

The **HRA** Journal

A publication of the Holographic Repatterning® Association



Zero Point Field  
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**Cover Image**

The cover image represents the aspect of Consciousness Science concerning Zero Point Field. Holographic Repatterning® Practitioners may be accessing the Zero Point Field when they allow themselves to move out of the way and let the place of inner stillness—that which connects them with both the microcosm and the macrocosm—to run their sessions. For more details about how the Zero Point Field may enhance your sessions, read the feature article on page 4 written by Gail Glanville.

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**The HRA Journal**

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Zero Point Field  
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## From the President Carolyn Winter

I have a vision, several actually, for our association.

Holding these visions is the responsibility I take most to heart as president of the US Holographic Repatterning® Association. These visions come out of my own years as a full time Certified Practitioner. They come out of your own words and aspirations shared with me and the Board during this past year. And they come out of the practical reality of our legal corporate status. So I want to talk with you now about two of the visions I hold, and invite your on-going comments.

### **Vision One: US IRS Compliance and Certification**

You might recall our communications regarding our recent US IRS designation as a very special kind of non-profit organization. We are legally designated as a Trade Association which gives us clearly defined rights and responsibilities, all of which serve to benefit our membership. We are not allowed to promote the business of any one individual, (hence our prohibition from promoting Chloe's or the teacher's seminars). We can however promote the benefits of HR and of having sessions with HR practitioners. And we are given clear direction to establish certification standards, ethics and programs.

So first, let's talk about certification.

With our current IRS designation, we are given the responsibility to provide a voluntary certification process for our members. If the government took over this responsibility as they have with other health care professions in many states, there would be a law to this effect. The process would then be called

licensing as opposed to certification.

Along with certification, we also establish a code of ethics and provide a registry or directory of certified candidates. We also accredit the training institutes, their curricula and diploma which in turn become requirements for a certification application.

My first vision for the HRA is to meet our responsibility to set standards and processes for training our certified members. I intend that we more than double the number of fully certified practitioners in the next two years, and that we apply for and receive national certification for our internal certification process within the next four years.

We have a new plan now in place that establishes a certification process, and an evaluation to determine if the candidate meets or exceeds certain standards in our profession. Certification requirements in fields like ours often include a valid diploma or completion of training, plus some kind of written exam or demonstration of skill.

You will find an important document in the Journal which outlines the parameters for our brand new "interim" certification plan which will be in effect until June of 2007 when Chloe's Institute will become fully functioning.

Please read the Certification document in this issue carefully. It contains several important points to note.

First, the purpose of our new document is to expedite certification for our current backlog of Level I practitioners. Second, there is unanimous agreement that we will gradually eliminate the Level I category, according to our new bylaws. Third, the Blue Book (Certification Manual) has been completely rewritten and updated and that will be available on the new certification website:

<http://www.ideclare-hr.org>

for certification candidates or at our web store.

After June of 2007, our certification process will change to require a diploma from an accredited institute, i.e., the Holographic Repatterning Institute, plus an examination that we have yet to put in place. We will then have the option of applying to the National Organization

for Competency Assurance which will give us a national certification for our own internal certification process.

Why should we be in the business of certification?

When you do a google search on the phrase 501c6, you find that offering certification to organization members is a growth industry. As a society, we have never been more concerned about credentials. I suppose in a world where technology makes it possible to know everything all the time, a credential helps consumers to trust and feel confident in what they are getting.

For the candidate receiving certification, it becomes a source of credibility. In the early days of my practice, for example I often told new client prospects that I was certified by the HRA and my name was listed at the website registry. Since there was no other information on the HR process I offered, clients felt relieved to see the certificate on my wall, corroborated by the HRA web site.

In business terms, standing by your credentials and code of ethics is a form of branding. It becomes part of what we are known for. It becomes for the public a "Good Housekeeping Seal of Approval," something they can trust when they have little else to base a decision on. For the government, organizations of professionals who voluntarily regulate themselves reduces the need for costly government regulation.

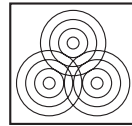
Taking on the responsibility of self regulation via certification positions the HRA to provide an important service to both the public and to our members

### **Vision Two: Serving Our Public Well**

With our Certification plan on track, our next task is to become more accessible to our public. We include several articles in this issue about how to promote yourself and your business. And I hold a bigger vision for us.

My second vision, one that many of us share, is that Holographic Repatterning is recognized by many as a leading edge opportunity for positive life

*(continued on page 14)*



# HR and the Zero Point Field:

## Gail Noble Glanville

HR Practitioner, Jamestown, RI

“From the far reaches of space, from the deepest realms of the atom, we find that there is a force that cannot be measured or engineered. The force, the intelligence that binds all in its creation, the ancients simply called Spirit. All of the data, each measurement, all of the information points back to us, asking us to remember the mystery within.”

—GREGG BRADEN

Imagine journeying instantly to a place where the temperature is minus 273.15 degrees C on the Kelvin scale. A place once thought so cold that no living thing can survive and all molecules stop moving and come into alignment. A place now thought to contain the underpinnings of the entire universe. Imagine that, as a Holographic Repatterning practitioner, you have the potential to go there at will. You’re in the Zero Point Field, a place that scientists agree exists, a place that is a hotbed of controversial new research, and a place that just might hold one of the keys to why Holographic Repatterning and other complementary modalities can be so effective.

My postulate for this article is that there is a link between what we do as HR practitioners, (why what we do works), and the Zero Point Field theory. I’m looking for ways in which we might demonstrate, and even prove, practical applications of this theory...one of the cornerstone ideas of the new field now labeled: “consciousness science.” The hope is that this will give us a new way to talk about and understand the why, when and how of Holographic Repatterning.

Let’s begin by tracing the evolution of this particular aspect of consciousness science, according to the great physicist Isaac Newton. We often dismiss Newtonian theory as being too mechanistic, and prefer the newer, more holistic Quantum and Chaos theories. But to track our growing understanding of the Zero Point Field, it helps to recall Newton’s Third Law of Thermodynamics. This law states that at absolute zero, all molecules become perfectly aligned and motionless, and there is no more disorder or fluctuation. This is a state of vacuum, when temperature decreases and the pressure of the gas within the thermometer, a glass tube, decreases also to an ultimate unattainable stillness. (*Braden, 1997*)

After Newton, physicists agreed that it was not possible to attain a zero degree state, and argued that Newton’s was a theoretical point only. Further, they argued, nothing measurable could happen in the presence of a vacuum. No movement, no life, no nothing.

Quantum physics came along and said “well yes, we can attain the stillness of absolute zero.” Furthermore, there is actually a kind of residual buzz left over, a vibrational energy that remains in motion within the Zero Point vacuum and is experienced by matter. It’s not “nothing.”

And here’s where the story takes on the drama of opposing forces, of the new challenging the old and of recognizing that we are truly living in a time of profound change. Because now there is an ongoing split between the original quantum physicists and their “complementary” quantum peers. Where quantum physics decided to ignore the background “noise” in the Zero Point Field, a small band of inspired researchers around the world saw a new possibility. They said “What if the background noise is the real underpinning to all of life? What if this Theory of Everything we’ve

been looking for has been right under our nose all along? Let's go back and take a closer look at what's really in the Zero Point Field." (McTaggart, 2002)

At this point, it's fair to acknowledge the work of a curious investigator and writer named Lynn McTaggart. She happened upon the work that all the individual Zero Point researchers were doing, and she recognized an opportunity.

There were many investigators around the world, working in isolated labs, she found, and they seldom talked to the larger world. Occasionally they would publish in a prestigious scientific journal, but were usually met with derision by their more established peers. Nonetheless they persevered in isolation or in small groups. No one, McTaggart found, had written about the bigger picture of what was actually being discovered. So McTaggart, not lacking in courage, undertook the task of providing an

suggested that intention on its own heals, but that healing is also a collective force. ...Information in The Field helps to keep the living healthy."

As to what the information in The Field might be, McTaggart found that: "The universe was a vast dynamic cobweb of energy exchange with a basic substructure containing all possible versions of all possible forms of matter. ...short and long-term memory doesn't reside in our brain at all, but instead is stored in the Zero Point Field. So...our brain is not a storage medium but a receiving mechanism. The brain retrieves 'old' information in the same way it processes 'new' information—through holographic transformation of wave interference patterns. And The Field holds all the information."

Now we come up against another fundamental split among scientists, this time in the specific field of neuroscience.

access, influence and retrieve information from and through The Field. It is in the context of this new model that HR sits most comfortably.

