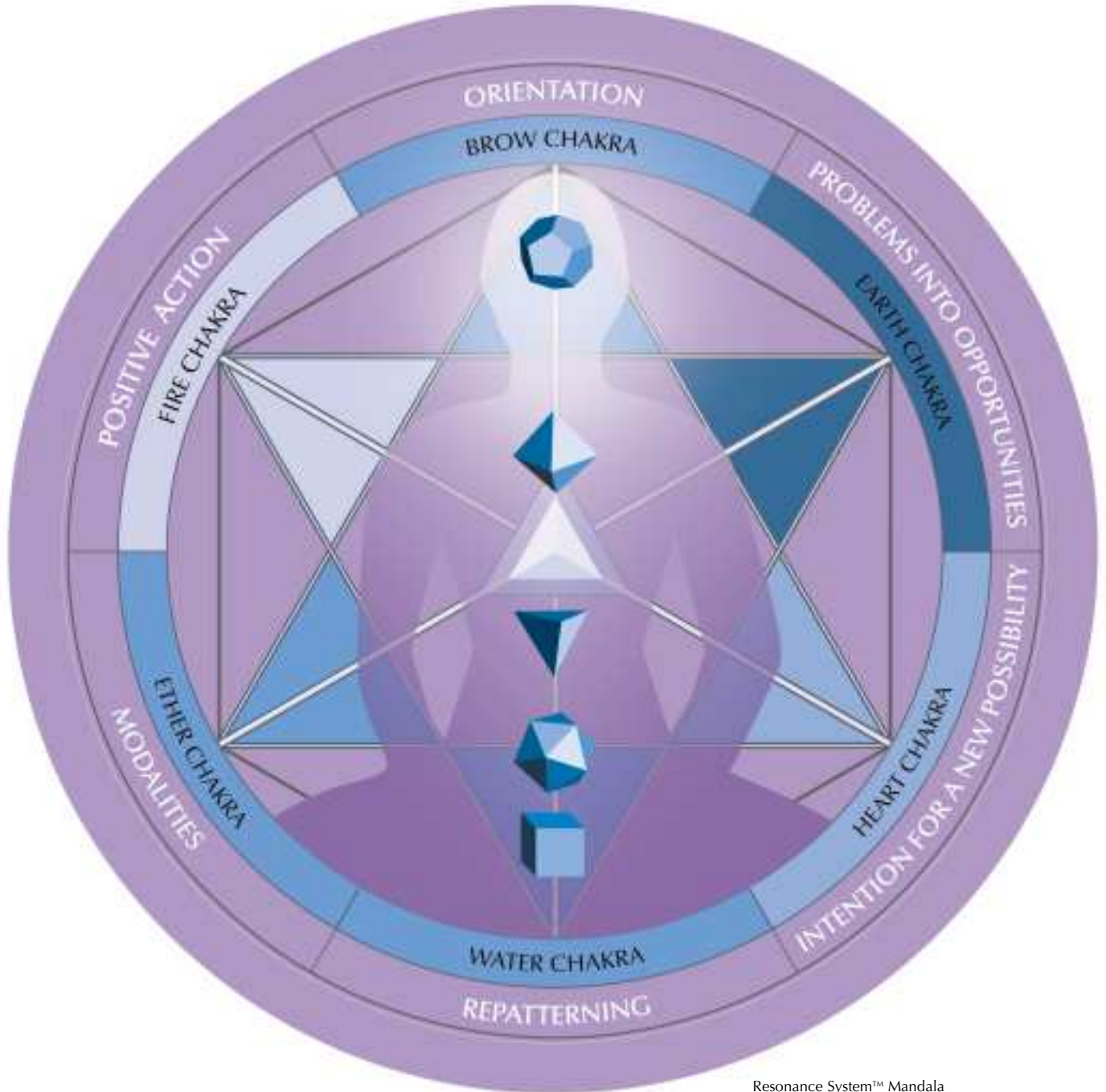


The HIRA Journal

A publication of the Holographic Repatterning® Association



Resonance System™ Mandala
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Cover Image

This year’s Holographic Repatterning Association Journal will center around the connection between Holographic Repatterning and Consciousness Science. Marilyn Hager Adleman worked closely with Chloe Faith Wordsworth to illustrate the cover image that introduces this concept. The image combines the Resonance System™ Mandala—©2005 Chloe Faith Wordsworth—(representing Holographic Repatterning) and a meditating person whose crown/third eye is expanded with the platonic solids hovering over the chakras (representing Consciousness Science).

The Holographic Repatterning Association is a 501(c)(6) not-for-profit organization formed to promote, educate and advance the interests of students and practitioners of the Holographic Repatterning Process for Positive Change. The *HRA Journal* is published four times annually at a yearly subscription cost of \$50 US. HR Association members receive the *HR Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 602-595-0320 or sign up online at www.holographic.org.

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The Resonance System

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From the President

By Carolyn Winter,
President,

Holographic Repatterning Association

Turn the page! It is a new year and a new agenda for the Holographic Repatterning Association. We begin with the work of our Journal committee which has created the new masthead for the Journal. Beginning with this edition and as a result of our transition activities, the masthead reads HRA Journal instead of HR Journal.

Our new editorial policy expands the content of the Journal to include articles from the larger field of Consciousness Science. We intend that this inclusion will position the work of Holographic Repatterning practitioners as a practical application of this new science. Practitioners may find these articles helpful in promoting their work with new clients. Be sure to read the feature article in this edition which addresses Consciousness Science and Holographic Repatterning in greater detail.

By the time you receive this, our new by-laws will have been adopted by the Board and circulated to Association members for consideration and approval. We are grateful to the dedicated work of Crystal Chissel, board secretary, who offers her legal expertise. She has provided us with clearly written bylaws that now reflect our status as a trade association. You'll notice

that the separate membership category of teacher is eliminated, (since that status is part of the Holographic Repatterning Institute) and that all teachers are welcomed as practitioner members of this organization. This is one of many significant shifts in direction.

Turn yet another page and notice with this Journal that we now accept advertising. It is one of the ways open to us as a trade association to generate revenue, much as your local chamber of commerce sells advertisements to its members. As practitioners it is a way to be in touch with the work we are promoting, to find each other for co-operative ventures and to participate in individual and group proxy sessions.

Please let compatible services that would like to reach our HR practitioner base know about the opportunity to advertise with us— all of our activities will be supported as a result.

Create a new page in your HR Practitioner Journal—and call it Business Success. We have taken to heart how much practitioners have yearned for an association that promotes practitioners having a thriving practices and provides the vehicle to get there. Read the detailed article in this journal by marketing expert Kristin Zhivago—author of *Rivers of Revenue*. Be inspired by her suggestions for creating your own river of revenue with the promise you make, and keep, with your clients.

Our marketing committee is forming their agenda to provide many more of these kinds of articles, with strategies to support practitioner success.

By now you will also note that the slate of officers was presented to the membership as acclaimed and are now functioning as a full Board. New members to the board may be approved by

this board until the next Annual Meeting to be held in the fall.

A recent Spirituality & Health article by organizational development consultant Margaret Wheatley quoted a consultant who used to go into companies with problems and ask “what is the problem and how can we fix it?” In this new energy, the consultant now goes into a company in trouble and asks “What is possible and who cares?” I no longer see the Holographic Repatterning Association as an organization in need of transition. Instead we are fertile with possibilities and members with amazing ideas and talent who really care. We are well positioned to accomplish great new possibilities together.

I would love to know the possibilities you see for this organization and how you would like to participate. “They” and “them” at the board and committee level boils down to just you and me scattered throughout the continent and the world, connected via technology, and committed at the level of the heart. I am asking you for your ideas of possibility. If you have an idea for this association OR an area of interest that you would like to develop or work on please contact me by email or telephone.

