

The

HRA Journal

A publication of the Holographic Repatterning® Association



Earth Mother/Daughter ©2006 Marilyn Hager Adleman

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Cover Image

“Earth Mother/Daughter” represents the feminine in each of us that searches for the answer to the question posed by Tina Beneman, “What is the Earth asking of women?” in her article “Body Wisdom/Earth Wisdom,” starting on page 4 of this issue of the Holographic Repatterning Association Journal.

Art Director, Marilyn Hager Adleman, couldn’t resist having her very pregnant daughter pose for the image on the eve of the birth of their first child and grandchild.

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The HRA Journal

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From the President Carolyn Winter

In this issue, we are pleased to announce several more certification approvals. As our I Declare membership shrinks and our certification registry expands, I am reminded of the importance of this movement. It represents the culmination of effort from ordinary people, who wanted to make a difference.

While at the heart of certification are members seeking to be recognized, what makes a self-regulatory body of this nature workable is the vision, commitment and contributions of others to make it happen. Our success as a self-regulatory body is based on the voluntary effort and personal leadership commitment and contribution of each person. Our collective goals, accomplishments and results, and how we are viewed in the world, are enhanced by what each of us is willing to contribute. You may think that you are not qualified to participate in a leadership role in your association; or you may feel that meeting once a week or once a month with colleagues by phone means very little to the organization. However, when we meet with purpose, agenda and vision for even the smallest decisions made, we will

serve the group well for a long time to come. When we recognize that each of us is empowered to work together, and we act on that power, we give flight to the whole.

In a previous career role with the Early Childhood Education Association in Ontario, I recall a grey November day in 1989, when I attended a planning meeting with my colleagues, and we made one goal for political professional recognition in Ontario. At the time it seemed like a mouse challenging a lion and, if not hopeless, at least out of range. The association kept that goal over the years with subsequent waves of volunteers working towards its accomplishment long after I had left. Today I am amazed to realize how that one single goal has led to a government requirement for trained and qualified educators working in day care centers and that workers are paid a much better salary as a result. Most importantly, children are well-served.

Our goal for an improved certification system is manifesting and our professional ranks are growing as a result. I can easily envision a day 15 years from now where certified members of our profession are also known and respected world wide. However, this is only one area of the association that needs the energy of its members to take flight.

It is also important in an association that we don't get too attached to a small group of people doing the lion's share of work over a long time. When this happens, the organization stops reflect-

ing the whole and can be easily over-identified with one or two people. That is why, in our bylaws, board members must stay on the board no more than 2 years. This includes me as president, and sadly, I must announce that I will be stepping down from this position as of February 2007. I will continue to make a contribution to the board for one more year in the role of past president.

I and other members whose terms are coming to an end, pass on to the next group a wonderful new beginning to make great things happen for all our members. Our long term goal is to make Resonance Repatterning a household word and to create an environment where qualified practitioners are supported in having a successful practice.

I am personally asking each one of you to consider taking an active role in your association. Please acknowledge your availability, skills and abilities to work as a team on a board of directors or a committee and find out more about where you can make a difference in your association. If you are reading this and know that you have a contribution to make and would like to discuss next steps, please know that I and all board members would be happy to hear from you. Call us at 1-800-685-2811 extension 2 and a board member will be in touch with you.

Remember, together we are more... much more!

In Memorium

Karis MacKenzie Guinness 1911-2006

As some of you already know, our mother moved on to the next act of her life on August 2, 2006, just short of her 95th birthday. She was adamant that what was happening to her was utterly unconnected with dying.

The foundation's beliefs and a knowledge that life is more than what we see was really our parent's credo. Because of them and their tremendous interest in good health and ways to achieve this, and

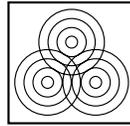
because of Chloe too, we are all the beneficiaries. Karis was an incredibly gifted musician with perfect pitch and passed her joy and knowledge on to all three of us – Lindis, Chloe and Anthea. As we know, music is a very important part of the Resonance Repatterning system.

Our Mum was extremely interested in this work. In my daily conversations with her, she always asked how the sessions were going and if they were helping the

people I was working with. She didn't like sessions on herself from me because they came too close to her internal secrets. However, she applauded all that we were doing. She loved coming to the Resonance Repatterning conference, where she got to meet and see us all.

Thank you, my dearest Mum and belatedly, my dearest Dad.

With all my love,
Lindis Chloe Guinness.



Body Wisdom/Earth Wisdom

By Tina Beneman, Certified
Practitioner, Hunt Valley, MD

What is the Earth asking of women?

Let's vision women as the feminine aspect within each of us, what ecologist and cultural historian, Thomas Berry, refers to as the knowing of the body. Our body is of the Earth, composed of the same elements. It contains the cellular memory of our own life as well as all life on Earth.

Within this "blueprint," there is a wholeness. We sense this wholeness in our bodies more often when things feel "not right." In order to feel "off," there has to have been an "on." Knowing there is an inner template, we can trust the body to lead us toward "on."

Our body gives us lots of feedback, most of which we are taught to override. When we reject the body's signals about physical well being, we exhaust our reserves and fall ill. When we shut out our feelings, we lose our heart connection and dismiss a vast store of natural wisdom.

It is my suggestion that this heart connection is our link to the wisdom of the Earth.

The heart is the magnetic field which connects us to all other sentient beings.

This field is also the vessel which supports the soul. The body informs the soul of Earthly matters. It allows the soul to have an "Earthly experience" so it can grow.

Just as we are evolving souls of Earth, the Earth is an evolving soul of the cosmos. The Earth has a "dream," a potential destiny just as we do. Obviously, these journeys are inextricably linked. Without the earth, we cannot experience physical life. And without human beings, the Earth will not have the vital qualities we offer.

How can we deepen our heart connection and thus connect with the heart and soul of the Earth? Certainly not by any pursuit that abandons our bodies. There is no unmuddled way to heart and soul but through diving into

the watery realm of the emotions.