As Holographic Repatterning practitioners, we have leapt through all the theories to actively demonstrate their potential. We already know how to go beyond our bodies and access information from the Field, how to shift our resonance with it, and how to affect others across great distances. We are able to facilitate a state of Zero Point stillness in ourselves and in others. We deliberately utilize our interconnectedness through the Field, especially when we do proxy sessions. And our kinesiology-based muscle checking tool allows us to focus like a laser beam to retrieve and transform information stored in the Zero Point Field.

In fact, we have gained significant mastery in manipulating frequencies and

# An Exploration

overview perspective of the new findings and what eighty years of Zero Point research might really mean to us. The results were published in her breakthrough survey book: *The Field: The Quest for the Secret Force of the Universe*.

McTaggart describes research results from labs around the world. Some scientists focused on frequency and wave theory, others on cellular response to focused intention, others on transmission of light. Studies conducted in both the US and Mexico measured the receptivity between one brain and another, especially when both brains were in relaxed states. The most ordered brain pattern always prevailed. The participants were able to pick up the other person's information "from the Zero Point Field as if it were their own."

In a well known research project, Elizabeth Targ measured the effect of distant prayer on end-state AIDS patients. The results were significantly positive, with each prayed-for person showing improvement. McTaggart says that these kinds of studies "raise a number of profound implications on the nature of illness and healing. It

This is important to know, because neuroscience asks questions about how we know, how do we access information and how do we experience, feel and create. Probably the most fundamental split in agreement among these scientists (and it's a big one) is the question of where our thoughts and experiences lie. The prevailing wisdom among traditional neuroscientists says that our physical brains are the sole source of our experience and behavior, thus eliminating traditional religious and spiritual beliefs in a life force, soul, or any aspect of mind that transcends our physical bodies. (Hamilton, 2005)

If all of our experience is solely a product of our brain as traditional neuroscientists argue, then Holographic Repatterning could not work and its theories would be rejected.

The new paradigm science in the hands of pioneering neuroscientists and molecular biologists looks at the Field and accepts the much bigger picture in which our brain might be the gateway to everything in the Universe, which each one of us interprets in our own way, through our own vibratory lens. The vast amount of new science proves our human ability to

stored information across the Field of "mind everywhere" for the purpose of creating evolution for ourselves and others.

However we share the same dilemma that all these pioneers now face in gaining more acceptance for our work. Sir Arthur Eddington, a pioneering astrophysicist, defined the problem from the public's perspective when he wrote: "Something Unknown is doing we don't know what." Not exactly a convincing argument!

Dean Radin, working from the Institute of Noetic Science (IONS), was quoted recently as saying that there's ample research out there...it's no longer about creating more evidence or more data to prove all the many transcendent healing experiences we have had and can facilitate. Radin says "What's missing and the reason why (consciousness science) is not more accepted is that there's no clear theoretical reason to accept it. It's not accepted because people don't know how to explain it." (Hamilton 2005.)

We can say the same for Holographic Repatterning. Like the thousands of scientists and participants in the field of

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# Chloe, HR and “What the Bleep”



Compiled by Journal volunteers

By now, most of you know that Chloe Wordsworth, founder of Holographic Repatterning was invited to conduct a breakaway session at the “What the Bleep?” Conference at The Crossings in Austin Texas this past June. Other presenters included scientists featured in the movie including Dr. Masaru Emoto, Dr. Joseph Dispenza and Dr. Fred Alan Wolf.

Our on-the-spot practitioner, Carrie Cook of Austin, Texas, volunteered to relay her impressions of the event, upon which this report is based. As we might expect, she found that the principles of Holographic Repatterning were right at home in the Bleep environment. In fact, Carrie found herself in a wonderful sea of receptivity.

“It was intoxicating and exciting for me to spend four days with over 200 people who understand the concept of manifesting their intent and who believe that they have control over their holograms.”

“When talking to the other participants about what I do for a living with Holographic Repatterning, it was such a treat to be with people who already had foundational knowledge about resonance, the power of intention, and the science behind HR.”

“I had not seen ‘What the Bleep Do We Know’ until the conference... I think getting to see this amazing movie for the first time with 200 people who not only “get it” but are living it was extremely special.”

Dr. Emoto’s presentation on our ability to affect water molecules with our conscious intentions was a vivid pictorial demonstration of what we do in HR sessions. Carrie reports that his personality was full of light and fun. She was impressed by how truly passionate he was about his work.

Dr. Dispenza’s talk went more deeply into the mechanics of what happens in our brains when we change our patterns. He gave examples of people who had spontaneously been able to heal themselves. He said the main similarity in all of them was they had decided they weren’t going to be sick. Instead, every day for three weeks, they consciously focused on being healthy. Although he didn’t use these words, they changed their resonance and shifted their hologram.

## A Message from Chloe

This is just a small word to let you know that everything continues to move forward: after the very successful “What the Bleep” conference in Texas I did some filming for a new possible DVD that the film maker is hoping to use for some big time promotion of Holographic Repatterning. I am hoping that this same DVD may be suitable for practitioners to use for building up their practice. Still too soon to say anything yet...but fingers crossed!

There’s a lot of work going on here concerning the Institute. I am sure that by the next Journal I will have some solid information for all of you. Right now everything is one step at a time.

At Chloe’s breakaway presentation, nearly one hundred people were present. Chloe introduced HR by saying: “We are What the Bleep in action!” She included some accessible basic images such as a radio station tuning in to the desired frequencies, and told a number of quantum leap stories.

In a phone conversation about the conference, Chloe said: “There was an attractor force there for HR. Lots of young people, especially young men who of course come because of their interest in physics, and also older professionals. They all asked great questions at the end. It was lovely and exciting.”

Carrie writes that: “I had such a wonderful time experiencing Chloe while she shared her vast knowledge with a new audience. There was a wonderful mix of gender and background. The energy of the room was that of an open and enthusiastic population ready to understand how to move their personal ‘junk’ more easily out of their lives and how to obtain higher levels of coherence.”

Chloe and Sylvie Salinas then taught the “Empowering Yourself” seminar for about 47 conference attendees, all people new to HR. Ten local practitioners trained by Sylvie volunteered to assist as coaches. Because of the enthusiastic response of the audience, Chloe and Sylvie have been invited to teach the full series of foundation HR trainings at The Crossings in August.

Carrie left the conference with the conviction that we need to place HR in more such venues, where there is a modicum of receptive belief systems already in place. “HR should be part of more such events where there are people who may have heard about HR or similar practices, and whose consciousness is ready to be part of it. When people already have some awareness of consciousness science, HR is more easily spread to others such as their friends and family members. We don’t have to do all the explaining. When it doesn’t take as much work to explain HR, there’s much more room to expand on its effectiveness.”

Carrie closes with a comment that: “The conference attendees were very excited about what we, each in our own way and with our own modalities, are doing in the field of consciousness science. We know we can change the world, heal the environment and impact the future!”

We agree!

In August I’ll be teaching in Chile and in October and November in the UK and Spain. It will be wonderful re-connecting with HR practitioners again in Europe and much to talk about as we continue this organic process of change and growth.

I deeply appreciate the incredible amount of work the Association team has completed on the certification manual and interim plan to help people spiral upwards in their growth as practitioners—Liz, Kathy, Victoria, Meryl and of course our President, Carolyn—a big thanks from all of us.

Chloe



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

**HRA Journal: How did you learn about Holographic Repatterning®?**

**Elizabeth:** Do you want the 3-D version or the multi-dimensional version? [Laughs.] In 1996, I started to do what I call “downloading.” It’s sort of in between waking and sleeping, I remember seeing binary code scrolling down. Fast forward to 1999—a friend gave me Chloe’s video; I went to a demonstration and it made sense to me. I remember at the demonstration they said the muscle checking was a binary system and that was an Aha! moment. The year before I had had a car accident and spent the whole year going to the chiropractor, getting physical therapy, etc. Everything was helping, but it wasn’t giving me the results I wanted in terms of recovery. I had one Holographic Repatterning® session and was amazed at the results. Right after that one session, I was able to go from three recommended chiropractic treatments a week to once a week. That immediate physical result struck me as something very powerful.

I knew instinctively that I needed many Holographic Repatterning® sessions, that it could help in all areas of my life. The more I used the process on myself, my family and friends, I saw how valuable it was. My vision started to open up that I could actually do this for a living. I set the intention and something very auspicious happened. At the end of the Meridian seminar, we did the abundance repatterning. I went back to work and four days later I was laid off. It was a blessing because I set the goal to become certified and start my own practice by the time my unemployment ran out. So I felt that the universe was supporting me along my path.