I look forward to hearing from you, and staying connected with you! Committed to our mutual success,

Carolyn F. Winter
President
Holographic Repatterning Association

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FROM THE HRA JOURNAL EDITOR

Our New Editorial Policy

As the Holographic Repatterning Association, a membership based trade association, continues to shift its focus towards practitioner success, the HRA Journal will reflect this shift. Editorial content will be expanded to include a broader range of topics relevant to HR students and practitioners. During this year, we will include articles from the larger spectrum of Consciousness Science in order to better understand Holographic Repatterning as a practical application of the theories now prevalent in this emerging field. Thus, viewpoints expressed in the articles may

not necessarily represent the views, methods or practices of the Holographic Repatterning Association or its members, but they will always attempt to clarify a relevant point of interest.

Our New Advertising Opportunity

We are pleased to offer the opportunity to place professional advertisements in the HRA Journal. Ads will be accepted from HR practitioners, teachers, the HR Institute and from referral colleagues or relevant suppliers such as Young Living Oils or books by Bruce Lipton.

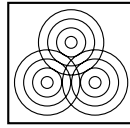
This is a wonderful opportunity to inform your peers of your products and group proxy sessions.

Advertising Rates Per Issue

Business Card Ad	\$ 35
Quarter Page	\$ 60
Half Page	\$125
Full Page	\$200

Ads can be ordered and paid for on the HRA website at <http://www.holographic.org>. Advertisers are responsible for supplying their ads in digital form, emailed to hrjournal@holographic.org. If you need help with your ad, such as scanning or design, Marilyn Hager who designs for the HRA Journal, is offering a reduced rate and can be contacted at marilyn@mrpinfo.com.

Deadline for orders and copy: 04/01/05



Holographic Repatterning

by Tara Jo Herrick, HR Practitioner,
Portland, Oregon

Consciousness science... what is all the excitement? Consciousness science institutes are popping up all over the world. Deepak Chopra has become a household name. Oscar winner Marlee Matlin took a role as a woman exploring differing states of reality. Even the National Institutes of Health funded research on the effects of consciousness on plants.¹ "Consciousness" has become the new buzzword and it is time for the Holographic Repatterning community to take a closer look at the movement of consciousness science.

Consciousness is the culmination of all things in our physical, emotional, mental, and spiritual realms. Theories of consciousness have been around since Rene Descartes and William James. In the late 1800's, Carl Gustav Jung began his exploration into the depths of the human mind. He believed that it was divided into two different states of consciousness: the conscious and the unconscious. The only way for these

two halves of the brain to communicate was by crossing over imaginary "bridges" or archetypes into the unconscious. Throughout his career, Jung examined the intricacies of each archetype, thus exploring an aspect of the vast realm of the unconscious. He believed that the conscious mind held our immediate thoughts, feelings, and senses. When the archetypes allowed us to "see" what swam in our unconscious, these images and feelings became part of our consciousness.

Today, scientists are proving that Jung's contribution to understanding internal states of consciousness contributes to only half of the consciousness science equation. The full spectrum of consciousness science concerns not only the conscious and unconscious but also embodies all the cosmic energy and light of the universe. Quantum physics refers to this energy as a zero-point field; a sea of energy all around us and at every point in the universe. Not only is it all around us, everything and everyone in it are interconnected. Moreover, because of this interconnection, we can consciously participate in our own

evolution. Holographic Repatterning, as a resonance system, provides highly specific tools to do exactly that: consciously participate in our own evolution.

Certainly, Holographic Repatterning practitioners are familiar with "making the unknown known." Holographic Repatterning is the culmination of tapping into consciousness, energies, and delving into the depths of others and ourselves. As Holographic Repatterning practitioners, we enjoy the great gift of subtle energy kinesiology. We are able to read with remarkable precision the world of pulsating waves, and to access its underlying recording medium and elicit hidden truths. We trigger the powers innate in the field to heal clients, ourselves, our relationships and our environments into a new level of coherence and a new phase of consciousness. We achieve this by scientifically bringing information up from the unconscious and making it conscious. In other words, Holographic Repatterning is a consciousness science.

Within the last century, the popularity of conventional, allopathic medicine has grown with the advancement of technology in healthcare. This progress brought with it the problem we now see as overuse of surgery and over-prescription of pharmaceuticals. With the use of these medications and treatments, many Americans began looking for alternatives, seeking a return to the roots of traditional, holistic medicines. As people began exploring health care options, they found that the health care practitioners fell somewhere on a continuum of medical philosophies.

Imagine a continuum with a conventionally trained Medical Doctor (MD) at one end and a Naturopathic Doctor (ND) at the other. At both ends of the spectrum there are “purists” who believe the only way to heal a person is

medicine, all of which reflect varying theories of consciousness science.

This analogy can teach us how to support the Holographic Repatterning community as an application of identifying Holographic Repatterning as consciousness science. This is an important next step for the growth of Holographic Repatterning as it moves into the mainstream. It is important for us to see that our preferred modality of healing and energy medicine is meeting the majority of people in the middle. If Holographic Repatterning remains under its own umbrella—holding tightly to the only form of healing—then it will surely continue to benefit hundreds of people each year. On the other hand, if we allow Holographic Repatterning to spread its wings and acknowledge all forms of consciousness science and energy

that access and reflect the zero-point field of empty space from which all matter arose. Rather than holding ourselves separate and apart, we can jump on the consciousness bandwagon, meet the majority of people at the top of the bell curve, and hit the mainstream. We are one of many who bring consciousness to healing and personal growth. That we are one of the best, and arguably the most comprehensive, ought to give us a front row seat on the bandwagon.

'Creath, Katherine. Measuring Effects of Intention on Plant Leaves Using Biophoton Imaging: Evidential Entanglement between Humans and Plants. Supported in part by NIH P20 AT00774-01 (Center for Frontier Medicine in Biofield Science) from the National Center for Complementary and Alternative Medicine (NCCAM).

and Consciousness Science

strictly through his/her means. The ND at one end advocates no drugs, no surgery, only the purest herbs, whole foods, and meditation. At the other end of the spectrum, the allopathically trained medical doctor believes herbal medicines are dangerous, homeopathy is placebo, and drugs and surgery are the only answer. However, the fact is that the majority of people want to be met in the middle. Occupying this more central point on the bell curve are many forms of complementary energy medicine, all of which reflect varying theories from consciousness science. Although the continuum ranges greatly, some in the middle see the benefits of herbal medicines but appreciate the advances in technology and the gift of certain pharmaceuticals and surgeries. Others want their MDs to suggest acupuncture and massage and expect their NDs to refer them to a specialist or prescribe certain allopathic treatments. The point is that increasing numbers of individuals and medical professionals from all parts of the spectrum are including one or more forms of complementary energy

medicine as one aspect of the same movement, we will strive for and reach a larger audience.

There are numerous ways that therapy and energy work bring consciousness into the lives of individuals. It is not a brand new journey but simply redefining the path we already know. Let us continue to transcend Holographic Repatterning and show the world the practical application of consciousness science. The world of pulsating waves and frequencies can be decoded as color, light, sound, smell, movement and breath, which are the modalities used by Holographic Repatterning practitioners to practically affect and reflect consciousness. Because we are so deeply immersed in this skill as practitioners, understanding the importance of this new field. It will help position Holographic Repatterning in the larger world.

I would like to propose that an important next step for the growth of Holographic Repatterning is to move into the mainstream by acknowledging all forms of energy medicine as tools



Tara Jo Herrick resides in Portland, Oregon and is a healer and practitioner of Holographic Repatterning and Reiki. She has her master's degree in psychology and she has worked in research at the National College of Naturopathic Medicine since 2002. Her research interests include the psychology of health and healing.

(See also: Book Review: The Field by Lynn McTaggart, page 11)

Maslow's "Unconscious Competence" in Relation to Holographic Repatterning: Another Look

By Chloe Faith Wordsworth

I was fascinated by Susan Wisniewski's article (November 2004 issue of the HR Journal) relating Maslow's Four Stages of Learning to Holographic Repatterning and found myself mulling over "Unconscious Competence" — the fourth stage of learning when we have integrated our learning of Holographic Repatterning to one extent or another. To me, this integration leaves us free to be unique in who we are, in how we relate to our clients and in how we use the Holographic Repatterning material to bring wisdom, understanding, meaning and a new point of view that result in a higher energy state of coherence, not only for our clients, but also for ourselves.