Learning to navigate by feelings is largely uncharted territory. Let's begin with a useful definition. Consider emotions as the energetic momentum within a feeling. This energy has an intelligent purpose, which is to help us maintain our boundaries. Each emotion carries messages from the inner worlds, as well as the energy needed to address whatever brought the emotion forward. When we ignore our emotions, we literally go off limits.

When our boundaries are unclear, confusion reigns. We may neglect our personal safety; we may get into other people's business; we may take on projects that are not ours; and we may lose sight of what desperately needs our individual attention. So, many who long for a better world exhaust energy and create chaos by doing what they think is best, rather than what we feel in our bodily hearts has our name on it. As a result, many well-intentioned people and entire

organizations end up spinning their wheels, or even making things worse.

How can we take advantage of this elemental wisdom and learn what our feelings, the messengers of our heart and soul, are telling us? We can begin by recognizing and working through the upset feelings that arise every day. I'm glad to share a process I use for myself and in working with clients who seek help in releasing energy that is blocked in their bodies.

1) Allow yourself to notice that you are feeling stressed, off balance or out of sorts. Locate where the feeling is being held in your body. Feelings arise first as bodily sensations, such as tension in your shoulders, tightness in your jaw or an upset stomach. If it's not immediately apparent where the feeling is lodged, scan your body with your breath. Where is the breath held back? What feels empty, numb, constricted or sore?

2) Identify the feeling by naming it. Are you angry, afraid or sad? Avoid focusing on the cause or trying to explain the situation away.

3) Use your breath to relax the tension. Experiment with the breath, breathing in through the heart and out through the solar plexus, or in through the tailbone and out through the top of the head. Work with your breath until you feel more comfortable.

4) Take the time to feel the feeling without judgment. There are no "bad" feelings. Feelings are neutral feedback, giving us information we vitally need. They will escalate until they get your attention. If you feel overwhelmed by what you're feeling, allow your breath to help you feel safe, breathing rhythmically in and out through your nose.

5) To complete this process, move

your body in a way that feels good. Clap your hands, shake out your body, take a walk—it doesn't matter. Movement helps the energy bound up in feelings to cycle through.

Once familiar to you, this process usually takes only a minute or two, but there are times when it may take a few days. In the case of deep grief and loss, the feelings come in waves which may last for months. As the poet Rilke noted, "Patience is everything." By allowing feelings to come and go freely, we can enter a state of deep healing, where our hearts soften and undue pain eventually subsides.

By opening our hearts to ourselves, and taking care of our own authentic needs, we gradually become able to open our hearts to the world around

We must embrace the terrifying and awesome beauty of our bodily being and allow it to speak its truth. We must allow the Mystery to unfold as it does, without preconceived ideas. We must listen with our hearts and allow Wisdom to guide us.

us and receive clear feedback. This allows each of us to hear what has our name on it. It also provides the energy needed to take right action. As we model this behavior, others can entrain with us, and we will be empowered to give the same care to the Earth, our larger body.

So what is the Earth asking of the feminine? This is my answer to the Grail question. We must embrace the terrifying and awesome beauty of our bodily being and allow it to speak its truth. We must allow the Mystery to unfold as it does, without preconceived ideas. We must listen with our hearts and allow Wisdom to guide us.

As men and women who care deeply

about the Earth, we must have the courage to experience the heart and soul of life. Let's help each other avoid temptations to burn out our physical energies or escape into unembodied mental and spiritual realms. As Gandhi said: "We must be the change we wish to see in the world."

Tina's Recommended Resources:

1) Books by Thomas Berry include *The Dream of the Earth* and *The Great Work*

2) For help in naming your feelings: *Emotional Genius: Discovering the Deepest Language of the Soul*, by Karla McLaren

3) To learn more about the wisdom of the heart and many techniques for strengthening emotional equilibrium: www.heartmath.org

4) A remarkable book about the bodily senses: *Our Twelve Senses: Wellsprings of the Soul*, Dr. Albert Soesman

5) To unravel tangled thinking, learn from Byron Katie: www.thework.org

6) For an inspiring scientific glimpse of our evolutionary potential: *The*

Biology of Transcendence: A Blueprint of the Human Spirit, by Joseph Chilton Pearce

7) For information about positive entrainment: www.resonancerepatterning.com

Tina Beneman began her public career 25 years ago as Tina James, host of Good Earth Garden, a public television series devoted to organic growing. In addition to her long career as a writer and teacher, she is a therapist in private practice as well as a licensed Wedding Officiant. Tina can be contacted at: www.tinabeneman.com.

Personal Coherence Beyond Depression with Holographic Repatterning

by April Smith-Gonzalez, MA, Certified Practitioner, Bradenton, Florida

Three years ago I was diagnosed with major depressive disorder. I could not get out of bed and stayed there off-and-on for about two months. The only thing I would get out of bed for was to do my part-time job of teaching children to play the piano. I have asked myself over these past three years what caused this deep spiral into oblivion and just come up with a list of many things that probably contributed to the spiral.

Perhaps it was the weight of being in my first year of marriage, buying my first home, or moving twice in a year. This was the first time I had lived away from my parents, and initially we moved an hour away from them but due to a long commute for work, we decided to purchase our first home in the same city as both of our parents.

Perhaps it was the death of my grandfather two months before my wedding—a man I regretted never really having a relationship with, and who lived across the country in Las Vegas, NV. That was not an easy trip to take in the midst of working on my master's degree and planning a wedding.

Perhaps it was the stress of finishing my master's degree in the face of major criticism on the part of some of my professors that I chose to finish my master's degree without doing a piano performance. I had done a performance the previous year and, due to excessive stage fright, could not perform even close to the best of my ability. (I got my degree by the grace of one professor who became my advisor and gave me the option to do a thesis.)

Maybe the depression had something to do with losing my university teaching job following September 11, 2001 when the state asked back from the universities

some huge amount of money, thus forcing the music department to let go or pare down the schedules of all adjunct professors. Since I was the newest addition to the faculty, I no longer had a position there.