**HRAJ: What is your education and work background?**

**Elizabeth:** I went to law school and practiced law. In the early 90s, I left that and went to work in the battered women’s movement. From there I went into nonprofit administration and was the executive director of a transitional housing program for women in recovery from substance abuse and then worked as the executive director of a community organizing coalition. In between I took a break in the Virgin Islands and apprenticed with a goldsmith.

Later, I worked at an Internet company. In fact, I used Holographic Repatterning® to get that job. When I applied for the position I didn’t even know how to send email! I used the process to clear out my doubts and fears as to why I was not a good match for the company, made sure I was resonating with my resume and did an entrainment before each interview. Landing that job really showed me the power of HR as a tool to help me to manifest my intentions. After the market crashed, that job was not fun anymore. I thought I would stay there until my stock options vested and start my HR practice. Thankfully I got laid off and I knew it was a blessing.

Throughout my working life, I hoped and prayed that I would find something I could do that that would be uplifting for myself and others—and that would support me on all levels. With HR,

my prayers were answered.

**HRAJ: What does Holographic Repatterning® mean to you?**

**Elizabeth:** I see it as a way to heal on the personal, the global, and the universal levels. I used to feel like a little boat tossed upon a big wide sea. Now that I have HR as a tool in my life, I feel much more empowered. I have direction and vision and I believe that anything is possible. I am not reacting to life, but participating in it and co-creating it.



**HRAJ: How do you apply Holographic Repatterning®?**

**Elizabeth:** When I started my practice, I wasn’t sure I was going to stay in the Boston area. I really wanted to build a practice that would take me beyond time and space so I wouldn’t be tied to one geographic region. As a result, I do in-person sessions and I also have a lot of out-of-state clients, so I do a lot of phone sessions. I also do large scale proxy groups with people from all over the world. So my practice is pretty much global. I have clients on five continents.

In an HR seminar, Michelle Bongiorno [an HR Teacher] said that there is some healing that can only happen in groups. That one comment stuck with me. I think of the proxy groups, which I love, as cosmic closet cleaning. We can work with individuals yet also clear out the morphogenic or universal field — the mass consciousness — so it makes it easier for people to shift to a higher coherence or frequency and to sustain that shift.

**HRAJ: Can you cite a few examples of sessions that stand out in your life?**

**Elizabeth:** A woman came to a group I did right after 9/11. It was one of my first groups. I called it “Anchoring the Vibration of Love.” She was proxied in, sitting in the audience but we didn’t have any physical interaction. After the session, she called me and said she was having a colitis flare-up during the session, and after that group her colitis totally subsided.

Using myself as an example, if I feel I’m getting sick, I can give myself a session—and I haven’t been sick in a long time.

An example with a proxy group comes to mind. I do a wealth group by proxy and participants have had amazing results. One woman worked for a company that said they weren’t giving out raises that year. After participating in the wealth group, she got a \$10,000 raise. The process works.

**HRAJ: Do you have a vision for the future of Holographic Repatterning®?**

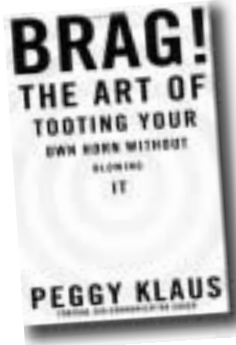
**Elizabeth:** I see Holographic Repatterning® getting more into the mainstream. I have medical doctors, psychologists, and

*(continued on page 18)*



# Brag! The Art of Tooting Your Own Horn without Blowing It

written by Peggy Klaus



Book review written by:  
Gail Glanville, HR Practitioner,  
Jamestown, RI

Here's a new book for all of us who deserve credit but are too humble to ask for it.

Peggy Klaus, a Fortune 500 Communications Coach, has written a timely new book titled *BRAG! The Art of Tooting Your own Horn without Blowing It*. Timely because it shows us terrific ways to do a better job of tooting our own horns as Holographic Repatterning practitioners. After reading her book, I think you'll find as I did that we are much too modest about our successes and tend to turn them over to the client (or a higher power) rather than acknowledging our real skill as facilitators.

Good bragging, she writes, "is about becoming more of who you are and bringing forward your best parts with authenticity, pride and enthusiasm." What more could we want for ourselves, and for our clients. Her book is all about how to brag and get away with it, describing it as a way to honor our own spirit and who we really are. She takes us through examples of bragging that are sincere and comfortable.

Why do we need to do this? Because it is the only way we will be heard above the crowd and clamor of our information-dense society. "The effective promotion of your business has less to do with dollars spent on marketing and advertis-

ing," Klaus writes, "and everything to do with how well you personally communicate your story on a daily basis wherever you go."

You may recognize that this book is really a proactive Brag Repatterning. It begins by orienting us to the why of bragging, and then goes on to list the patterns of limitation that keep us from talking about our accomplishments in a healthy way. Try muscle checking through the following obstacles and new possibilities to see which ones you resonate with.

A job well done speaks for itself. (No one looks after your self-interests except you.)

Bragging is egocentric, disgusting, obnoxious, self-aggrandizing and just plain wrong. (Artful bragging, authentic even humorous bragging gets people on your side.)

Humility gets me noticed. (Sell yourself with ease; learn the art of showcasing your accomplishments.)

I'm an introvert. Talking about myself goes against my nature. (Get over it! Reach out beyond yourself and interact. It's the way of the world and the only way to get ahead.)

I don't have to brag, others will do it for me. (You're the only one who can talk authentically about who you are, what your experiences are and what you do.)

There are many more, but you get the idea. Next the author moves into a kind of repatterning. The place to start, she says, is with your past. Rather than limitation, she asks us to pull new opportunities out of our past. We have hundreds, even thousands of successes stored there, she says.

Our ability to come up with a great answer to the stranger's question: "What do you do?" depends on how well we can access our "Brag Bag" of past successes. Mostly we fail because we haven't done our homework and we're not well prepared. In fact Klaus says:

"Most of us are curiously unable to articulate our stories and the diversity and extent of our skills, abilities and attributes."

Here's what to do. Make an inventory of all that you are and all that you've done. Klaus includes twelve questions that elicit many kinds of information. You can download the list from: [www.bragbetter.com](http://www.bragbetter.com). It includes dig-deep questions like "What are the ten most interesting things you have done or that have happened to you?" "How does your job/career use your skills and talents, and what projects are you working on right now that best showcase them?" "In what ways are you making a difference in people's lives?"

Include colorful details.

Once complete, your "Brag Bag" is an organic ever-evolving source for your living breathing story. You will include personal anecdotes woven around your accomplishments. You'll get to know it as well as you know the HR modalities and can access just what is needed in any given situation. Klaus writes: "The more options you have in your Brag Bag, the easier it is to talk about yourself wherever you go and to make a lasting impression on whoever you encounter." She gives plenty of examples of how to weave your story into an interesting and coherent summary. And that includes examples of how we can tie together the infinitely diverse backgrounds that led each one of us into our present work as HR practitioners.

You'll feel that the book is oriented towards life in the corporate world until you come to the eighth chapter titled "When you're out on your own." Her message to those of us who are on our own is clear and to the point. "Before you sell anything, you've got to first sell yourself in a personal and memorable way."

I learned that we can talk on and on about our service, about HR and how it works, but if we do not speak about what



we've accomplished and how that connects to the service we're selling, we lose our audience. Learning how to use our Brag Bag effectively will bring our focus of control inside and:

- Differentiate us from our competition

- Demonstrate our effectiveness
- Bolster our credibility
- Instill confidence
- Personalize our pitch into a message that resonates

"Remember," Klaus concludes, "it's the

person you are that people really want to know." That's why her book reads from cover to cover like a great Holographic Repatterning® session.

## Marketing Your Practice—Personal Coherence



By Ellen Shapiro, HR Level II Practitioner, Montclair, New Jersey

A great marketing coach I know has been urging clients to "Shamelessly self-promote." This brought up many feelings in me and, I was sure, in others who were working with this coach in a group program. The first thing I did was

to edit his phrase and get rid of shame altogether. The next thing was to get "on" for "Joyful, fun and effective self-promotion that creates a win-win for everyone." This was done via a group repatterning on the topic of "Self Promotion with Ease." I'd like to share with you how I did the group repatterning, to give you ideas you can use yourself, and also some of the highlights of the session, because it may shed new light on this area.