I feel that, ideally, each practitioner and teacher moves into this state of "Unconscious Competence" in a natural way, partly through the modeling we imbibe, partly through our own experience, and mostly through applying the method on ourselves. Coherence begets coherence; as our frequency field becomes coherent we automatically impact others in a coherent way.

Teachers of Holographic Repatterning in particular have an extra responsibility in terms of "Unconscious Competence." Not only are they training people in a step-by-step way so knowledge and skills can be learned and applied effortlessly, but they are also training people through practical application—learning and self-healing, unlike most learning systems, is synchronized every step of the way. Simultaneously, Holographic Repatterning teachers, while teaching the same material, are also modeling their own unique approach. This is why feedback from different people in many different countries is similar: "The material is the same but each teacher teaches it in their own unique way. It makes me want to study with all the teachers." When I hear this I feel reassured that our Holographic Repatterning teachers are definitely coming from "Unconscious Competence." We are not about creating clones!

Equally, when I see practitioners use the Holographic Repatterning books from the essence of who they are, I feel a thrill of excitement. In the new Advanced Meridian Training Part 1, we talk of the Shen spirit of the heart and how to connect to our heart's Shen because this, for the ancient Chinese, is what makes true healing possible. Magic

happens when the practitioner is connected to the Shen of his/her heart and is simultaneously connected to the Shen spirit of the client's heart.

So, if "Unconscious Competence" is about connecting to our Shen and the Shen of another, or if it is even more simply a matter of focusing on the issue of the session, the feeling associated with the issue, the age the client imagines is connected to the issue and the client's beliefs or mental state around the issue, then why do we need the Holographic Repatterning books and seminars? Or why did the ancient Chinese develop the complicated, life-long study and practice of Acupuncture; or the ancient yogis of India develop systems of healing based on the Chakras; or modern psychology attempt an understanding of the mind and emotions? These are serious questions. The beauty of Susan's article is that it forces us to look at what we are doing and question the why.

As practitioners of Holographic Repatterning, the first question we need to ask ourselves is: "Are the HR books necessary, and if they are, how do they support us in moving into Maslow's fourth stage of learning called "Unconscious Competence"?"

It is the nature of the mind to run in grooves—in the groove of what is familiar, repetitive and safe. How often do we really challenge ourselves, how often do we question ourselves? For instance, the

wonderful, initial research project completed by Dr. Joel Bennet clearly shows that 90% of clients were very or completely satisfied that Holographic Repatterning helped them with specific problems. But in answer to another question, 3% didn't feel helped, and 45% felt somewhat better in their presenting problems. Are we satisfied with this? Do we ask ourselves why? Is something missing in the HR method? Is something missing in how we apply the HR method? Is something missing in how we relate to our clients? Are we disconnected from our heart Shen? Is our lack of personal coherence getting in the way? Are some variables in the research project unclear?

As an active, full-time practitioner, my intention for developing Holographic Repatterning was based on my desire to know that every session made a positive difference and that each client would also know this. Symptoms might not magically disappear, but something positive would happen that would let clients know they were journeying in the right direction. I also wanted other people—professionals and lay



Abraham Maslow



people—to have the same results. This was the motive for writing the Holographic Repatterning books. Again, the question, are the books necessary? Why not simply develop our intuition, ask the client what their problem is, etc.?

Grooves. We live in the grooves of our unconscious patterns that force us to see what is possible within a limited range. We are driven to think, speak and act from our resonant patterns—sometimes coherent, more often than not, non-coherent! The Mandala aims at neutrality and keeps us and our clients at the uncomfortable edge of the unknown. I had a client who came in with two pages of issues she wanted to work on. The muscle checking and the Mandala said "no" to Problems. "But I want to work on my problems," she insisted. I finally asked her, "Do you want to work on your problems or do you want to heal?" Her system was asking for healing, her mind was asking to work on her problems. Similarly, feelings may or may not be needed, the age may or may not be needed. The beauty of the method and the books is that they often take us to where "angels fear to tread," to patterns we and our clients are not even conscious of.

A lady was carried in to a demonstration-presentation that I was giving. Her back had collapsed and she couldn't move. Chiropractic hadn't helped, nor other healing systems. Problems into Opportunities took us straight to "stress factors" and to a numbered item that simply said, "death." As soon as I said that word she burst into tears. Three months earlier—just before her back collapsed—her best friend died. It turned out that she had always felt estranged from the world, she felt there was no one there for her. As long as she had her one friend she didn't care. But when her friend died she was left with nothing and no one. However, as a result of her collapsed back the whole community rallied to give her support, care and love. Her growing edge was to resonate with many people being there for her, that she was supported and loved—she was not alone.

What was equally fascinating about this session was that a well-known psychic attended the presentation. After it was complete she shared with us that when people come to see her she sees the energy blocks but doesn't always know where to go: in spite of her intuitive sense it isn't clear which blocks are primary. She said that what was amazing about Holographic Repatterning was that the method went directly to tiny energy blocks that she wouldn't have even bothered with in her own practice. What amazed her was that by the end of the session the clearing of these apparently insignificant energy blocks automatically and with ease disintegrated the very large energy blocks that she would have focused on. She was clearly impressed.

The dissonant frequencies in our field are beyond computing, they are beyond our conscious knowing. For instance if you ask a client what the underlying belief is in relation to an issue and he/she writes this down, and then you muscle check from the books what the core resonant belief is, probably 99.9% of the time you will come up with two different beliefs. The same could be said of the age: ask a client what

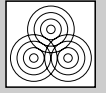
they feel the age is and have them write it down and then you muscle check the age involved and do a scientific observation on how often the two ages are the same. The intention of the muscle checking is to create a neutral space that allows us to identify an age when a frequency became dissonant and the downward spiral to a lower energy state of non-coherence was initiated. We don't need to guess this age, imagine it, intuit it, or use our psychic powers to discern it. All we need to do is muscle check it!

The other day Dr. Sirota phoned me. He started talking about his favorite subject—light! He reminded me that light comes into the eyes and it is essential that the receptors in the retina receive their fair share of this light and transmit these photons—light frequencies—as nerve impulses through the optic nerve to the brain. The brain then receives this stimulus and transmits it to the whole body. Integration of the whole body results. Upsetting experiences, often in childhood and usually associated with the mother (left eye) and father (right eye) "freeze" our eyes so they can no longer move freely the way they are supposed to. We can no longer see "eye to eye"—our eyes, our life, our body, our world, no longer "match." The Vision Repatterning that embody this knowledge and wisdom can be life-changing. Yes, they are long. Sometimes you have to ask questions and you can't see clearly what is going on. Sometimes when doing the Birth Process Repatterning for example, you and the client may feel drugged, hardly able to keep your eyes open. Similarly when doing the Resistance Repatterning in the Energetics book—the very thing you are working on may take you into that state—whether you experience resistance, fear, inadequacy or the inability to see clearly. Working with some of these Repatterning may not always feel efficient, or easy. But when the break-through happens and the energy field is transformed and lit up, we know that facilitating this level of mind-change is a sign of "Unconscious Competence"—although these words hardly describe the gratitude we and our clients experience.

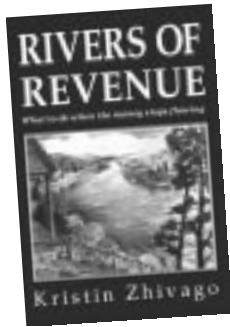
The Holographic Repatterning books represent frequencies—Chakra frequencies, 5 Element and Meridian frequencies, mental and psychological frequencies—more frequencies than we can imagine or access with our limited conscious mind that is driven by its patterns in deep, life-long grooves of familiarity and repetition. If we follow the methodology, we effortlessly and safely access the field, with efficiency and compassion, and effortlessly and safely move out of the field, free of creating further trauma. Our job as practitioners is to identify the frequency resonance pattern to be transformed and identify how the client's system wants to transform it. This is not about using modalities or Repatterning that are familiar to us, or modalities and Repatterning that we enjoy. It is about being in a neutral space and often muscle checking what is not comfortable or familiar to us.