The proverbial straw that broke the camel's back came that spring after being ill for six weeks with bronchitis. My younger brother revealed that he had been addicted to prescription pain pills that he was purchasing "on the street." While my parents are amazing parents, this one threw them into codependency and a spiral of their own. I became the one all three of them called in the middle of the

My hope is that my experience will infuse courage and determination into your hearts that a diagnosis is nothing more than a few little letters. We can change them and don't have to be branded by them. We are free to choose to be another way. Holographic Repatterning gives us that choice.

night when there was a crisis. After a few weeks, my mind, body, and spiritual self had had enough.

Financially I had run the bills into a late and defaulted state, every bill including our home mortgage was late or just not being paid. I had overdraft charges that year totaling \$5000. Needless to say, my bank accounts were a mess.

I had experienced bouts of depression many times in my life but this was massive and deeper and really felt as if there were no way out. My friend from Colorado was, at the time, learning about Holographic Repatterning. She called me one day during the time I could not get out of bed, and since I was so incapacitated I was happy to hear her voice. Her genuine

concern for me when I revealed what was happening in my life made me feel cared for and loved. She offered to "practice" her new skills and try to help me at the same time. I appreciated her generosity in practicing with me instead of charging me. Her support and care and this amazing process helped me to make the choice to get further help for the issues I was facing.

I got out of bed and went to the doctor—I think this was actually a positive action from one of my sessions. The doctor gave me antidepressants and a phone number to a psychotherapist. I felt more functional taking the meds, but the deep

sadness had not gone away. I started seeing the recommended therapist, and I think that having sessions in person made it more difficult to be entirely honest with the therapist. I felt it was not helping, but continued to see her anyway to comply with the doctor's directions. I felt worse after a psychotherapy session than before the session.

I remembered my friend's generosity and that I felt better after she worked with me. So I decided to fly her to me so we could have some fun together as well as do some Holographic Repatterning work. Her visit was a bright spot that year, and solidified for me how powerful this process was for me. That fall, she and I were talking about her Holographic Repatterning classes and I found myself wanting to go with her to class, but going to Colorado felt too far away. She told me to check out the Holographic Repatterning website and see where other classes were being held. There was a Fundamentals class outside of New York City over Labor Day weekend that year, so my husband and I planned to go and make a mini vacation out of it.

The class opened my eyes to a different way of looking at the world. Problems no longer had to be a deep pit, there was an opportunity there. I learned how to set an intention and how that shifted things. I learned that doing modalities for myself could shift the energy of others when my husband and I went to dinner one night during that trip. He was rather grumpy because I had been in class all day, and he didn't want to take the class himself, so he was all alone all day. I remembered the laughing breath we had done earlier that day. So while he was being grumpy and upset, I just looked at him and smiled and started to giggle. He tried again to be negative, but I kept giggling, a little bit louder the second time. He looked at me like I was something strange, but then he smiled and started to laugh a little himself and we had a very pleasant rest of the evening. I didn't realize how powerful something so simple could be. I signed up for the next couple of classes up through Meridians and completed them the following spring to become a Level 1 Practitioner. I used the process with anyone who would let me. I loved seeing the results in my friends and clients, and so did they.

Holographic Repatterning gave me another gift later that summer. I began to have "earlier experiences" come up in sessions for myself that I had no conscious memory of initially. After working through the Earlier Experience repatterning, the memory would solidify and not be so intense. I began having some disturbing images course through my brain at times when not in a session relating to sexual abuse. I had no conscious memory of something like that ever happening to me, so the flashbacks made me wonder if I was going crazy. I could not tell the therapist I had been seeing that I was having these terrible thoughts. I tried to tell her some of it once, and her response was that if there was abuse there it would come in time, and that I didn't need to fabricate anything. I didn't know why at the time, but that statement made me intensely angry, and I went home that evening and the memories began to come like a flood. I decided a change in therapist was a really good idea. I began working with a therapist over the phone who worked with one of my friends long

distance via telephone. Through working with him, I became aware of how fragmented my personality had been for years, and how I had not been completely truthful about my feelings in a long time. Finally, I knew what had been causing the deep sadness since I was very young. Through working with him I realized I needed a diversion so that processing this enormous amount of new information would not overwhelm me. Since the school had a counseling center, I took advantage of the free services they provided and started seeing a counselor there in addition to my long distance therapist. I now had a new diagnosis—dissociative identity disorder. Holographic Repatterning became vitally important as the one thing I could do for myself at the first twinge of sadness, or the first glimpse of a new memory.

That autumn I attended the Vision class. It was appropriate for me at that time in my life. My vision needed to change. I needed a new way to see life. I needed to see what was behind me and chart my course ahead. At this class I met a new friend from Colorado, who has traded sessions with me since that time. After that class, temporarily, I was able to be medication free. After a car accident in which I was rear ended and injured in neck and hip, I had to start taking medicine again for depression and pain. This was a temporary glitch that allowed me to make the decision to find a different path.

Through my continued Holographic Repatterning work, and continued work with two therapists who both firmly believed in a multimodality approach to working with mental health, I remembered my childhood dream to become a doctor. The dream was shelved at an early age, because higher education was not a priority in my family, and financially it was an impossible dream to my parents. At this time in my life, though, my dream grew wings, and my support system gave me roots. That year was an amazing year of metamorphosis. I discovered the true me through continued Holographic Repatterning sessions and classes. Following one class in the summer of 2004, I received a private session from one of the teachers. This was an important step

in my rapid progress from fragmentation to integration. During this session, I remember the internal struggle between the chaos and coherence. My system did not want to let go of the old sadness and be replaced with peace and happiness, but it did. The happiness and peace grew so big that there was no more room for sadness. When that happened, many of the fragmented parts of my personality integrated into a much more coherent whole.