Since many of the people in this marketing program were new to HR, I offered an introductory one-hour teleclass to the group. In this class, I explained the basis of Holographic Repatterning, and also solicited from the group (who were all going to be proxied in) their input on problems/new possibilities via a discussion. Others who were not on the call chose to submit their input via a written questionnaire, which I've included below for you to think about.

I've been leading group repatternings regularly since last summer, and have found that there is usually a common "archeology" to the sessions. Each session's theme touches on a particular aspect of the universal hologram. Certain themes, especially around money and competition, touch on more cultural/archetypal issues (such as earth chakra/survival); others touch more on early childhood development (Allowing Ourselves to Thrive was all about our one year old!).

In this repatterning on self promotion, the material was mostly about our personal history, and related to school and always feeling "not ready" "I don't know enough" "Others know more" and fears of being humiliated, challenged or ignored.

Another issue that came up was something that has already been documented in psychological research—the "Impostor Syndrome." This has been observed in successful, experienced professionals such as attorneys and psychologists—where people feel, despite their skills, degrees and years of practice, that they are a fraud or "faking it" and are afraid of being exposed for lack of knowledge. If you recognize that in yourself, maybe it's time to repattern your own Impostor Syndrome!

We also had a lively discussion about what successful marketing really is versus the traditional view of marketing, that the

more aggressive the better, about "closing the sale." Some people reported mixed emotions: envy and also dislike of people who are strong promoters. And we all agreed that we don't like, nor do we want to become, the dreaded "pushy salesperson" or heavy handed workshop recruiter.

Just as we agreed to get "shame" out of the equation entirely, we also recognized a new paradigm for marketing, one that is more coherent with the Metal and Water Elements—values of respect, integrity, courage and the wise use or restraint of power. (The antidote to hype and sleaze.)

This new paradigm for masterful, ethical and high frequency marketing is:

- Focused on the audience/prospective client rather than on the person promoting. We're offering a service that we believe will meet their urgent needs and compelling desires.
- Authentic, and based on our passion and our values. We don't have to copy anyone else's style or message, and we operate from our own ethics and values.

*(continued on page 18)*

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# In Chloe's Words

## About Energy Constrictions

Meryl Chodosh-Weiss, HR Practitioner, New York, NY

In *Transforming Primary Patterns*, the discussion about Energy constriction is in the form of a flow chart that illustrates the process of how the energy becomes constricted in the first place. It begins with a fundamental life need not being met. This leads to the feeling that life is threatening. In the wild, animals respond to threatening situations in only a few ways. They either decide to stand and fight, run and flee, or freeze when they know they can neither fight back nor run away fast enough. At this point, after freezing, they are in essence submitting to the will of their predator. We see this in opossums who “play dead.” In humans, this freezing is a constriction of energy often experienced by persons who have witnessed or experienced heinous acts. The important aspect is perception. A person perceives or feels a situation is life threatening in some way and that there is no way out, and they are not strong enough to fight. This is a very vulnerable place when we happen upon it within a session.

It is very important to remember that when a person is in an energy constriction, they are quite disoriented. They often experience an extremely primal place that's preverbal and possibly is reminiscent of being in the total darkness in the womb when

there feels like a lapse in connection with the mother. Whenever this disconnection occurs, it is terrifying and to some, it feels like an alternate reality. This primal place is without direction, and without direction, a person might feel they could actually die because they can't go towards what nourishes them. The body must just get through the moment because the sensory overload cannot be processed. It is as if the person is out there somewhere trying to survive the fear. In this state, people are literally not themselves.

When we are in the middle of an Energy Constriction, we are disoriented, on the edge of tears and it feels like we're on the edge of the abyss and darkness. That is why it is so important for the practitioner to be calm and directional for the client. We are the compass that leads the client home—back into presence and back into inhabiting their body. Some clients become very upset about feeling lost, and others lose a sense of who they are. This constricted energy must

be transformed while the Holographic Repatterning® Practitioner remains calm and 100% present. If we remember that the person just wants to flee or fight or freeze, our compassionate presence will help to provide the safe container they need to resolve their constriction positively.



## Congratulations to Our New Fundamentals Teachers



(from Left) Mary Cameris, of Tulsa, OK, Meryl Chodosh Weiss, of New York City, and Kaye Zeiger, of Boulder, CO. Their training by Ardis Ozborn (right), took place in Tulsa, June 1 through 6. During the same period, Ardis taught a two-day Fundamentals class with students from Oklahoma, Kansas, Arkansas and Texas, assisted by the three new teachers.

# The Role of HRA USA

Recently, Joelle Mann-Bourcalt wrote asking about the status of the HRA Journal. She wondered why it no longer had the word "International" on the masthead. She asked for some clarification on the relationship between the HRA and Chloe's training institute. We thought the following response to Joelle from Carolyn Winter and Gail Glanville would be helpful for all our readership.

Dear Joelle:

A number of US-HRA activities are currently coming under scrutiny as we continue the process of transition—separating out Chloe's personal business from the not-for-profit activities of the HRA.

A fundamental first step in this process has been the approval and adoption of the by-laws that in fact establish how our US corporation operates. It gives us the legal footing to do business, offer services to members, promote HR and set standards. All board governance decisions rest on this fundamental legal document.

So as a Trade Association legally incorporated to do business in the USA what are we allowed to be, do and offer internationally? I notice that even in the magazine industry, one can buy VOGUE magazine in the USA, for example and the same magazine may be purchased in Great Britain for considerable cost. VOGUE magazine is also incorporated as a business in the UK and has a UK version of VOGUE for less money. Why is that? I think it has to do with operating as an incorporated business in that country.

Anyone in the world may purchase a membership with the HRA-USA and enjoy the benefits of the membership category they choose. True HRA-USA, like Vogue Magazine, may have to have an additional charge for members living off shore, but the benefits remain the same, the legal designations are USA based and accountable under USA law.

The USA HRA is actually not an international organization. In reality, it is a US organization that happens to have international members. This means that what we publish (write, edit, layout and print) is USA based and paid for almost entirely by our US membership.

We recognize this is a significant change from what was promised in the past. We also have been forced to recognize that compliance with the law, which will ultimately put us all on sounder footing, has required these kinds of changes which we have been writing about and struggling with since last August.

It helps to understand that some of the work of the present Certification Team, for example, really belongs to Chloe's Institute which is still evolving. That's why the new plan is called an "Interim" document, with a time limit to June of 2007. That is to give Chloe time to get her business up and running, incorporated as an LLC, intellectual property licenses in place, and clarity on how to offer her programs overseas.

We recognize that this transition has brought into super sharp focus the different requirements and problems members in other countries face. They all need resolution. We believe that what Associations in England, Australia, South Africa, etc. need to do is get clear about the requirements in your own countries. Then come to Chloe Wordsworth as Founder of the Institute with clear and simple proposals for what is needed that the Institute may be able to provide in that country. Keep in mind that she also must be responsible for meeting US laws first, and then international laws according to the best advice of her attorney. All of these decisions are part of the clarity arising from the transition process. Chloe will evaluate the best way she can meet your requirements and what is the best way to empower all students and practitioners she knows and loves in your country.

Until that time, you all are very welcome members of the US Association. You can take trainings anywhere from Chloe's company, and receive US certification from us. We can give you a US Certificate, but not one for England, Australia, etc.

Most specifically regarding the HRA Journal, you are welcomed to submit articles as a member. We really welcome them and look forward to hearing about activities in all the other countries.

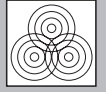
Warmest regards.

Carolyn and Gail

## *In Memoriam*

*Lee Cronn,  
Colorado Springs, CO*

*Carole McAvoy,  
Tiger, GA*



Sharon Mayo, HR Practitioner Albuquerque, NM



**HRJ: What was your background prior to Holographic Repatterning?**

**Sharon Mayo:**

After receiving a degree in child development, one of my first jobs was working at the Lighthouse for the Blind. I was trained for six weeks with a blindfold. I learned how to cook, walk, handle money, and even work a wood lathe — all under a blindfold. I taught job skills with the Lighthouse for the Blind. I

worked with parents because they didn't have skills to teach their children. Schools had wonderful programs on paper, but didn't have them in place. So I worked with kids, teachers, and schools.

Then I had my accident. After that, I worked with the Low-Vision Clinic at the University of Houston. I sold real estate and eventually moved to Albuquerque where I did 18 years of fundraising for the synagogue, for the Jewish Community Center, and for the Jewish Day School.