For example, a client phoned me up from another state to say that

(continued on page 17)



Branding: The Promise You Keep



In our interview with Kristin Zhivago, revenue coach for company leaders and author of the popular new marketing book *Rivers of Revenue*, we

asked her to talk about developing Holographic Repatterning as a brand. Her responses give us some insightful new ideas to pursue.

HRA Kristin, in the pilot research study the Association conducted last spring, client respondents said that the three main reasons they come for sessions is emotional pain (depression and anxiety), then relationship problems, and then problems with work/career/money.

We have a good idea from the research that practitioners solve these problems, because the anonymous respondents said they felt 95% better to a lot better after a session.

Our real challenge is to turn this information into a brand that resonates with potential HR clients. There's a brand for "Holographic Repatterning" as a healing system, and then there's the brand that each practitioner must create for themselves. Where do we start?

KZ We start "where they are." As you say, the survey revealed that satisfied HR clients had three priorities: emotional pain (depression/anxiety), relationship problems, and work/career/money.

This makes perfect sense. If we are not happy, we can't have successful relationships. And if we aren't happy and aren't having successful relationships, we can't be productive and focused on output. Instead, we are inwardly focused, and non-productive. This makes us even more unhappy, leading to more problems with our relationships, and more problems in

our working lives. It's a nasty downward spiral.

HR I know that you have had personal experience with Holographic Repatterning. How do you think it helps people get out of the downward spiral?

KZ I think HR can help the individual locate and start to understand the source of the unhappiness—the old patterns that lead to the downward spiral—and then create new patterns of success.

When we are in the downward spiral state, we feel hopeless. So the first and most important promise that HR practitioners can make is that there is hope. This is the basis of most promises, but it will have more meaning as we start to apply it to the specific problems that HR can solve.

One of the reasons that people feel hopeless is they have tried many other methods for solving their problems. As they attempt to solve their problem "once and for all," they consider those other options. This act of consideration—thinking through their options and making decisions about those options—is their "buying process."

Understanding the customer's buying process is pivotal to marketing success. Branding and marketing—and selling, for that matter—are completely intertwined when you realize that the whole point of all three activities is to support the customer's buying process. After all, if the customer is not successful buying, you won't be successful selling.

HRA What do you think goes through the customer's mind during their buying process?

KZ Let's assume someone is depressed but is tired of feeling that way, and is trying to figure out how to solve the problem. First she will consider known options, and then will dismiss them for one reason or another.

"I could call my friend Mary," the person thinks, but then starts to rule it out.

"No, not a good idea. I don't want her to think I'm depressed. And I don't want to bother her with my problem. Plus, she won't be able to relate to it, since she told me once that she couldn't imagine what it's like to be depressed."

On to the next option: "What about a psychologist? No, I've tried that before, and all I did was sit around talking about my problems, and blaming them on my parents, which really never gets me anywhere. Even if we come up with a new way of looking at my problem, and I come out of the session feeling better, it doesn't take much to make me feel worthless again. One small insinuation from my mother, and I need more therapy."

HRA So at this point, this person would be a perfect candidate for HR, right? She's ready to hear that we offer an alternative to her known methods to solving emotional and behavioral problems.

KZ That's right. What she wants is an indication that HR will be different. I think the main difference between HR and other methods is it takes advantage of the fact that all behaviors are patterns, and all patterns can be improved. The word "pattern" then plays an important part in the HR promise.

By the way, I wouldn't even consider using the word "holographic" in the promise, because very few people understand what it means. Plus, it does little to give hope to the hurting, to someone looking for a specific solution to a specific problem.

To build our HR promise, then, I would combine the word "pattern" with the hope message, and the idea that this is a new way of solving emotional problems. The best promises are plain English, and not overly clever, so something as simple as "New patterns for your life" gets us into the ballpark. But it's still too generic; any therapeutic method could make the same claim.

HRA Based on what you say in the

book, I assume you're going to say that we need to interview our customers to find the real answer?

KZ Yes, that's right. HR practitioners, using the kinds of interviewing methods I outline in my book, can listen to the words customers use to describe the benefits they've gotten out of HR. The words they use are the ones that will help you build a branding promise that hits the ball out of the park—that resonates deeply with your potential customers.

HR In the book, you say that your brand is not the promise that you make, but the one you keep. You say that companies have five promise-keeping tools at their disposal. Can you talk about how that relates to individual HR practitioners?

KZ Yes. The five resources that all companies—and individuals offering services—have at their disposal are their people, products/services, processes, policies and procedures. Your "Five P's" are unique. And one of those Five P's are the main reason that your clients keep coming back.

You may think you know which of these is most important to your customers, but you are probably mistaken. We are all mistaken when we listen to our "gut" instead of our customers. It is impossible to see our particular strengths and special gifts when viewed through our own lenses.

HRA How do you go about creating a promise on something as ephemeral as frequency/subtle energy work? This isn't psychotherapy, it's energy work and it operates at the quantum level where matter and energy interface. How do we create a brand and a promise with something this invisible?

KZ In my book, I talk about how engineers would describe Kentucky Fried Chicken if they were responsible for selling it. Their headline would read: "Dead Chicken Parts, Fried In Grease At 200 Degrees." This is an honest description of Kentucky Fried Chicken—it communicates the "what" and the "how." But customers don't really care about what and how. They care about results. What they want is "finger-lickin' good" chicken.

The what and the how are central to your world, but irrelevant to your customers. They want to know how they'll feel and what they'll be able to do once you've helped them. "Finger-lickin' good is a great example of something I call the "visual moment of satisfaction," a description of the peak experience the customer can have with a product or service.

Your goal, as you interview your own clients, is to find the words that do the best job of describing that special moment of hope and healing your client has experienced through you. Turn those words into your promise. This promise will become your brand, because your brand really is the promise you keep.

HRA Thanks Kristin!

For those who would like more information on branding and revenue building, contact kristin@zhivago.com or visit <http://www.zhivago.com>.

To order her book, *Rivers of Revenue*: <http://www.RiversofRevenueBook.com> or Amazon.com—where it has a 5-star average reader review rating.

Who were you in 2002? What was the key in 2003? Did you soar in 2004? How will you thrive in 2005?

These types of questions will be addressed in our new feature section, *The Abundance Corner*. Offered by one of the experts from our Marketing Vision Group, this will be an ongoing article about pinpointing Branding, Marketing and Sales. These strategies are being offered to optimize your position in the marketplace so that you may attract the clients you can best serve and who will appreciate you most.

We will begin the inquiry in our next issue with tips on "Branding Yourself" from Marilyn Hager Adleman of Purple Fish Media, then continue on into Marketing and Sales. Check back on *The Abundance Corner* to reap the benefits of our experienced and talented marketeers.



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In Chloe's Words

Revisiting Orientation

In this series of articles, we intend to relate a deeper understanding of the teachings about Holographic Repatterning to the larger context of Consciousness Science. We'll define consciousness simply as an awareness of the pulsing field of frequencies in which we exist. We start with Orientation as it is described in the Transforming Unconscious Patterns book.

For consciousness to occur, one must first be oriented in that direction. Chloe writes: "For any life-enhancing change to occur you need to be oriented in the direction of nurturance and love for yourself and others. This Orientation ... re-sets your inner compass so you are alert to genuine threats and also face in the direction that nourishes you and connects you to unconditional love."

The ultimate expression of true consciousness is unconditional love. Maintaining our orientation ensures that our first step toward consciousness is solid and steady, facing true north towards love. Chloe observes that we can lose our conscious oriented state if we become emotionally charged, mentally confused, physically tired, or when we enter a new environment. In fact disorientation can cause us to feel

physically tired or mentally confused – both low consciousness states. The simple solution in HR is to check for a modality that can help re-orient us. This is an example of how HR offers concrete solutions that have a positive affect on our levels of consciousness.