As a next opportunity for growth, it became important for me to serve and give back to the greater Holographic Repatterning community, and I volunteered to help out the Interim Board in whatever capacity they needed assistance. I've enjoyed helping out, but most importantly I've enjoyed the connection to a group of women who show me a vision of what I can aspire to be. I learn so much just by plugging in to this phenomenal group and, by extension, the entire Holographic Repatterning community. My gratitude to this process is immense and I am so thankful to give back even in a small capacity.

So what changes have I experienced as a result of my Holographic Repatterning work? First of all, I was able to allow room in my life for two precious puppies who teach me more every day about unconditional love and the importance of a good routine. In spite of growing up with animal allergies, I've been able to take care of myself in such a way to make room for these fuzzy family members. Another huge shift is that not only did I go back to school for premedical science, but in August I began osteopathic medical school. In December of 2005, I finished my first semester, and passed all my classes in spite of the extreme difficulty and speed with which these classes progressed. I know concretely that if I had not found Holographic Repatterning, I would not be on such an upward spiral. Holographic Repatterning helps me to stay focused on my exams at school under pretty grueling circumstances, such as a 170 question test in 3 hours on a simply enormous amount of material. My therapists have been astonished at how rapidly I have moved through some pretty heinous memories. One of them tells me that other people with these diagnoses

(continued on page 8)

Personal Coherence Beyond Depression with Holographic Repatterning *(continued from page 7)*

just don't progress that rapidly, and they certainly don't wind up in medical school. I think other people just haven't found Holographic Repatterning yet.

My purpose in writing this article is to provide some concrete proof and hope to others out there that are either practitioners or clients and who have perhaps been diagnosed with these disorders. My hope is that my experience will infuse courage

and determination into your hearts that a diagnosis is nothing more than a few little letters. We can change them and don't have to be branded by them. We are free to choose to be another way. Holographic Repatterning gives us that choice.

April R. Smith-Gonzalez is a Holographic Repatterning Practitioner and licensed massage therapist. She lives in Bradenton, Florida near Tampa Bay. She lives there

with her husband and two terriers. She is currently enrolled in Osteopathic medical school at Lake Erie College of Osteopathic Medicine, Bradenton campus. She has a Master's Degree in music from Florida Atlantic University. She has run an active piano studio out of her home teaching around thirty-five students each week for 16 years.

Quantum Change

by **Chloe Faith Wordsworth**

We are happy to print an excerpt from Chloe Wordsworth's book-in-progress with the working title: *Quantum Change Made Easy™*.

In India last year, a friend asked me: "Why quantum? That's as small as you can get so why do you want to talk about quantum change?"

She asked an important question. The answer goes straight to the heart of what this book is about and how it offers you a lifetime of health, happiness and inner strength.

In new physics, a quantum is an indivisible unit of energy that exists as an elementary expression of life. It offers a fundamental framework for describing and understanding the nature of how life in our universe works.

Quantum change describes a state in which subatomic particles suddenly, inexplicably, come together in a new and coherent alignment.

In human life, quantum change is the point at which a circular stuck-in-a-rut state of mind suddenly shifts into an upward spiral of energy, focus and positive action. A quantum leap is not linear, left brained or logical. It's a jump that makes it possible to go from A to Z instantly. This means that one moment, if you are

anxious, you can apply a technique from this book, and in the next moment you can experience an immediate shift in your anxiety—most often to feeling calm and centered.

You always have the potential to move into an upward spiral. The truth is that quantum change is built into the structure of the universe. It may show up in small ways or in dramatic ways. You might hear it expressed as the tipping point, or the hundredth monkey theory, where awareness of a new behavior suddenly appears within a culture. Quantum change always represents a shift in energy, in resonance, in values, feelings and behaviors that inevitably lead to beneficial outcomes.

Quantum change affects the complex patterns of our holographic universe wherein a slight change in one aspect of the hologram can lead, over time, to a shift in the entire cultural hologram. In this book, you will be introduced to the nine keys that show you how to integrate quantum change as a conscious process into your life and into the family, social and professional organizations to which you belong.

These are the keys that all students and practitioners of the Resonance Repatterning system practice. They know how to make the quantum leap from here to

there both practical and possible. They know how to use the system to maintain their balance, regardless of life's ups and downs. They know how to create quantum change in their lives whenever the need arises.

In July 2006, the great astrophysicist Steven Hawking posed a famous question at Yahoo Answers, a feature that allows anyone to pose a question for fellow Internet users to answer. Mr. Hawking's question: "In a world that is in chaos politically, socially and environmentally, how can the human race sustain another 100 years?"

My humble answer is this: "By learning to consciously practice quantum change, we are able to resonate in harmony with ourselves, with each other, with the earth, and with brilliant new opportunities for the evolution of the human race." I know we can do more than sustain ourselves. We can thrive, develop, grow, innovate and consciously live lives filled with resonant purpose and meaningful service. We can do so at many levels—physically, emotionally, mentally and spiritually. I believe this is the real reason we are here as human beings in this time of apparent chaos and extraordinary opportunity.

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www.holographic.org

All About Order

by Gail Glanville

Those of us who have taken the “Healing the Family System” seminar have learned a thing or two about the benefits of establishing order in organizational systems as well as family systems. When each person or organization is placed in its right place, then energy flows smoothly. Here’s what the order for our Resonance Repatterning family might look like. The first panel in the chart is the “first in rank” position reserved for the founder, or for the family’s ancestors, grandparents or parents.

Placed at the next level are the “children”; that which the founder or parents have gone out into the world and created out of love and at great cost to themselves. In our Resonance/Holographic Repatterning system, both the Institute and the Association are creative expressions of

the energy healthcare system Chloe has created. They are equal in rank beneath the founder and work cooperatively together to manage all the people who

Resonance™/Holographic® Repatterning System

**Founder
Chloe Faith Wordsworth**

This is the system and philosophy of energy healthcare that inform both the Institute and the Association. All materials are trademarked and/or copyrighted by Chloe Wordsworth. There are two distinct organizations associated with this system.

benefit from her creation. Since the Association came first, it is the oldest child and comes first on the second line, even though it is the Institute as a business, not the Association, that Chloe owns, and even though the Institute oversees all trainings.