**HRJ: When did you first start using Holographic Repatterning?**

**SM:** In 1996, I was in an abusive relationship. My ex-husband and I were both abusive. I didn't like my body. I didn't like who I was and, at that time, I didn't like living in Albuquerque. So, basically, I started doing HR because my life sucked.

**HRJ: In the article on your website (<http://www.TheSourceWithinUs.com>), you wrote about using HR to help with the physical regeneration that's been needed since your accident.**

**SM:** Yes, I'm regenerating and not degenerating. Every time I do a session, I get more movement and more development. I'm lighter, brighter, joyful. I have rare moments of anger, typically every four to five to six months. The more I heal, the more I get more movement. If I do intense sessions, I have more movement. I can feel the physical changes — my brace gets too tight, or I have to get new shoes. It's not just HR, but everything affects everything else.

**HRJ: How did you use HR?**

**SM:** In my work and in my life, I use a variety of modalities including Rolfing, pilates, and HR. At this point, I rarely have any issues anymore. When I do have issues, they're tiny issues, and I do a session on myself. I sometimes get into major energy constructions and I use HR to move through them. My daughter and I have a wonderful relationship. If an issue comes up, we do a session to clear it. In addition to using HR with family, I use it with friends. I use it all the time. I love doing sessions on people.

**HRJ: Can you provide a few examples?**

**SM:** One example occurred about three years ago. I was meeting a guy on a date. He said it's not about your body, it's about your soul. I was with him for 15 minutes and he told me I wasn't pretty enough. All my stuff came up for me: I'm not good enough, I'll never find a partner. I cried for eight hours. I did a session on myself that indicated: exercise, be with friends, eat. Right after that, I went to the Jewish Community Center and, when they saw me, everyone's face lit up. I went to health food store and a woman there said, "You're beautiful, you're glowing." Everywhere I went that day people told me I was radiant. This was after I had cried for eight hours. That was the result after that one session.

Another example is a session with Chloe in January when I did the Energetics class. I wanted to work on more healing. During the session, I was increased in cycles per second from 4 cycles to 62 trillion cycles. I was stuck in the womb. My conscious thought was, "I can't do this on my own. I have to be pulled out of this situation." That was the same thought I had when I was pulled out of the airplane accident. I've always thought: "I can do it, I don't need your help." So it was the flip side of the story. The unconscious thought was that I could not do the birthing process on my own, therefore I had to overcompensate by not ever getting help.

I have been doing sessions on my daughter since she was eight years old. She's now 17. Two years ago she was driving, hit a boulder, and busted a tire and a wheel. My ex-husband screamed at her and she got sick. I did a session on her and it went back 15 generations—all her dad's stuff. Her dad is always living in fear and scarcity. He yells first, and asks questions later. An example of his behavior is the water pipe broke in Ashlei's closet, and he screamed at her and blamed her. He chose not to be responsible for the house having 30-year-old pipes.

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

**SM:** I'd like to see everyone have sessions! With most therapeutic modalities, or just in life in general, you can go round and round and not get to issues. But HR Gets right to the point. I'd also like to see it accepted in the medical world. I wanted to do a clinic for the Woman's Hospital on breast cancer, and the administrator told me that there was nothing scientific in Holistic Medicine. I would have never healed without holistic medicine and I would still be in the wheelchair if I had listened to the "real" doctors.

# Taking the First Steps to Create Your Internet Presence

Web Designer Interview with Andrew Adleman and Marilyn Hager Adleman

## What is the first step someone should take in building a website?

To begin the process it is important to understand who your audience will be and to have a clear intention about what you want your website to accomplish. Will the site be purely informational, or will you be selling products and/or services? Create a brand strategy along with visual branding materials that are coherent with who you are and what you represent. Then choose a domain name that best summarizes your brand. Preferably, the domain will be short and easy to spell. If you already have a business in your name or a brand name, consider how that will work as a domain name. For example, we did a website for Bobbie Martin: [www.BobbieMartin.com](http://www.BobbieMartin.com). Bobbie does HR and is involved with HR classes, but is also involved with other modalities and sells products. So, using her name as the domain name both brands her website and also provides an umbrella for a variety of products and services.

## What are important items to include as part of one's site?

Many people think of their website as an online brochure that provides an overview of what they do, who they are, common questions and answers, and a way to contact them. A website is much more flexible than a brochure in that a website can be updated with information, such as changes in class schedules, without the same effort or cost that would be involved to reprint a brochure.

Typical web pages (which can be longer than an actual paper page) include:

- A **Home** or **Welcome** page.
- A description of **Services**.
- An **About Us** or **Bio** page, which describes who you are
- An **FAQ** or **Frequently Asked Questions** page which allows you to pose questions that will provide additional information about your services in a friendly way.
- A **Contact** page which can be a form to gather information.
- A page containing **Links** to other websites which are useful to site visitors and also help increase your page ranking with search engines.



If you are selling products, it is good to feature them throughout the site and have text links as well as a visual on every page that will take the viewer to the products page.

For examples, see:

- [www.bowenwhite.com](http://www.bowenwhite.com) and
- [www.gtsongs.com](http://www.gtsongs.com).

## How do you keep track of who has visited your site, and then generate leads?

Many people use an email newsletter sign-up. This is important to do. It allows your website to gradually gather email addresses which you can use for ongoing marketing such as email “blasts”—a blanket email newsletter that sends your message to many people at once. The newsletter should contain relevant information that conveys just enough to entice the viewer to want to know more, with links that take them to your website to receive the rest.

All websites can track the number of visitors, the exact pages they looked at, a website they may have come from before visiting your site, and much more information. All of this data may help you track what is interesting to your website visitors and enable you to write relevant newsletter content and target your advertising to the type of people who are visiting.

## How important is a logo/choice of graphics on your site?

If you have a simple and memorable logo that can be used for your website and all your other materials—business cards, stationery, brochures—you will begin putting your brand into the world. An important first step is to choose colors and a design that feel right to you,

and represent you. The mission of your logo and tagline is to provide a visual story about your business that will be conveyed at first glance.

## Is it necessary to use a web designer or is it possible to build your own site without one?

There are a lot of template websites— websites that you can build based on pre-made templates with choices for colors, size of type, etc. These sites are perfectly adequate, yet not specifically individualized. What a web designer can do for you is create a beautiful, hand-crafted website that is uniquely yours. Also, if you want to have a more technically advanced website, using a shopping cart or Flash animation that tells a story, for example, you will usually need the services of a web designer.

## What about marketing your website?

Marketing is the most important, and frequently one of the least understood aspects of websites. Creating a website and having people look at it are two different things. If you distribute your business card and it has your website address, that's a start. But how do you have the equivalent of a billboard on the internet superhighway? There are many ways to do this, such as being linked from other sites, having a high ranking in search engines, and paying for visitors with such programs as Google Adwords. This brings us back to website design. When creating a website, the copy used is very important because that is typically what search engines will see and what visitors will read. Although websites have invisible “metatags,” if your website copy also contains “keywords” that signify what potential visitors to your website will search for using a search engine such as Google, then search engines can “read” those keywords and funnel potential clients to your site.

The main thing we gently remind our clients about the sometimes stressful matter of marketing yourself is to be yourself and HAVE FUN in the process!

For more information about websites, branding and marketing your business visit:[www.purplefishmedia.com](http://www.purplefishmedia.com)

# Holographic Repatterning Stories

Leah MacLeod, HR Practitioner, Palgrave, Ontario, Canada

Several years ago, I had an amazing experience which has stayed with me. It's one of my favourite HR stories, and I'd like to share it with you.

It was a group repatterning in a small town in Ontario, Canada. I was presenting the Holographic Repatterning process to a group of practitioners involved with the healing arts at a restaurant in their town. We had dinner first and then I was to present an overview of the process. I decided to do a group session after my presentation to demonstrate the value and impact of Holographic Repatterning. At the time, the group was preparing for a Health Show in their community. One member of the group agreed to proxy everyone present and the session began.

We started with an intention. I opened it up to discussion and various themes were suggested. We narrowed down the intention to one concerning the upcoming Health Show. Various ideas came up around the practitioners' concerns about their Health Show. They wanted to resonate with finding it easy to discuss their products and services, having the show a financial success, and attracting many people to the show. The muscle checking

indicated that we needed something else.

After a pause, I noticed a lady in the back of the room with her hand up. I asked what she wanted to add to the intention. She suggested that we could include a statement that what happened at the show be in everyone's highest and best interest. The room became hushed. I muscle checked and that was what we needed. I thought to myself that this was an incredibly high level of intention. It felt like turning the results of the show over to a Higher Power, perhaps without a possibility of understanding the ramifications of such an intention. WOW! There was a brief discussion, and then I asked if everyone present felt that they wanted to include this concept in their intention. They all agreed.