One of the most used statements in the Orientation section says: "I am 100% present here and now," a highly desired state of consciousness. Chloe goes on to give the reason why this is important: "You may not resonate with the coherent state of being yourself in the present moment... When you do not resonate with being 100% present it affects how you relate, how you work, how you drive your car and how you feel physically, emotionally, and mentally." When we are 100% present, we are fully awake and conscious observers of who we are, what we are manifesting, and what is happening around us.

With this simple statement we can turn on our system's ability to become more alert and aware, orienting our entire being to the larger system of consciousness that surrounds us.

Results of the Holographic Repatterning Questionnaire

We've tabulated the results from our on-line questionnaire. We had 110 responses and the full results are posted at the JUMP site. Here's what you said you most want. In the first section asking about characteristics, you said in order of what is most desired:

1. I am empowered to create the HR Association my way
2. I'd like a professional Code of Ethics
3. We are unified by a clear Vision and Mission
4. We are professionally recognized
5. We are empowered to practice and describe HR in our own way.
6. Peer Certification
7. Group communications like the Yahoo group

In the second section on benefits, here's the order of what you most desire:

1. An advisory Panel of experts/wise elders to answer questions
2. National publicity on the effectiveness of HR sessions with practitioners
3. Professional training workshops
4. Recognition of studying other modalities to maintain certification
5. Research on effectiveness of HR
6. Multimedia listing of practitioners and their skills

7. Newsletter
8. Holographic Repatterning is known in every household (tied with)
8. Student mentoring program
10. Annual conference
11. Other. These were mainly comments about Certification and training
12. Liability insurance
13. Group proxy work like Hologram for Peace
14. HR at big Trade Shows

We'd like to keep these directives from you in the front of our minds as we proceed. It seems clear that there is a hunger for more information and for more recognition. There was also a certain lack of trust that showed up in the 26 pages of written comments we've compiled. We hear that and understand the responsibility it places on us to find ways of rebuilding your trust. Many thanks for taking the time to respond, many of you in ways that were lengthy and thoughtful and honest. We are just beginning to find the ways to respond appropriately. For now, thank you from our hearts.

Gail Noble Glanville

Technology is *Not* a Dirty Word

April Gonzalez, Practitioner, Florida

Have you ever been technologically challenged? Do computers, the Internet and e-mail leave you scared and needing an Energy Constriction Release? Technology is a scary word for some, yet it represents a tool that is of great benefit to our thriving HR community. Like Rock and Roll, computers are here to stay, so we have been learning new ways to utilize them to stay in touch, to learn, and to provide new services to our clients.

Throughout history, when new technology emerges, so does fear of change. These fears can be debilitating and detrimental. One example is the company IBM. For many years they dominated computer technology and provided the business community with everything they needed in office computers. Even though IBM was deeply invested in the new technology, their blinders kept them from seeing that people would want the same computers in their homes for personal use. They never saw the profound opportunities computers now provide for all of us.

We think profound opportunities also exist for Holographic Repatterning practitioners, so we'd like to encourage your expertise. Fear not, we have repatterning to shift your apprehensions. We have modalities that can turn your nervousness into enthusiasm.

We have lots of opportunities to benefit from. Computers are a highly efficient tool to enhance communication, learning connection and even income.



Some of the ways we're using the new technology shows up with the practitioners who include laptops as part of their HR tool bag. It allows you to maintain eye contact, while quickly documenting the client's statements. A session form is set up so you simply type your statements into the appropriate place as you go along. The client can have a copy of the session, and their records are stored in your computer. Gail Glanville says: "It's especially easy to do proxy sessions using a hands-free headset and computer for my notes. When the session is done, I email the notes off to my client on the spot."

Kathy Kulaas, a practitioner from Florida writes, "The internet is a key means of communication and connection with clients as well as with the HR community." Potential clients email asking for information, and existing clients email asking to book a session.

Many practitioners, like Carolyn Winter and Liz Tobin, offer large group proxy repatterning, via the Internet, on a variety of topics. All their communications,

requests for problems to be cleared and new intentions, all their session notes, are managed by computer. They have created virtual businesses, and since they are continually proving that consciousness is non-local, their sessions are highly effective.

The HRA Interim Board and Committees use new technology as a matter of course, and find that a whole new HR Community is being created as a result. Kathy Kulaas says: "When you are a member of a large group, (technology) really becomes a necessary part of what we do." Teleconference services, Internet, emails, and the Yahoo groups keep all the members current on what's being discussed. She says you're at a disadvantage if you can't subscribe in this way.

While this article is meant to encourage everyone to engage in the computer world, we're the first to admit, as Kathy says, that it doesn't replace the warmth of human contact, and the benefits of face-to-face communication.

As a community let's help everyone get up to speed on the technology highway. If you know someone who is not electronically savvy reach out and offer some help. Confidence will come with practice. Do you use technology in an innovative way in your practice? We want to hear from you and include your concerns and ideas in our journal to benefit all of our HR buddies around the world. Thanks in advance for your thoughts and comments.

Book Review: *The Field*

In her book *The Field*, Lynn McTaggart reviews many recent scientific findings in consciousness science. She says this science "suggests a decentralized but unified intelligence...far grander and more exquisite than Darwin or Newton had imagined: a process not random or chaotic, but intelligent and purposeful." She makes the following points in summarizing the importance of these new discoveries:

- "The brain (perceives and makes) its own record of the world in pulsating waves.
- A substructure underpins the universe

that is essentially a recording medium of everything, providing a means for everything to communicate with everything else.

- People are indivisible from their environment. Living consciousness is not an isolated entity. It increases order in the rest of the world.
- The consciousness of human beings has incredible powers, to heal ourselves, to heal the world – in a sense to make it as we wish it to be.

Lynn McTaggart closes her book with

the following statement that gives us a clue regarding an important next step for the field of Holographic Repatterning. McTaggart says that these experiments help "to validate alternative medicine, which has been shown to work empirically but has never been understood. If we [can] finally work out the science of medicine that treats human energy levels, and the exact nature of the 'energy' that [is] being treated, the possibilities for improved health [are] unimaginable."

Editor's Note: The above information was contributed by Gail Glanville.

Wonderful News from the Holographic Repatterning Institute

January 2005

You've been hearing regularly from the HR Association; here's some exciting news from Chloe and the Holographic Repatterning Institute.

Dear Teachers and Members:

Listening to you

As the Institute evolves, I've been listening to your comments.

In Dr. Joel Bennett's research study, and in the HRA questionnaire conducted last fall, you said you wanted an easier way to describe Holographic Repatterning. On the Yahoo site you described how your clients mispronounce our name, or confuse it with other words or concepts. The first thing my potential literary agent said was: "You have to change the name." And I do admit to difficulty explaining it to someone on a plane without having their eyes glaze over at hearing the name. So in honor of our transition phase, and the creation of the Holographic Repatterning Institute, I've come to agree with you and am doing something about it. Don't worry, I'm not doing away with "Holographic Repatterning", but I am suggesting a new and easier way to talk about it.

What are the criteria for a successful name?

We know that Holographic Repatterning creates extraordinary outcomes. We know that the world needs what we have been trained to give and teach. We know that everyone wants to support a global upward spiral to a higher state of energy.

We need a descriptive name that:

1. Captures the essence of what makes us unique.
2. Describes what we do.
3. Is easy and enjoyable to explain
4. Is easy to say and remember
5. Has five syllables or less (like, McDonald's, CocaCola, Body-Talk, Edu-K (versus Educational Kinesiology), Cranial-Sacral, etc.

Introducing: The Resonance System™

There's only one name that fits the criteria above, and it's "The Resonance System."

1. This name defines what makes our "product" unique and different from any other product in the market place. There are many healing systems that do just one thing--the equivalent of just practicing or teaching the Energy Constriction Release. Ours is a comprehensive system, infinite in its application, and operating entirely in the field of resonance, vibration and frequency.
2. It describes what we do: What you resonate with, or are in tune with, whether good or bad, is what you experience. The Resonance System allows you to identify and transform unconscious patterns that keep you resonating with anger or anxiety, and that stop you from living the life you love.
3. The name is easy to explain--even in 30 seconds when you are getting off an airplane!