You’ll notice there are five websites listed under the Holographic Repatterning Association. Each one provides a different function for different kinds of memberships. Each one requires creating your personal account for security purposes. If you’re like me, you keep a little list of all the websites and all the access information—not just for those below but for all the places where you do business. It’s a fact of life these days!

Holographic Repatterning Association for Practitioners Certification Sessions Member Registry

This is a membership-based trade association run for and by practitioners.

As a not-for-profit organization, it has its own bylaws and corporation. Its job is to support its members and promote the benefits of sessions with its practitioners. It accredits the Institute and sets standards for practitioner certification.

The Association is run by its Board of Directors and president, Carolyn Winter. Josephine Rovari is the virtual administrator.

The Association issues certificates to practitioners who have met its criteria and are recommended by Institute teachers.

www.holographic.org
www.HRAMembers.org
www.iDeclare.org
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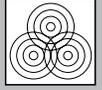
Resonance Repatterning Institute, LLC for Teachers Students Seminars Books and Supplies

This is the business center for all seminar training in the Resonance Repatterning system. Its Resonance eStore provides books and supplies. The Institute trains and recommends people to the Association for Practitioner certification. It recruits, trains and accredits teachers and coordinators.

The Institute is operated by Chloe Wordsworth, Gail Glanville and an ad hoc board of advisors. The Resonance eStore is managed by Netta Pfeiffer.

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



PRACTICAL ADVICE is a regularly appearing column in the HRA Journal. Written by Elizabeth Tobin, JD; Certified Holographic Repatterning® Practitioner, each issue will focus on readers'

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

Q: How do I know when it's time to quit my "day job" and start my Holographic Repatterning® practice full-time?

A: The answer to this question is as unique as each individual. Only you can assess your situation and decide when the timing is right to make such an important life change. Here are some things to consider.

Take a Financial Inventory.

What is your current financial situation? How much does your financial health depend on your current paycheck? If you have savings that you can use or have another breadwinner in the family then perhaps you can manage a temporary decrease in income while you build your practice. If you're not in a position to make the move right away, don't be discouraged. Read on!

Plan Ahead.

Start saving a portion of your income now, so you can draw on it later. Do some budgeting and make a projected timeline by determining how much income you need per month to meet your expenses for the length of time you estimate that it will take you to establish your practice and start saving.

Be Creative.

Can you reduce your hours at your present position and stay on as a part-time employee? Are there other ways for you to bring in income? Perhaps you can do some supplemental work that will bring in income and also give you some flexibility in your schedule. Not having to work a full-time job will free up more time and energy that you can devote to building your practice. Remember to factor in that you will be earning increasing amounts of money by giving

Holographic Repatterning® sessions.

Know Thy Self. What is your comfort level around risk? Will you be stressed and anxious moving into the unknown or can you approach this transition period calmly, with confidence and faith? Are you a self-starter? Can you motivate yourself to do what needs to be done? Can you cheerfully persevere or do you feel each setback as a dagger of failure? If you're not yet a calm, persevering self-starter, not to worry—read on.

Get Some Support.

Fortunately, you have a powerful tool at your disposal to help you move through the uncertainty of this transition: Holographic Repatterning®! Just as the certification process is a journey of self-discovery and transformation, so is the process of building your practice. Use the HR process to help you move beyond your limitations and open to the new possibilities that await you. Give yourself sessions. If you find that you're not using your time effectively, schedule regular HR appointments with yourself. Receive sessions from certified practitioners who have a successful practice. Invest in a mentor who can coach you through the process. Ask others who are building their practices if they would like to form a support group where you give and receive sessions, offer encouragement and advice, and provide accountability, if needed.

Make the Commitment.

When I decided to get certified in Holographic Repatterning® and make it my profession, I had a job with an Internet company. Internet companies are notorious for their long hours and I could have worked 12 hours per day without end. But after I made that decision, I made a commitment to myself to work only forty hours a week so I would have the time and energy to complete my certification requirements and build my practice.

Once I made that commitment, my priorities became clear. From then on when faced with conflicting demands on my time, I asked myself, "Will doing this further me toward my goal of being an HR practitioner?" This made the choice clear; if it wasn't in alignment with my goal, I declined. I had to make some tough decisions, but as I honored my commitment, synchronicities happened that accelerated my process.

When the Internet company folded six months later, I was glad that I honored my commitment to myself. Had my "day job" been my top priority I would still have been unemployed but no closer to being a full-time practitioner.

Take a Leap of Faith.

When the legendary musician Roy Orbison was just starting out, rather than learning a conventional skill to fall back on, his sole focus was making music his career. His philosophy was, "If you have something to fall back on, you probably will." While not everyone is in a position to do this, at some point you may have to take a leap of faith. If you wait until conditions are perfect, you may never feel ready to make your move. Imagine what would happen if you put all of the time that you spend at your job into building your practice. With planning and preparation, your unwavering commitment, the appropriate support and a good dose of faith (and courage) extraordinary outcomes are yours!

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

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Resignation

Accepting Less Than We Truly Are

By **Susana Sorí**, Certified Practitioner, Miami, FL



Excerpt from
Susana's
upcoming book

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What is it that stops us from attracting and holding on to love and life's abundance? Through our healing practices, or in our own life, we may have already dealt with issues and patterns that held us back and kept us from the love we want...appreciation of self, mistrust, fears, past feelings and lack of empowerment in general. But, to my surprise, what I have discovered as probably the biggest, most difficult and most subtle of all self-imposed barriers to our happiness is...our own RESIGNATION to what IS and to what could be.

Why is this answer a surprise? It is a surprise, not because resignation is a cause of our discontent. It is a surprise because most people MISS resignation as something that holds them back, because it is so close to us, we just can't see it. Yet, the intelligence of our energetic system reveals it so directly and with such strength, that I am inspired to passionately write about its effects.