We muscle checked for our resonance with our intention, and we were off. I don't remember many of the details of the session since it was a while ago, but I do remember how it ended. When we were confirming the shifts of the session and finally we came to checking with the group's resonance with our intention, again, the room was hushed. When I checked the arm of the proxy for the intention statement that everything that

happened at the Health Show be in everyone's highest and best, it was "ON." We resonated with our intention! At that moment, the lights went out. We sat, stunned, in the darkness. Then, the reaction of the group was amazing. They started to laugh. I joined them and we sat and laughed in the dark for several minutes. These were real belly laughs. We realized that we really were on for a high level of intention—and it was big! After a while, the lights started to flicker, and continued flickering as we continued to laugh. It was an amazing moment! After about ten minutes of flickering, the lights came on and stayed on for the rest of the evening. We all felt tremendously blessed, the meeting ended and we went home.

The next day, I talked to the lady who owned the restaurant. I hadn't said anything to her about the lights because they were working fine when we had left. She asked what had happened to the lights the previous night. I was surprised that she had asked, and I told her that at some point the lights had gone out, then flickered for a while before coming on again. I didn't go into any more details. She said that the lights weren't working properly when she

*(continued on page 16)*

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## From the President *(continued from page 3)*

change. HR practitioners are actively sought out for their credible and proven expertise.

Imagine this scenario. Someone who is suffering in a bad relationship hears an interview on the radio about a Holographic Repatterning session that resolved a similar relationship issue. They get to their appointment and in the waiting room is a copy of the national publication *Spirituality and Health*. In it they find an ad for HRA Practitioners plus a web address. They wonder if it's the same thing they heard on the radio earlier. A few days later at the grocery store they buy a copy of OPRAH magazine and read a life changing story from someone who uses HR. They wonder if they should try it but they are a little skeptical. They're not sure what it's all about so at the next opportunity they google HRA and come across our directory of practitioners, more stories

of success and information on the process. There is a link to our credible training institute. They notice there is a code of ethics, a certifying system and a history. They get some information and click for a practitioner in their area.

It doesn't take a team to start this vision. Just get writing. Tell your success stories. Invite your clients to tell theirs. We all win everytime someone gets an article published. If you do get one published, send it along and we'll post it on our website. Write, and write some more!

And finally:

If we are to serve the public well, in the short term we must work through the growing pains of defining and refining our certification process. Our membership categories, our standard of practice, the challenges of presenting our credentials

world wide are all up for review and discussion. The Certification Committee work continues to be one of the most important areas of contribution for our profession.

In the longer term we must also work towards international recognition and standards shared with other associations. The benefits of this organizational commitment will be evident in a public that calls on you as a practitioner they have never met before and places their trust in you to address an area of pain or limitation in their life, in the sure knowledge that through you they will experience a positive life change.

Holding the Vision,  
Carolyn Winter  
President

# New for HRA Students and Level I Practitioners

We are pleased to publish the following document from the HRA Certification Team. It has been approved by the HRA Board of Directors and submitted to Chloe and the teachers as well. It will affect all students and all practitioners so please take the time to read through it carefully. Chloe is still awaiting comments from her trademark attorney so stay tuned for announcements from her Institute regarding the use of the logo.

We have a new website just for students and level I practitioners who declare their candidacy for certification. You'll find it at [www.ideclare-hr.org](http://www.ideclare-hr.org). By the time this article is published, the revised and up-dated Blue Book will also be posted at this site.

Our grateful thanks to Liz Tobin, Meryl Chodosh-Weiss, Kathy Kulaas and Victoria Benoit (along with international advisors Joelle Mann, Mindy Stanford, and Jenny Moalem) for their many months of dedicated work.

## HOLOGRAPHIC REPATTERNING, CERTIFICATION PLAN DESCRIPTION

### PLAN FOR CERTIFICATION

The purpose of the Plan For Certification is to provide accessible support to those actively seeking certification while the HRI transitions into its new curriculum.

At the heart of this Plan is the Certification Manual (formerly known as the Blue Book). It represents a thoughtful process of mastery, self-discovery and positive transformation. It has such great value built into it; each component serving a purpose in reaching the standard of competence and coherence sought in certified practitioners. It has been updated to reflect current practices for demonstrating skills and for providing more flexibility with regard to student session exchanges and demonstrating competence.

### I Declare!

To set the Certification Plan in motion, action is required! The HRA/USA has created a registration process for those working toward certification. When you register, you declare your intention to commit to the certification process. Chloe Wordsworth wrote in *Transforming Unconscious Patterns*,

"An intention is an aim that determines your actions and the outcomes you experience."

By declaring your intention through registration (and getting "on" for it!), you join others with the same intention, creating a field of mutual support for accomplishing your goal of certification. Through the registration process, you commit to a plan of action by indicating which form of support being offered will be most useful to you—sign up for as much or as little as you need or want. Your registration aids the HRA in planning and scheduling that support. Membership in the HRA is required to 'Declare', so logon to the HRA website at <http://www.ideclare-hr.org/index.php> to register and let's get the ball rolling!

### Level I and II Holographic Repatterning® Practitioner Designations

The new Holographic Repatterning® Association Bylaws provide for three categories of membership: Associate, Student and Practitioner. To be in compliance with the Bylaws, the Level I and Level II Holographic Repatterning® Practitioner designations will be phased out as follows:

### 1. Level II Practitioners

a. Effective immediately, Level II Holographic Repatterning® Practitioners and teachers will be designated Certified Holographic Repatterning® Practitioners.

### 2. Meridian Students

- a. Effective immediately, the Level I Holographic Repatterning® Practitioner designation will no longer be available to Meridian students.
- b. In order to become a Certified Holographic Repatterning® Practitioner, a Student Member, having completed *Transforming Meridian Patterns*, will officially declare his or her intention to certify by registering on the HRA "I Declare" website. Effective immediately, a one-time fee of \$125.00 for certification processing is payable upon registration. The fee includes the Certification Manual (Blue Book) and "I Declare" website services. (This fee is in addition to the HRA membership dues.)
- c. A Meridian Student Member who officially declares his or her intention to become certified by registering at the "I Declare" web site may refer to him/herself as "Holographic Repatterning® Student Practitioner."
- d. Student Practitioners may advertise using the Holographic Repatterning® name and logo in printed materials and in electronic media provided the title "Holographic Repatterning® Student Practitioner" is prominently and clearly displayed.
- e. Upon certification, a Student Member automatically becomes a Practitioner Member and is expected to pay dues accordingly in an amount that equals the annual pro-rated total to reflect the date of certification.

### Level I Practitioners

- a. Current Level I Holographic Repatterning® Practitioners who officially declare their intention to become Certified Holographic Repatterning® Practitioners by December 31, 2005, may continue to use the Level I designation and the advertising rights it now affords until June 30, 2007, or until such time as they become a Certified Holographic Repatterning® Practitioner, provided that occurs before June 30, 2007.
- b. Current Level I Practitioners who officially declare their intention to certify at the "I Declare" website by December 31, 2005, will have the \$125.00 certification processing fee waived in recognition of their pre-existing investment in the process.
- c. The Holographic Repatterning Association will no longer offer renewals of Level I Holographic Repatterning® Practitioner status without a declaration of the intention to certify as described in item a. above.
- d. Current Level I Practitioners who have not been recommended for Certification by June 30, 2007 will automatically become an HRA Student member unless they choose to be an Associate member (having no voting privileges).

Therefore, we encourage you to seek certification and renew your efforts, with our support, to reach your goal.

The Holographic Repatterning® Association is here to support you in bringing Holographic Repatterning® to others—we want everyone who practices Holographic Repatterning® professionally to be as successful and rewarded as possible. Certification is an essential step in that direction. It will provide you with the foundation upon which to build the successful practice you envision. Let's join our efforts and together create a strong community of outstanding Certified Holographic Repatterning® Practitioners.

To 'Declare' your intention to enter the certification process, please go to the web site at:

<http://www.ideclarehr.org/index.php> and register today!