4. The Resonance System is easy to say and remember
5. Resonance System has 5 syllables.

Like our body-mind-spirit system, The Resonance System is comprehensive. It is able to handle the infinite combination of patterns that create and reflect our reality. The HR Mandala is a visual mnemonic of The Resonance System, and allows us to access the common denominator upon which all healing is based: resonance.

The Holographic Repatterning Institute teaches The Resonance System

However, we do not want to throw out the very powerful name, "Holographic Repatterning.®" This name has traveled around the world. Many people who have never received a session know about Holographic Repatterning. It has been named as an important system of healing in about four books and some well-known people have heard of Holographic Repatterning and respect what we do. Besides, Holographic Repatterning still describes what we do. It is contained in the name of the Holographic Repatterning Institute LLC.

You can describe yourself as a Certified Holographic Repatterning Practitioner (of the Resonance System). Or a Resonance System Practitioner (RSP). You can offer The Resonance System as a way to change your resonance and change your life. You can study the Resonance System of Holographic Repatterning. Or simply talk about the Resonance System in terms of your personal experience. You are of course free to continue to use just Holographic Repatterning in your business, logo, and description of what you offer.

This addition to the way we describe what we do will be phased in gradually, as I reprint the books, put up a new website for the Institute and the Resonance System, and as new students learn the Resonance System of Holographic Repatterning. While the new name doesn't in any way change the teachings, we will find new ways, together and on our own, to take advantage of this new name and language and to create appropriate descriptive taglines and branding promises.

My intention is that it represent an opportunity for expansion into the larger world. And that you all will find The Resonance System to be a clear, simple, pragmatic and grounded way to name what you do.

Thank you.

I feel there is a powerful forward-moving energy asking each of us "to stand up and be counted." We are in a time of great stress as well as a time when there are whole new openings for how we live our life. People need a sense of inner stability and support. The Resonance System offers this support, along with powerful self-healing wisdom and a way to take personal control of one's life in the moment.

A practitioner shared a sweet story that warms my heart: her three year old was having temper tantrums. She muscle

checked that he needed a Modality--the alternate nostril breath. She taught him the breath and he calmed down. Later, in the car, her husband was getting angry with the traffic. Her three year old told his dad that he needed the breathing, and taught him how to do the alternate nostril breath. He also calmed down! So simple: we give and then receive and who knows the immensity of global change that results?

Thank you for your support and patience as we commit ourselves to serving those who can benefit from The

Resonance System sessions and seminars. When we weep for the 150,000 and more who died in the Tsunami, or for the one million who died in Rwanda (see the film, "Hotel Rwanda"), we are part of the problem, rather than being part of the solution. Solutions require positive, coherent, compassionate, high energy action that, no matter how small, benefits those who are touched---and changes the hologram for all.

With my love and best wishes, Chloe

THE RESONANCE System™

Dear HR Community,

Thank you for your responses to the additional name, "The Resonance System." Some initial responses, naturally, have been, "I don't like it." Others have questioned, "What does resonance actually mean?" Others have been very positive: "I love this name. HR is all about resonance and the word 'system' creates an understanding of organization, efficiency and ease. Bravo!" Others have also named their concern that they have built a full-time practice marketing "Holographic Repatterning" and they don't want to change all their brochures and business cards. All these responses are valid.

It is important that everyone understands that Holographic Repatterning still stands! The Holographic Repatterning Institute trains practitioners in the Resonance System of Holographic Repatterning. The Mandala, which was previously called, "The Process for Creating Coherence" will, in future, be named, "The Resonance System." These are the six principles on which all positive change is based and these principles depend on resonance—identifying and transforming life-depleting resonance patterns.

You don't need to change your business cards or hand outs. You are still doing Holographic Repatterning--the hologram is made of frequencies, as are we; it is indivisible, as are we; the "whole" is in each part, as are we; a holographic plate is a data base for holding enormous amounts of information that can be accessed--as are we, an infinite data base of everything that has ever happened to us that can be accessed. However, this holographic concept does not create positive change. The Resonance System does.

So, "what does resonance actually mean?" When you strike the note of middle C on a piano, its wire vibrates. In addition, because of resonance, the wires of every note of C, in all the octaves above and below the note of middle C that you played, also begin to vibrate, even though you haven't played those notes.



We use this understanding in the Resonance System. For example, you are feeling happy and then when you are with someone who is angry, you find yourself becoming angry and reactive. Why? Resonance. Something in you is set vibrating by the other person's anger. If you change your resonance, you won't be affected, or set vibrating by someone else's anger because it is their frequency, not yours.

Similarly, when you are with someone who is happy you feel uplifted even if you were feeling depressed before.

Why? Resonance. Something in you—your frequencies—are set vibrating by the coherent frequencies of the other person's happiness. But why not change your resonance with depression and resonate with happiness in your own right? This is what the Resonance System supports us in doing. Our mind, in all its immensity, can be positive or negative, can lift us up or drag us down. The Resonance System helps us turn our mind in a positive direction, supports us in aligning ourselves with what is life-enhancing and allows us to release the stress response associated with our resonance with lower energy states of non-coherence.

Each person will find their own way of explaining the Resonance System. One example I have used is: "What we resonate with, or are in tune with, is what we experience. If your radio is tuned to a particular frequency you will get that program. We are tuned to some programs we like and some that we don't like. Parts of our life are working well for us and other parts aren't working so well for us. It is all about what we resonate with. The Resonance System allows us to identify and transform our frequency patterns so we resonate with what is positive and can live a life we love."

This on-going dialogue is appreciated, as are any sessions you do to support positive thinking and the forward-movement of The Resonance System of Holographic Repatterning in the world. The bottom line is that our worldly work benefits humanity. The name is aligned to this goal.

—Chloe

Your Business Has a Frequency

by Gail Noble Glanville

Since the New Year is an ideal time to set new goals and resolutions, it might help to consider some lessons from the field of consciousness science to amp up your success levels.

For example, consider that your business has a frequency.

Like people, it exists at the interface between matter and energy. Like life, it vibrates to a signature attunement. What makes people and businesses unique in all of life is their ability to change their vibratory attunements so that they can grow and flourish.

You can change your personal attunements, moving from resonance with old patterns of depression and anxiety to resonance with attractive new patterns of productivity and healthy relationships.

And you can change your business's attunements from, for example, old patterns of low profitability to resonance with magnetic new and wealthier foundations.

What comprises the frequency of your business is a complex pattern formed of your goals, your staff, your product, your suppliers, your communications, and your customers. Your frequency determines what you attract.

When you set new goals, you profoundly alter the potential held in your business's complex frequency pattern. You are resetting your vibratory frequency, and it helps to know if all aspects of the business are truly resonating with the new frequencies.

If there is still resonance with frequency patterns of goals set long ago, you'll

find it difficult to achieve your new goals. If your staff is caught up in old energy patterns of their own, it will be equally difficult to attract your new goals. If your website's frequency doesn't match your new goals, it will be more difficult for your customers to find you and respond with a sale.

One way to know the difference is to compare your earlier goals with your new ones. Ask whose energy patterns, worldviews and loyalties helped to form your old goals. Are they still valid or are they no longer aligned with the new? If they are not valid, you can let them go. Let them go completely, and set your focused intention on aligning all aspects of your business frequency with your new goals.

Successful goal alignment puts out good vibes that everyone responds to.



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Archetypes and Holographic Repatterning

Part I— The Masculine

by Carolyn Campora

“There are few men in HR; perhaps the Masculine Archetype needs more space in HR.” Carolyn Campora, Interim HRA Board Treasurer, teaches Martial Arts, Kung Fu and Tai Chi, to both men and women in New York City. This article is abstracted from an upcoming book on Archetypes written by Eileen Martin and edited by Carolyn Campora. We invite your interest and responses. Email to nabisucenter@hotmail.com.