Resignation is so common and runs so rampant in our culture (and other cultures as well), that it has become an accepted way of being. It is a socializing behavior that keeps us part of the "norm" or the "mass." It keeps us less controversial. It makes us servants of other's needs. We learned it as children by being resigned to not getting what we asked for, and not asking for what we wanted, because we felt we would not get it. As children, we learned resignation from our elders, our family and the media, by seeing and hearing statements of why they did not go for what they really wanted—"It was just not the profession I could have been successful at," "I took my lot in life," "It is dangerous to ask for what you want," "You have to be practical," "I couldn't be so selfish," "I had no support." Today we say, "It's my karma...it's in my astrological

chart...it's a part of my personality." We sometimes proudly say, "It's WHO I am." We learn these boundaries and then we continue to self-impose them into our adult years. We learn this psychological behavior very young, and very young these patterns became active in us, sometimes at such subtle levels that, until today, they may still exist totally undetected by us.

...My karma, my chart, my personality!

Remember, whatever we hold in our hearts, we worship. In resignation, we worship in ourselves the lesser possibilities of 'who' we can be and 'what' we can have. We resign ourselves to that state. Instead of acknowledging the enlivening fire and joy of our heart, we acknowledge a false replacement; a replacement that is truly NOT to our own benefit but to another's, or society's. Resignation is a PAST stuckness of one's self, rather than future directed. It is an idea that WAS and, either others are holding it for you, or you are holding it for the benefit of others. I repeat:

Resignation is stuckness from the past that either others are holding for you, or, you are holding for the benefit of others.

This statement is worthy of deep contemplation.

Resignation: A replacement for our joy! We make these false replacements the source of our vitality by 'saying' they are more important. In acknowledging their importance, we have given power to their truth because the culture expects it, the family supports it and we condone it. This pattern of resignation runs very deep. It's strong and very subtle. It is subtle because it masquerades as love, service, compassion, support, sacrifice, etc. Watch it. When you have resigned to being less than you are, do you take the path of service and support so that you can feel other's acceptance of you through that action? Resignation is thus a state of personal diminished vitality because we are taking our vitality and enslaving it to the desires of another, sacrificing our wishes, and hopes, for their benefit.

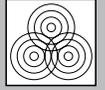
The pattern of resignation is not just a feeling or attitude. It IS a VIBRATION in our systems that continually block our potential being-ness. Its truest test is the level of one's aliveness. If the aliveness is gone in you, then there is true resignation.

If the aliveness is gone in you, then there is true resignation.

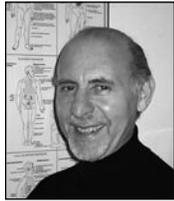
This negative vibration diminishes our life's energy, and that in turn diminishes our ability to draw to us the love we want and deserve, so we settle for what is NOT our own heart's desire. This negative vibration acts as a poison that keeps us stuck and may later manifest as disease. This is because it is against our joyful nature to resign to things that are NOT in alignment with our heart's desire. We resign out of fear, inability to express or act upon...what we KNOW we can be. Then, we continue to create and recreate this inability since our intention and thoughts DO create our future and our world.

Resignation IS a physical vibration that we need to address and shift. This article may bring those false replacements and limitations to the front of your awareness and, that IS great...they are here to visit us and to say goodbye; they are here to remind us, and our clients, of the holes in the road tripping us over and over again. Once aligned with awareness and understanding, we have a choice not to get stuck in resignation when faced with these patterns again in our life. The layer of resignation IS definitely a very important layer to uncover and transform on our road to being a vessel that attracts and holds love and life's abundance!

Susana Sorí is licensed as a Resonance Repatterning® and Holographic Repatterning® Practitioner, a practicing Mesa-carrying Shaman and a Certified Meditation and Yoga teacher. She is a member of the Holographic Repatterning World Peace Project and the Society of Shamanic Practitioners. Susana is currently engaged in writing books on the power of the breath and on transformation.



Michael Fisher, Certified Resonance Repatterning Practitioner and Empowering Teacher



HRA Journal: How did you learn about RR?

Michael: In 1995 I was informed that Chloe Wordsworth would be coming to South Africa to teach ‘the Fundamentals of HR’ I had already encountered Chloe and her sister, Anthea, in India in 1975 and spent a few days in their house in Delhi. By 1995 I had a busy practice in Reflexology, Nutrition and Vitamin/ Mineral supplementation, and I wasn’t looking to expand my practice so I declined the opportunity. At the end of 1996, having been exposed to jargon words like ‘resonance’ and ‘frequencies’ from fellow practitioners that had piqued my curiosity, I was approached again by a Homeopath who had taken ‘Fundamentals,’ who said I really should be doing this work. So I agreed to take the seminar, not knowing what I was letting myself in for. Within one hour, I began to realize that everything I had ever learned about communication, alternate health practice and spirituality was the base of a pyramid supporting Holographic Repatterning principles.

HRAJ: What was your background?

MF: I was educated In South Africa and, on completing college in 1957, I was given a one-year scholarship to study ‘Social Science’ in Israel. On my return to South Africa, I joined the theatre profession, where I remained for 21 years. In 1960, I went to London to break into theatre. I later appeared in plays in cities all over the country. I returned to South Africa on holiday in 1964 and never went back to London to work. I got involved in South African theatre, film, TV, radio and cabaret as an actor and director but I wanted a more settled life, commensurate with my spiritual practice. In 1979, I was encouraged to leave the performing arts and become a Sales Manager for a large business machine public company. I was lured back to head up the Drama Department of a new performing arts school in Johannesburg. After it folded, due to lack of funding, I became the

principal of a new advertising and interior design school in Johannesburg. After a year and a half of running the school at full capacity, that attracted a lot of media attention, the chairman of the public company I had worked for made me an offer to create the position as Marketing Director of a new Pret-a-Porter designer range for women.