## **WE SUPPORT YOU!**

### **Web Site Support – IDeclare-HR.org**

In order for members on the certification track to receive more direct support, the Holographic Repatterning® Association has created a dedicated web site for registered users only. There you declare your intention to enter (or continue on) the certification track through a registration process, state your needs and access resources. Through the registration process, the HRA can assist in assessing the training needs of student practitioners seeking certification and petition the HRI for support in geographic areas where it's needed. To register, logon to:

<http://www.ideclare-hr.org/index.php>

### **Certification Forum Discussions**

Your registration at the IDeclare-HR.org web site gives you access to bulletin board forum discussions. There are two forums in place—one for general sharing and another for specific questions about the HR process. Both forums can accommodate multiple topics making it easy for you to participate in your interest area. You may find the Common Room Forum a place to become acquainted with other students, arrange trades or self-organize group repatterning sessions. On The Shared Learning Forum you may post your questions about HR. We will invite teachers to moderate this and provide you with correct information to your questions on the HR process.

### **Required Meridian Student Session Trades**

In order to provide more accessibility to students who may live in areas remote to a Holographic Repatterning community, you

now have the option of doing one-half of the ten required Meridian student session trades on the telephone. You may give five phone sessions to and receive five phone sessions from a Meridian student.

### **Tutorials Observations**

Opportunities for observation, tutoring and skill building will be offered. The frequency and location of this support will be determined by how many of you directly express your interest on the certification registration website. Scheduled trainings and tutorial observations will be posted on the IDeclare-HR.org web site so that you can better plan your training. Contact a Designated Observer as soon as you are ready to have a tutorial observation. A list of approved Designated Observers is posted at:

<http://www.ideclare-hr.org/index.php>

Students at all levels are encouraged to attend as many tutorial observations as possible for the learning received from watching your colleagues work and hearing the constructive feedback.

### **Teleconference Support**

In addition to in-person support, for the purpose of gaining knowledge, experience, practice and comfort in the process you have several options available:

- a. One-On-One telephone consultations with a teacher are available to ask questions and get support. These informal consultations do not count as tutorial observations. See the IDeclare-HR.org web site for a listing of available teachers. Fees are applicable.
- b. Structured Group Teleconference calls may be offered, based on your expressed interest, to explore a pre-determined subject matter. Questions on the subject matter may be submitted in advance of the call. Fees are applicable.
- c. Open Forum Teleconference calls may be offered, based on your expressed interest, for you to get support and answers to your questions. This is an opportunity for you to connect with the larger Holographic Repatterning® community on a more consistent basis. Fees are applicable.

### **Audiotapes**

As a training tool, students may make audiotapes of sessions and submit them to a participating teacher or designated observer for feedback.

### **Video Tapes/DVDs**

As a way to demonstrate the required competencies in the Certification Manual, Student Practitioners may make good quality videotapes or DVDs of sessions and submit them to a participating teacher or Designated Observer for feedback. The teacher or Designated Observers will provide you with feedback on the Feedback Form. This option does not replace the requirement of the Certification Manual to have at least one in-person tutorial observation to satisfactorily demonstrate the Holographic Repatterning® process before being certified. Fees are applicable.

### **Blue Book Update (Certification Manual)**

We believe that in updating the Blue Book several of the community's concerns are addressed.

- Requirements for certification are clearly outlined.
- Clarity in the requirements results in more consistency in the application of procedures.
- Updating the Blue Book allows for better documentation of the tutorial observation process.

The following updates have been made:

- The language has been revised to eliminate references to the old six-step process and has been replaced with language of the Mandala.
- It reflects current seminars required.
- A Feedback Form and a Completed Competencies Summary Page have been created for Designated Observers to document your progress and for any Designated Observer to see at a glance what competencies you have left to demonstrate.
- It is now available electronically upon registration for certification in either an "accreditation" or "certification" format, based on your country. It has been reformatted to accommodate use of loose-leaf binder to which you may add additional feedback sheets.
- Options for the requirements for student session trades and Tutorial Observations via video and DVD have been included.



## Introducing Josephine Rovari



We have said our good-bye's and thank you's to our friend and part time Administrator Erlinda Vo, who is making a life changing move to Chicago. Erlinda has been instrumental in re-establishing our office procedures to work with part time staff. We thank her and wish her well.

Join us in saying hello to Josephine Rovari who will be with us for the next 18 months. Josephine is quickly and efficiently picking up where Erlinda left off. Her mission is to establish a virtual office with complete online support and a voice you can count on.

Josephine brings a talent for back stage managing and keeping busy environments coordinated along with great office skills and recent telemarketing experience. She knows HR, and knows how to sell its benefits to and from practitioners. In the next 18 months, she intends to have an office that can be accessed and operated by an administrator anywhere in the world.

For now...she operates the virtual HRA office, receiving mail, email and telephone calls from a grounded position in Toronto, Ontario.

Our contact information remains the same:  
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Important note about our address. Be sure to address the first line P.M.O (Private Mail Office) or your mail will be returned.

## Zero Point Field (continued from page 5)

consciousness science, we still don't know how to explain HR clearly, compellingly and simply, probably because they cannot.

Lynn McTaggart sums up her book with a tantalizing statement: "A substructure underpins the universe that is essentially a recording medium of everything, providing a means for everything to communicate with everything else. 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." That's certainly a comprehensive theory.

But then she writes that while these experiments have helped to prove the value of alternative medicine, the modalities themselves have never been understood in spite of their effectiveness: "We need to work out the science of medicine that treats human energy levels and the exact nature of the 'energy' that (is) being treated." She's really saying that we need to work out a language that makes it understandable.

The IONS membership card makes a beginning attempt by stating the following:

- Reality is more than merely physical.
- Everything and everyone are interconnected.
- We can consciously participate in our own evolution.

If we can agree on these three statements, then perhaps we have a foundation upon which to build our promotion as Holographic Repatterning practitioners, and upon which to begin a conversation about the exact nature of the energy levels we engage.

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## HR Stories (continued from page 14)

came to the restaurant in the morning and she had called an electrician. Apparently, the electrician told the owner that he hadn't seen anything like it. I don't know exactly what was wrong with the lights, but it was something the electrician had not seen before. He said that it looked like the building was hit by lightning. I didn't know what to say. I guess, on some level, it had. I don't think that any one of us who was present that night has forgotten that experience.

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

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Ellen Shapiro (continued from page 9)

- Respectful, targeted and permission based. We don't go around imposing our message on everyone. We look for an opening in the conversation, or a need that our prospective client shares with us, and then introduce what we do in a way that is relevant. We don't have to force our brochure on every person in line at the supermarket! (Not everyone has to be your client—now how do you spell relief?)
- Confident, clear, direct and authoritative. We believe in our selves and the value of what we're offering, and are willing to own our expertise. We state clearly what we are offering, and don't "waffle." We are able to respond appropriately to what the potential client is asking for—when direction or recommendations are being requested, we are free to offer them, or to refer them to someone else.
- Empowering: Having offered information fully and freely, we then empower the potential client to make their own decisions, and to seek other professional advice when appropriate.
- Caring yet detached. We come from our hearts, we share our passion, but then create some space so that we are detached from the outcome. We become a witness to our marketing communications, which are like a pebble tossed in a still pond...we don't know how far the ripples will spread.

Come to think of it, these qualities sound a lot like what we aspire to as HR practitioners. So cheer up, you may be a lot closer to being a successful marketer than you realized!

If you would like to explore this terrain yourself, here are the questions I asked people to contemplate. Your answers will provide lots of grist for the mill—and future repatterning.

#### Issues around Self-Promotion

1. When I think about promoting myself, I feel \_\_\_\_\_.
2. The negative beliefs that come up when I think about, or get into action to promote myself are: \_\_\_\_\_.
3. I hesitate to take risks/put myself out there because \_\_\_\_\_.
4. I am in conflict between the need or desire to promote myself and \_\_\_\_\_.
5. What I heard growing up (family, school, church, etc) about people who "bragged" "tooted their own horn" "were pushy" was/is: \_\_\_\_\_.  
What I heard about people who were too introverted and unassertive, in my family, was/is \_\_\_\_\_.
6. What I think/feel about others who promote themselves well: \_\_\_\_\_.
7. What negative associations do you have with these specific activities: a) talking to people one on one about what you do b) speaking to a group on your own behalf c) promoting yourself in writing, on the radio, on tv: \_\_\_\_\_.

#### Intentions around Promoting Yourself

1. How would you like to feel about promoting yourself?
2. How would you like to experience the process of promoting yourself—from identifying your target market and marketing message, to taking action? How would you like to be/feel in promoting yourself?

3. What outcomes would you like to have from your self-promotion? How do you define successful self-promotion?
4. What inner skills and strengths, and what outer resources do you need to have available to you?
5. What else that is positive will happen when you successfully promote yourself?