An Archetype is a symbol for a universally experienced energy or vital force. A familiar Archetype serves to illustrate the point. The Archetypal Mother or Archetypal Father is an overarching symbol that includes such figures as our own mothers and fathers, teachers, bosses, heads of organizations and heads of state or church, even God. Every caregiver, lawmaker and authority figure is recognized by our collective sensibility as a representative of the Archetypal Mother or Archetypal Father. When we are not aware of the Archetypal subtext of a relationship, we may project inappropriate expectations and experience disproportionate reactions. Awareness of and respect for the Archetypal component of our relationships can promote proportionality and conscious control in our behaviors.

Carl Jung held that when a vital energy is suppressed or denied, it does not die, but goes into the unconscious, where it demonstrates its vitality in Shadow form, dark, hidden, primitive, out of control and destructive. The embrace of consciousness is needed to bring primary drives and attributes, the Archetypes, into a developed stage where they will serve rather than undermine an integrated Self. This he called Individuation, the process of becoming whole, fully conscious and therefore fully human.

Two basic archetypal divisions are Masculine and Feminine. Jung called the man’s (male-identified conscious being’s) unconscious feminine function Anima, the woman’s (female-identified conscious being’s) unconscious masculine function Animus. In Latin, anima/animus means soul or spirit. A fundamental task of Individuation is to integrate one’s Anima or Animus.

Archetypal Masculine energy speaks with a deep, strong voice, speaks directly, understands and values logic, enjoys competition, expresses competition and aggression directly, asserts opinions and makes decisions, honors truth and accountability, goes after achievement and success openly, values and is straightforward about money and finance, acknowledges authority and leadership as valuable and takes responsibility for them, holds standards and ideals powerfully and will fight and die for them.

Masculine lines are straight and narrow. There are specifics in terms of right and wrong, method and standards, procedures and laws, principles and definitions, order and

chains of command, rules of engagement, codes of honor, defeat and conquest, goals and methods of achieving them.

As long as women deny the Masculine, it will remain in the unconscious and therefore havoc-wreaking form. Where women deny ambition, it becomes hidden agendas. Where they deny competition, it becomes manipulation. Where they deny valuing money, it becomes blurred ownership boundaries and fuzzy deal-making. Where they deny logic, it becomes irrationality and obscured communication. Where they deny truth, it becomes lies. Where they deny chain of command, they obscure accountability and sidestep responsibility.

The blurring of Masculine definitions and distinctions allows for under-handed dealings, dishonesty, and abuse. Control of information allows for control of constituents, holding them helpless and hostage, without the power to access right information, and therefore without the power to make right decisions for themselves. The right to know is the right to know what to do. If the populace knows what to do, what do they need the ruler for? The ruler understands this and withholds information in order to maintain power.

The woman who has integrated her Animus communicates powerfully. She commands respect and instills trust. She can speak authoritatively without sounding strident or shrill. She can give orders and be obeyed without resentment. She is followed willingly. She listens and responds without feeling threatened, comfortable with dissent and confident in conflict situations. She knows where she stands and sees the standpoints of others. She respects others’ boundaries and upholds her own. Secure, she easily modifies her position when presented with a better alternative. Complete in herself, she does not see projection, but sees others as they are. Rational, she assesses and decides. She relies on herself, her judgment and her morality. She is whole.

For HR or any predominantly female society, the Masculine energy merits attention.

Look for more on the Archetypes in future HR Journals!

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By Elizabeth Tobin, JD

We've been collecting different practitioner's thirty second descriptions of HR. Here's one from Elizabeth Tobin, JD, a Boston practitioner who offers both private sessions and large group proxy sessions via the Internet. Liz says:

"Holographic Repatterning® is a combination of physics, psychology and the ancient energy healing arts. It's a way to let go of old hurts so the past doesn't drag you down. It helps you be more focused and move through stuck places. It's a very interactive process that gives you insight into your current

situation and helps you see things from a higher perspective. After a session you feel lighter, things just don't push your buttons anymore, and you don't fall into the same old traps. It's really an amazing process that has absolutely changed my life!"

Introducing Our Holographic Repatterning Association Administrator



Hi, I'm Erlinda Vo. My degree from Arizona State University in Sociology and Small Business combines two of my favorite areas: people and business. At heart, I am definitely a people person and an entrepreneur. I am currently taking classes to achieve my MBA with the University of Phoenix On-line. I have been a personal life coach for around two years. Another business

I am passionate about began with a concept I created on how

to achieve your dreams. It's in the form of a book—a guided journal—in which I use my personal life coaching experiences as a starting point for anyone to create a process on how to fulfill their dreams. My love for people has inspired me to dedicate my time and passion to making a difference in the world, which will be expressed through my book. As the recipient of several HR sessions with Victoria Benoit, I am certain that HR practitioners are also making a difference in the world. I very much look forward to working with you all.

You can contact Erlinda at hra@holographic.org



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Coming Next Issue...

In keeping with this year's theme of the relationship between Holographic Repatterning and Consciousness Science, the next issue of the Holographic Repatterning Association Journal will focus on the Zero Point Quantum Field and patterns of chaos and structure. If you have interesting information or data that you would like to contribute, contact Andrew Adleman at 310-376-3840 or email to: [hadesign@holographic.org](mailto:hra@holographic.org)

(continued from page 7)

she was feeling suicidal and could she fly in for a session. She didn't want to get any other help so I told her to come. What stood out in her session were the modalities: she needed to do each modality on herself--no help from me, besides telling her how to do it. After the session, she shared that when driving from the airport she realized that she was just like her mother who had been incapable of helping herself in any way (and had committed suicide). As a result of doing the modalities on herself she suddenly understood that she was not like her mother and that she could help herself. In that moment all suicidal desires evaporated.

For me the books allow me to be efficient in going to the underlying core of an issue and they challenge me to be at my growing edge, the edge of the unknown, in unfamiliar surroundings, often uncomfortable, staying connected to my heart's Shen and the Shen of the client, trusting the process, keeping my self, my ego out of the way, checking and confirming my "intuitive leaps" that may or may not be needed for the client's healing—and then the break-through: more light, more order, understanding, meaning, relief, hope. And each of us using our muscle checking and the books in a totally unique way—no session like Maslow any other, applying ancient knowledge and wisdom with the skill of the level we have attained. With continued personal coherence and our growing ability to be a safe presence that supports our own and another's self-healing—the presence of the Heart Shen of the Fire Element, the nurturing presence of Earth, the divine presence of Metal, the listening presence of Water and the focused presence of Wood—for me, this is my ongoing process of "Unconscious Competence."

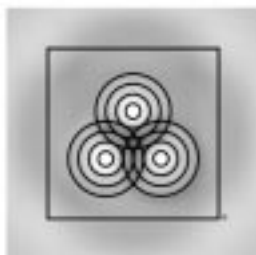
Thank you Susan for getting us to contemplate on who we are, what we do and how we do it!

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Contact Carolyn Winter directly for more information:

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**The HRA Journal
is Seeking Articles on the Following:**

- Consciousness Science
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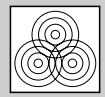
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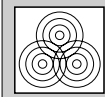
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Victoria Benoit	602-864-7662	Phoenix
Susan Billings	623-566-8691	Peoria
Kathleen Cherish	480-461-1448	Mesa
Grace Galvanoni	602-992-7478	Phoenix
Linda Goldsberry	520-219-6299	Tucson
Lindis-Chloe Guinness	928-778-3730	Prescott
Dorinda Hartson	480-683-2006	Scottsdale
Sheri Jyoti Ironwood	602-550-9567	New River
Pamela Joseph	480-391-9894	Scottsdale
Susan Kansky	928-925-3426	Prescott
Fern Lewis	480-832-0104	Mesa
Joy Marshall	480-451-6650	Scottsdale
Merrily McCabe Sobotka	480-585-7001	Scottsdale
Donna McIntyre	520-745-1401	Tucson
Ardis Ozborn	480-481-9023	Scottsdale
Netta Pfeifer	928-204-9960	Sedona
Alyson Reid	602-494-0094	Phoenix
Dee Rudd	928-282-1097	Sedona
Andrea Ward	480-419-6768	Cave Creek