But I hankered after doing something in the healing arts, so while I was doing my day job, I started to study at night at the South African Institute of Reflexology. I had to study Physiology, Anatomy, a certain amount of Pathology, Nutrition and of course Reflexology. On getting my diploma, I immediately solicited clients in the evenings and over weekends. Eventually I was able to resign from my job and go into full-time practice. I became a certified practitioner of HR in November, 1997.

HRAJ: What does RR mean to you?

MF: RR for me is a definitive means to facilitate and aid the body’s innate wisdom as to the order in which it wishes to heal itself at a physical/mental/emotional/spirit level. It is exciting and challenging that RR addresses this need at the cellular level, in accordance with the principles of quantum Physics, hence the by-line “quantum change made easy.” With the tool of Applied Kinesiology or Muscle Checking, we change non-coherent frequencies that any sentient being resonates with, be it human, animal, bird or even plant life, in order to spiral upwards into greater coherence; we are able, through RR, to reverse the non-coherent patterns that become apparent. With greater coherence the client is empowered to spiral upwards, re-energized at a physical/mental/emotional/spirit level. By addressing the unconscious patterns that are the original cause of the problems, the results are: less fear, better health, less stress, enhanced relationships, more love, and an enhanced vision of what is possible in life.

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

MF: I run a busy practice in Vancouver,

British Columbia, using four disciplines; Resonance Repatterning, Jin Shin Jyutsu, Body Talk and Reflexology, either separately or incorporated into RR—I work with individuals and couples. I have become something of a specialist in doing ‘Positive Intention’ sessions on expectant mothers for their pregnancy period, the birth of the child and its future development, with proven salutary results; many babies become ‘Indigo Children.’ I do proxy and phone sessions on people and animals all over the world. With RR techniques it is easy to work with clients in proxy and phone sessions if they can’t physically get to me. The same applies to animals—dogs, horses, ponies, cats and even a parrot called ‘George.” I work with corporate business and theatre companies, to formulate ‘Mission Statements’ for ‘successful outcomes’ with, to them, often surprising results.

I constantly do Resonance Prepatternning sessions on myself, especially if I am feeling de-energized at a physical/mental/emotional or spirit level and I attend at least one re-take seminar per year to stay in touch with the evolution of Resonance Prepatternning. I teach Empowering Yourself with R.R seminars and I teach a one-day self-help Jin Shin Jyutsu workshop, that can become an important modality in RR, especially if it is well integrated into a practitioners data-bank.

I gave sessions on relationship problems for individuals and couples, most of which originate from conception, gestation or early years are a huge part of my practice. I work through referrals that include Homeopaths and Naturopaths; and have a number of clients who come to me from the United States.

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

MF: Every session has a special quality to it; no two sessions are alike, with often quantifiable results. Today, as I sat with a client, about 20 crows settled on the lawn outside my consulting room. Many just lay on the grass. Later I looked up the Vision Modality associated with Crows on page 189 in the ‘Vision’ book and read:

(continued on page 13)

Healing The Family Systems

By Leah MacLeod, Toronto, Canada

When I read about the seminar, "Healing The Family System," a new advanced seminar taught by Carin Block, I was really excited. As a young woman, my dream had been to have children and enjoy a life-long marriage, but this did not happen. My family structure became more complicated than I ever imagined. I welcomed the opportunity to learn to create more peace and order within my own family as well as those of my clients.

"Healing The Family System" is based primarily on the family constellation work of Bert Hellinger. Many of the repatterningings deal with aligning with the biological family energy and including all members in the family system. Other repatterningings included in the work address such issues as Dealing with Co-dependence, Struggles for Power in Relationships and Balancing the Giving and Taking in relationships. Also included is a repatterning for organizations and Carin identified that this work provides an opportunity to fill a need she feels exists within the corporate world.

At the seminar, I was struck by the

importance of viewing our family and ancestry as an entire energetic system, and to understand how different dynamics affect this system. If we adopt a child, for instance, we can ignore the child's roots and therefore his/her ancestry. Similarly, in the case of abortion or miscarriage, we can ignore that child's place in the family system. By trying to pretend that certain members don't belong, because we don't approve of them, or by not letting others connect to their biological ancestry, we end up creating disorder in the family.

This seminar underlines the importance of accepting our parents and the energy that comes from them and all of our ancestors. However, as we take in the energy of our ancestors, we accept their "Laws" as well. How can we be free to spiral up to higher resonances when we are ham-strung by our loyalty to the "Family Laws?" In my family, both sets of grandparents were very poor. To stay loyal to the family, a possible unconscious resonance could be that if I am wealthy, then I am breaking the family laws. Using some of the repatterningings in

Healing The Family System, we gain permission to go ahead and move beyond the limits of previous generations.

As for the instructor, Carin Block, a participant in the course described her as, "delightful, vivacious, expressive, and theatrical" and as someone who "brings vitality to the scenarios she portrays." Though Carin is a fascinating teacher who often uses humor to make a point, the seminar was solid and described by another participant as, "well organized and easy to receive." Christiane Garczarek, a participant at the seminar, felt that, "Through this work, I can see how we can truly be grounded individuals." Another participant commented on the depth of the work.

I have used many of the healing modalities, as well as the repatterningings from this process already, and have found them to be life-changing. I feel as though I have gained a powerful tool which fits so well with all of the other repatterningings in the system. Thank you, Carin, and of course, Chloe and Bert Hellinger, for without you none of this would be possible.

Practitioner Interview

(continued from page 12)

CROWS: increasing your perception of spiritual reality; open and remember spiritual laws.

It was my client who pointed them out to me and couldn't believe what she was seeing. I muscle-checked her and the crows were there as a result of our session that was in progress. They seemed to pick up the Frequency of the session. The moment all her resonance patterns changed, they flew away.

I remember another example of a session: A client, when she was six years old, was so violently beaten by her mother while her father looked on, that she stopped breathing and her parents thought she had died. She was confined to bed for two months. As a result her life has had a history of a total lack of physical energy, broken relationships, an inability to conceive and overwhelming hatred for her mother. Due to the gradual change in resonance as a result of her sessions, and one very significant Energy Constriction Release, she has come to peaceful closure

with her mother. She could sincerely kiss her mother sometime before her mother died. She is now a vital, energetic woman, who laughs more and has regained her curiosity about life.