Elizabeth Tobin (continued from page 7)

social workers who are clients. The more people in all walks of life who feel the power of this process, the more it gets into the mass consciousness and the more individuals bring it into their own lives. So I see HR continuing to expand into the medical profession, the world of business, social services, the lives of individuals and families.

I have been privileged with serving on the HRA Certification Team and being in contact with other practitioners from other countries. I would love to see an international Holographic Repatterning® association that would support practitioners and the learning of HR worldwide. I'm very excited about Chloe's institute. I think that is going to free her to truly bring the teaching of HR to the next level. As an Association, we might be at a pause time right now, the space between the inhale and the exhale. But as a worldwide association of energetically connected people sharing a common vision, I really see that HR is going to grow exponentially. Right now we are getting the physical structures and foundations in place to support that.

In general, I see Holographic Repatterning® working multi-dimensionally and I know that we are changing the universal hologram with each session and with each person.



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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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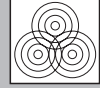
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### Port Elizabeth

Jean Campbell	+27-41-484-5401	Mt. Croix
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### SPAIN

Marie Jeanne Childers	+34-93-684-81-17	Barcelona
Didac Mancera Artacho	+34-610-52-07-42	Barcelona
Fatima Matos Moreira	+34-93-458-78-66	Barcelona
Olga Sacristan	+34-983-231-961	Valladolid
Elissa Akka Sanchez	+34-91-437-70-91	Madrid

### SCOTLAND

Sarah Gibbons	+44-1314-663-195	Edinburgh
Joanna Harris	+44-1309-690-655	Findhorn
Joanna Legard	+44-1463-236-498	Iverness
Joanna Legard	+44-1309-691-793	Findhorn
Helen Nicoll♦	+44-1505-842-273	Renfrewshire
Susie Seed	+44-1644-460-257	Castle Douglas
Catherine Vardi	+44-1738-840004	Perthshire
Georgia Wolfson♦	+44-141-423-2164	Glasgow

### UK-WALES

Rainbow	+44-1650-511918	Powys
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## ■ HR SEMINARS ■

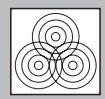


This information was current as of press time. Please check with the local organizer before making travel arrangements. For most recent updated information visit the HR website at [www.holographic.org](http://www.holographic.org)

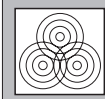
Dates:	Teacher:	Location:	Coordinator:	Phone:
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### EMPOWERING YOURSELF WITH HR

8/15/05	Sylvi	Austin, TX	The Crossings in Austin	1-877-944-3003
8/20/05	Mary	Princeton, NJ	Stacy Hoffer	609-497-1789
9/09/05	Kaye	Boulder, CO	Kaye Z/specialkzeiger@msn.com	303-516-9676
9/16/05	Meryl	New York, NY	Meryl Chodosh-Weiss	212-628-8260
9/17/05	Mandira	Grand Rapids, MI	M. Gazal/mandira33@yahoo.com	616-361-2404
10/01/05	Mandira	Grand Rapids, MI	M. Gazal/mandira33@yahoo.com	616-361-2404
10/15/05	Mandira	Grand Rapids, MI	M. Gazal/mandira33@yahoo.com	616-361-2404
11/05/05	Mandira	Grand Rapids, MI	M. Gazal/mandira33@yahoo.com	616-361-2404



## ■ H R S E M I N A R S ■



Dates:	Teacher:	Location:	Coordinator:	Phone:
11/11/05	Shady	Albuquerque, NM	Shady Sirotkin	505-254-2173
11/19/05	Mandira	Grand Rapids, MI	M. Gazal	616-361-2404
12/03/05	Mandira	Grand Rapids, MI	M. Gazal	616-361-2404

### FUNDAMENTALS OF HR

8/13/05-8/14/05	Lourdes	Cuernavaca, Mexico	Brigitte Bret	brigittebret@hotmail.com
8/16/05-8/17/05	Sylvi	Austin, TX	The Crossings in Austin	1-877-944-3003
8/27/05-8/28/05	Jennifer	Bellingham, WA	Jennifer Johnson	360-384-1415
9/10/05-9/11/05	Kaye	Boulder, CO	Kaye Zeiger	303-516-9676
11/12/05-11/13/05	Dorinda	Albuquerque, NM	Shady Sirotkin	505-254-2173

### TRANSFORMING PRIMARY PATTERNS

8/19/05-8/20/05	Sylvi	Austin, TX	The Crossings in Austin	1-877-944-3003
8/27/05-8/28/05	Georgia	Hickory, NC	Georgia Miles	828-267-6466
10/08/05-10/09/05	Sylvi	Boulder, CO	Kaye Zeiger	303-516-9676
10/15/05-10/16/05	Georgia	New York, NY	Meryl Chodosh-Weiss	212-628-8260
11/14/05-11/16/04	Dorinda	Albuquerque, NM	Shady Sirotkin	505-254-2173

### TRANSFORMING UNCONSCIOUS PATTERNS

8/05/05-8/06/05	Lourdes	Cuernavaca, Mexico	Brigitte Bret	brigittebret@hotmail.com
8/23/05-8/24/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
11/05/05-11/06/06	Ardis	Boulder, CO	Kaye Zeiger	303-516-9676

### TRANSFORMING CHAKRA PATTERNS

8/20/05-8/21/05	Ardis	Kansas City, MO	Teri Bybee	913-345-1113
8/26/05-8/27/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
9/16/05-9/18/05	Lourdes	Guadalajara, Mexico	Brigitte Bret	brigittebret@hotmail.com
10/07/05-10/09/05	Lourdes	Cuernavaca, Mexico	Brigitte Bret	brigittebret@hotmail.com
1/21/06-1/22/06	Ardis	Boulder, CO	Kaye Zeiger	303-516-9676

### TRANSFORMING MERIDIAN PATTERNS

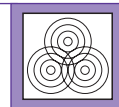
8/27/05-8/28/05	Shady	Honolulu, HI	Bonnie Chan	808-485-2248
10/01/05-10/02/05	Ardis	Kansas City, MO	Teri Bybee	913-345-1113
10/07/05-10/08/05	Chloe	Austin, TX	Sylvi Salinas	512-389-3990
11/18/05-11/20/05	Chloe	Cuernavaca, Mexico	Lourdes Fernandez	lourdesfp@aol.com
12/02/05-12/04/05	Lourdes	Guadalajara, Mexico	Brigitte Bret	brigittebret@hotmail.com
2/25/06 - 2/26/06	Ardis	Boulder, CO	Kaye Zeiger	303-516-9676

### PRINCIPLES OF RELATIONSHIP

8/19/05-8/21/05	Chloe	Santiago, Chile	Luz Marmanentini	luzms@hotmail.com
9/09/05-9/11/05	Chloe	Cuernavaca, Mexico	Lourdes Fernandez	lourdesfp@aol.com
12/09/05-12/11/05	Chloe	Bellingham, WA	Jennifer Johnson	360-384-1415



# HR SEMINARS



Dates:	Teacher:	Location:	Coordinator:	Phone:
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## A NEW VISION

10/28/05-10/30/05	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
11/04/05-11/06/05	Ardis	Kansas City, MO	Teri Bybee	913-345-1113
11/17/05-11/19/05	Ardis	Austin, TX	Sylvi Salinas	512-389-3990
4/22/06-4/24/06	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415

## 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 s & Sarah Gibbon	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
11/25/05-11/27/05	Chloe	Cuernavaca, Mexico	Lourdes Fernandez	lourdesfp@aol.com
1/27/06-1/29/06	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
11/03/06-11/05/06	Chloe	Bellingham, WA	Jennifer Johnson	360-384-1415

## HOLDING THE HEALING SPACE

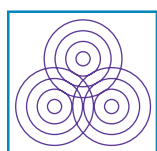
4/22/05 - 4/24/05	Shady	Phoenix, AZ	Victoria Benoit	602-864-7662
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## ADVANCED MERIDIAN SEMINAR

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 Pt 1	Akka Sanchez & Olga Sacristan	636-170-140 or 605-104-057 cells

## PRACTITIONER DEVELOPMENT

9/07/05-9/12/05	Dorinda,	Denver, CO	Jane Winne	970-704-1472
10/7/05-10/10/05	Victoria	Phoenix, AZ	Victoria Benoit	602-864-7662
10/19/05-10/20/05	Chloe	England	Katheryn Nicholls & Sarah Gibbons	011-44-164-744-0583



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