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Betty Lou Everett	501-954-7880	Little Rock
Deanna Jarvis	479-273-2929	Bentonville

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Julia Ashton	707-522-8505	Sebastopol
Bonnie Berg	650-326-9219	Palo Alto
Stephanie Brill	510-540-8411	Berkeley
Priscilla Campbell	510-663-3654	Oakland
Cheryl Cummings	818-986-5169	Sherman Oaks
Janis Graham	818-354-1095	Monrovia
Kay Herman	714-952-1820	Cypress
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Stephen Linsteadt	866-300-5243	Sacramento
Robin Lynn-Jacobs	805-898-0225	Santa Barbara
Diarmuid Milligan	650-615-9543	Millbrae
Malaika Namara	707-773-3366	Petaluma
Cynthea Paul	310-582-6424	Venice
Joan Rood	714-429-9228	Costa Mesa
Jolie Stevens	415-713-5698	San Francisco
Terry Trotter	510-527-1472	Albany
Robin Winn	510-644-4196	Berkeley
Judy Wohlberg	707-825-8253	Blue Lake

Colorado

Marya Corneli	303-823-5541	Longmont
Lee Cronn	719-634-4294	Colo.Springs
Maggie Honton	719-583-2885	Pueblo
Theresa Larson	719-380-8851	Colo. Springs
Rosellen Lobree	970-482-3801	Fort Collins
Kaye Paton	303-516-9676	Longmont
Brandy Reich	719-598-3376	Colo Springs
Bailey Stenson	970-482-3448	Fort Collins

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Susan Sherrill	928-301-3197	Pensacola
Susana Sori	416-924-7912	Miami

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Claudia Fujinaga	808-521-4857	Honolulu
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Terry Blakesley	816-753-5100	Kansas City
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Wendy Teague•❖	816-833-8304	Independence	Texas		
Wendie Theus	816-309-0219	Kansas City	Jan Bennett	817-849-1710	Fort Worth
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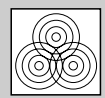
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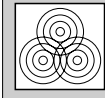
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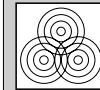
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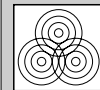
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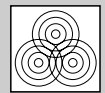


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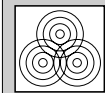
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2/26/05 - 2/26/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
2/26/05 - 2/26/05	Mary	Tulsa, OK	Mary Cameris	918-488-8454
3/11/05 - 3/11/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
3/13/05 - 3/13/05	Meryl	New York City	Meryl Chodosh-Weiss	212-628-8260
3/18/05 - 3/18/05	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
4/01/05 - 4/01/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
4/09/05 - 4/09/05	Meryl	New York City	Meryl Chodosh-Weiss	212-628-8260
4/16/05 - 4/16/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
4/23/05 - 4/23/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
6/09/05 - 6/09/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990



■ HR SEMINARS ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
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INTENSIVES

2/18/05 - 2/21/05	Michelle	Baltimore, MD	Tina Beneman	410-252-3333
3/11/05 - 3/13/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
3/11/05 - 3/12/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
3/14/05 - 3/15/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
3/18/05 - 3/20/05	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
3/18/05 - 3/21/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
4/01/05 - 4/03/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
4/23/05 - 4/15/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
5/06/05 - 5/09/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
5/26/05 - 5/29/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
6/17/05 - 6/21/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
7/08/05 - 7/12/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
9/16/05 - 9/22/05	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/14/05 - 10/23/05	Chloe	England	Katheryn Nicholls & Sarah Gibbons	011-44-164-744-0583

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2/19/05 - 2/20/05	Sylvi	Kansas City, MO	Bobbie Martin	816-363-0091
2/25/05 - 2/27/05	Akka	Madrid, Spain	Akka Sanchez	636.170.140 cell
3/04/05 - 3/05/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
3/12/05 - 3/13/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
3/12/05 - 3/14/05	Akka	Valladolid, Spain	Akka Sanchez	636.170.140 cell
3/19/05 - 3/20/05	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
4/02/05 - 4/03/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
4/24/05 - 4/25/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
5/06/05 - 5/07/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990
6/10/05 - 6/11/05	Sylvi	Austin, TX	Sylvi Salinas	512-389-3990

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3/11/05 - 3/12/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
3/18/05 - 3/19/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
4/16/05 - 4/17/05	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
5/06/05 - 5/07/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
5/26/05 - 5/27/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
7/15/05 - 7/16/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990

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2/18/05 - 2/19/05	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
3/14/05 - 3/15/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
3/20/05 - 3/21/05	Michelle	J'Burg, South Africa	Cheri Stewardson	011-27-11-453-3888
5/08/05 - 5/09/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
5/14/05 - 5/15/05	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
5/28/05 - 5/29/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
7/18/05 - 7/19/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990

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2/20/05 - 2/21/05	Michelle	Baltimore, MD	Tina Beneman	410-252-3333
4/30/05 - 5/01/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
5/21/05 - 5/22/05	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023



HR SEMINARS



6/11/05 - 6/12/05	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
6/17/05 - 6/18/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
7/08/05 - 7/09/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
9/09/05 - 9/10/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990

TRANSFORMING MERIDIAN PATTERNS

3/05/05 - 3/06/05	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
6/20/05 - 6/21/05	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
6/25/05 - 6/26/05	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
7/11/05 - 7/12/05	Ardis	Las Vegas, NV	Sonia Kara	702-269-0815
7/23/05 - 7/24/05	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
7/30/05 - 7/31/05	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/07/05 - 10/08/05	Chloe	Austin, TX	Sylvi Salinas	512-389-3990

PRINCIPLES OF RELATIONSHIP

8/19/05 - 8/21/05	Chloe	Santiago, Chile	Luz Marmanentini	luzms@hotmail.com
12/02/05 - 12/04/05	Chloe	Bellingham, WA	Jennifer Johnson	360-384-1415

A NEW VISION

4/07/05 - 4/09/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
8/12/05 - 8/14/05	Chloe	Santiago, Chile	Luz Marmanentini	luzms@hotmail.com

ENERGETICS OF RELATIONSHIP

8/26/05 - 8/28/05	Chloe	Santiago, Chile	Luz Marmanentini	luzms@hotmail.com
10/14/05 - 10/16/05	Chloe	England	Katheryn Nicholls & Sarah Gibbons	011-44-164-744-0583
11/04/05 - 11/06/05	Chloe	Madrid, Spain	Akka Sanchez & Olga Sacristan	636.170.140 or 605.104.057

HOLDING THE HEALING SPACE

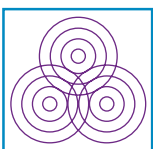
4/22/05 - 4/24/05	Shady	Toronto, Canada	Kathie Joblin	705-326-7873
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ADVANCED MERIDIAN SEMINAR

4/23/05 - 4/24/05	Chloe	Bellingham, WA Part 2	Jennifer Johnson	360-384-1415
9/16/05 - 9/18/05	Chloe	Scottsdale, AZ Part 1	Ardis Ozborn	480-481-9023
9/20/05 - 9/22/05	Chloe	Scottsdale, AZ Part 2	Ardis Ozborn	480-481-9023
10/22/05 - 10/23/05	Chloe	England, Part 1	Katheryn Nicholls & Sarah Gibbons	011-44-164-744-0583
10/28/05 - 10/30/05	Chloe	Vallodolid, Spain Part 1	Akka Sanchez & Olga Sacristan	636-170-140 or 605-104-057 cells

PRACTITIONER DEVELOPMENT

4/09/05 - 4/18/05	Dorinda	Sky Lake, NY	Michelle Bongiorno	845-434-7467
4/09/05 - 4/18/05	Michelle	Sky Lake, NY	Michelle Bongiorno	845-434-7467
4/15/05 - 4/17/05	Michelle	Madrid, Spain	Akka Sanchez	34-91-437-70-91
4/23/05 - 4/24/05	Michelle	Valladolid, Spain	Olga Sacristan	34-983-231-961
10/19/05 - 10/20/05	Chloe	England	Katheryn Nicholls & Sarah Gibbons	011-44-164-744-0583



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