I have many well documented examples of the positive effects of RR sessions.

HRAJ Do you have a vision for the future of R.R?

MF: I would like to see Resonance Repatterning enter the international community as a mainstream discipline used in situations and institutions in much the same way that psycho-therapy is presently used. We mustn't forget that much of psychology has been debunked as erroneous, ineffective practice. Freudian psychology now has absolutely no credibility, even though Freud built up a huge following during his lifetime. This was in spite of the fact that he didn't have access to the media and electronic facilities that we have at our disposal today. Just as a result of his personal charisma and powerful resonance with what he believed, he became a household name in the educated Western World. Resonance Repatterning

should be able to do at least as much, if not more; what we resonate with as an Association and as an Institution, we will become. Positive intention and right effort will pave the way for "extraordinary outcomes."

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Holographic Repatterning™ and the Birth Journey

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

Each minute, all over the world, a baby is born. An everyday occurrence, birth, is the culmination of one of nature's most complex, mysterious and seemingly miraculous processes...conception!

Of all the sperm orbiting the egg, the egg opened to the one sperm it wanted, which was YOU! Your current reality is composed of your responses to all of life's happenings, good, or seemingly bad. Even at conception you responded to what you perceived was happening.

All through gestation you responded to your mother's thoughts, feelings, and perceptions. As you moved through the birth canal on your birth journey, you also responded to what was happening. Every event that occurred, such as anesthesia, forceps, Caesarian section, even language and emotions at the actual time of your birth, could be effecting you today. The Doctor's and Nurses attitudes, the sterile environment, the loud sounds and the bright lights may have imprinted on you.

From these experiences, you may have drawn conclusions and formed beliefs about life, and such generalities as men and women, finances, your ability to succeed

and the ways you need to be to survive. The beliefs you hold may be directly influencing your decisions and causing repeating patterns in your life experience.

For example, if you were stuck in the birth canal and needed help and forceps were used; you may have perceived that you need help getting out of situations. Then, for the rest of your life, whenever you feel stuck, you might wait for help and, as a result, accomplishing your greatest goals might depend upon someone else.

I did a birth process repatterning over the phone on a woman who had what she considered an ordinary hospital birth. What we came to find out was that she felt ordinary and because of that, she needed to be different in order to get her needs met. If she could appear special, she would then be treated as special. As you can imagine, she spent a lot of time and energy in her personal and professional life doing extra things just to feel adequate. When she visualized the birth she wanted, her father was right there saying, "You are a blessing. You are special, unique and loved. I'm so glad you are here." Since her session, her relationship with her husband has a whole

new level of intimacy and romance, which was what she wanted the session for and she had more satisfaction in her business.

I have also experimented by starting at conception with a new client and progressing over how ever many sessions it takes to heal the journey from conception to birth...the results have been outstanding!!!

The opportunity in Holographic Repatterning™ is to identify our patterns and find the originating event, remember how we responded, then to shift, resolve and repattern the energetic imprint so that it no longer influences us in a disruptive way. The birth experience can be a significant decision-forming event. Holographic Repatterning provides a very powerful opportunity to re-experience our birth journey so that it can be celebrated as the empowering occasion that it was!

Start today...do self-sessions or receive sessions from another practitioner. Watch your life unfold miraculously right in front of you!!!!

Victoria Benoit, M. C. is dedicated to helping students in their certification journey, as well as anyone feeling stuck in fulfilling their heart's desires...

HEAL YOUR BIRTH JOURNEY HEAL YOUR LIFE

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your certification
process?

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were stuck or held
back in the womb?

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Can you imagine how free you'll feel? Think about how much easier it will be to enjoy life and achieve your goals and heart's desires.

"My passion is to help you create a life you love—a life where you can hardly wait to get up and one that's filled with love, joy, passion and fulfillment.

I have a special commitment to those of you moving forward in your certification journey. I highly recommend this experience to make a quantum leap in your personal, relationship and awareness coherence!!!"

**Victoria Benoit, M.C.—Practitioner/
Designated Observer/Teacher**

Details on the program can be found at
www.ExtraordinaryOutcomes.com

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What The HRA Board and Committees are Working on Next – Your Participation is Key!

Governance:

The certification committee is working on the refinement and implementation of the re-certification policy allowing courses in allied modalities. We realize that many of you are seeking guidelines for what is and is not allowed. Announcements coming soon at the www.hramembers.org website.

Membership Services:

Our service to members is about to take a quantum leap when we install a new membership software program. We have rescheduled this initiative to early January to allow for adequate funding. Each member will have all of their services consolidated into their own account that they may access and update at any time. Additionally, the program will give us an increased capacity to organize volunteer activities, and promote members and their events. Stay tuned!

Programs:

The E-Learning Survey is complete. Thank you for your feedback. The committee is currently making decisions for 2007 and will announce a call for proposals soon.

RadioCasts:

Listen to the archive edition of the October 23rd with Victoria Benoit, M.C. with host, Sally Herr, talking about how to do an effective Introductory Session and build your practice.

Special Projects:

Web Site Re-design – This goal is still in progress. We are re-designing the purpose and function of our original website, www.holographic.org and have been collecting membership feedback via an online survey. We intend to create a website that captures the hearts of a public audience looking for the unique services of our practitioners.

Volunteer Opportunities:

The HRA is a self-regulated voluntary organization that depends on the involvement and contributions of its members. Find out where volunteers are currently needed at: <http://www.hramembers.org/BoardRoom/boardroom.asp> or contact President Carolyn Winter at 1-800-685-2811. In addition to the personal benefits of working closely with others in the Association, you will be making a contribution that will benefit all of us for years to come.

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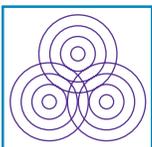
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