



The RPA Journal

A publication of the Repatterning Practitioners Association



F E B R U A R Y 2 0 0 9 A R T I C L E S

From the President: Association News & Highlights. . . 3
Carolyn Winter

Repatterning Practitioners Association Committee
 Reports for 2008. 6

Integrating Our Left and Right Hemispheres
 through Resonance Repatterning 13
by Chloe Faith Wordsworth

Resonance Repatterning and Depression Equal
 Good Brain Science. 21
by Laura Frisbie

Living the Five Elements 28
by Kimberly Rex

Practitioner Interview - Annette Weidner 32

Practitioner Interview - Nancy Martin
 Audio Recording 33

Certification Corner. 34
by Victoria Benoit

Certification Listing - Are You Still Listed as a
 Practitioner? 36

Link to Directory of Certified Practitioners 36

Practical Advice. 37
by Elizabeth Tobin, JD

A Journey of a Thousand Miles: Using *Quantum
 Change Made Easy* by Chloe Faith Wordsworth to
 Promote Resonance Repatterning and Yourself as a
 Practitioner 41
by Michael Fisher

Great Ideas 43
by Sally Herr

2009 Teleseminar Classes 45

World Peace Hologram. 48

Resonance Repatterning Institute News 52

Upcoming Events 54

Virtual Conference 55

Cover Image

The cover image of the Journal visualizes the energetics of the brain as explained in many of the articles and in this issue. Topics include Integrating Our Left and Right Hemispheres, depression in terms of Resonance Repatterning and Living the Five Elements, Winter:Water.

The Holographic Repatterning Association is a 501(c)(6) not-for-profit organization formed to promote, educate and advance the interests of students and practitioners of the Holographic Repatterning Process for Positive Change. The *HRA Journal* is published four times annually at a yearly subscription cost of \$50 US. HR Association members receive the *HRA Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 1-800-685-2811 or sign up online at www.RPAmembers.org.

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From the President Association News & Highlights of 2008 Carolyn Winter

A beautiful white snow storm is brewing outside my window as I contemplate this year-end message. It reminds me of this time last year. We had just finished two significant online planning sessions as an organization—20 or more of us gathering on the phone, reviewing our collective thoughts about the organization and its next steps into the future, using the power of the internet and not having to go out into a similar storm. While nothing can replace a face-to-face connection such as our former conferences, it is an amazing thing to be able to connect with colleagues about mutual points of interest and work collaboratively for common goals from a virtual office.

In this spirit, we accomplished a great deal last year through the contributions of our committed volunteers. To name a few, we are particularly grateful to Kimberly Rex for coordinating the 2009 World Peace Hologram project—48 different practitioners contributing sessions for peace—and creating a beautiful World Peace calendar. Her work is a template for co-operation and collaboration that we can use for years to come.

We reviewed a proposed Ethics Policy and process. We are now on the on the brink of approving and implementing the policy. In so doing, our Association members and Resonance Repatterning work attains a new level of maturity and professionalism. This policy enhances the credibility of our certification process, and our standing in the world wide community of healers.

We've upgraded our website and provided new access so members can now update their own account information—and provided a website page for practitioners to gain a web presence for their services. Although it can be challenging to communicate changes within any organization—we are grateful for the dedicated efforts made by Board members Shyama Orum and Karen Kent to call a significant number of members directly to let them know of changes and new policies.

Our programs this past year included three successful teleseminars pulled together by a team led by Karen Kent, a number of RadioCast interviews professionally presented by Patti Towhill who took over from Sally Herr. Sally has gone on to give new energy to our now online version of the Journal. Sally and the Journal committee work steadily over the course of the year, to bring you news and ideas related to our shared love of Resonance Repatterning.

We maintain coherence for our Board's vision and goals, and for working as a team with the help of Victoria Benoit, our dedicated board repatterner. She also opens and closes our meetings with orientation from Resonance Repatterning. This truly enables us to achieve extraordinary outcomes with ease!

Changes to the Board of Directors:

Recently joined: Last year, we welcomed Kimberly Rex to the board. Kimberly enthusiastically heads up the World Peace Hologram project, More recently, Jennifer Wolfe has taken over for Board Secretary, and Marja Shelley is a new Board member who as a recently certified practitioner, brings her recent experience and a fresh perspective on behalf of student practitioners.

Recently retired from the Board: With appreciation for her service, we acknowledge Crystal Chissell who has served as Secretary since 2004, guiding us on our by-laws, license agreement and name change. She also took on as a research project—our desired goal of creating in person conferences—which are not yet viable for us. Kathy Kulaas is appreciated and acknowledged for her work as chair of the Certification committee, which met extensively and did much groundwork to clarify the certification process.

All the best to you both, we appreciate you and send you our blessings.

Financial Summary (covered more fully in the Treasurer's Report):

While our revenues were down, a reflection of retirees, fewer new students to the system and lower teleseminar registrations overall, we did manage to adjust expenses accordingly and end with a small surplus.

Deep Gratitude:

To all of our board and committee members I extend a deep appreciation for your participation and commitment. Your selfless contributions make a difference to all of us and create meaningful results. Much of what has been established and created may appear seamless and smooth to those who follow us—but could not have been achieved without your individual and collective talents, time and energy.

A turning point for the Association:

At this annual meeting we mark a new chapter in the Repatterning Practitioners Association. If our coherence as an organization is to be maintained, we must now cycle long standing members off the board—including myself as President and Ellen Shapiro as Board Treasurer. We will do so with a transition period that maintains consistency. We actually are well positioned for new people to take on leadership roles on the board with a well established structure for operation and a clear view of what is needed next

For any organization to grow, new members and fresh perspectives, with ideas for new projects and improvements, must come in. They can also assess with fresh perspective the need to develop the association 'brand' with colors, and a logo that can be used in the re-issue of certificates, stationary and the website. Final adoption of our Ethics policy and ways and means of educating our members on this important aspect of membership may also benefit from fresh eyes. It's time for new leadership and participation to review ongoing decisions around teleseminars, radiocasts, and journal content as well as our special on-going project World Peace Hologram—a program positioned to help us promote practitioners world wide.

The future of the Association is determined by all of its members. Know that there is currently a legacy of hard work, commitment, and vision that members may "do something good with," as Carin Block says in her Family Systems work. I invite you to be that someone. Build on the "ancestral legacy" within our Association provided by the senior members of the Board, who in turn built on the previous HRA Board's work. You can do this by serving on the Board, or through special projects or ongoing work in a committee. You can make a contribution to the growth of Resonance Repatterning while enhancing your own

business. You can gain skills, strengthen your teamwork and leadership abilities and discover a “butterfly effect” of positive resonance and enhanced service rippling out to the Resonance Repatterning community, and beyond—to every aspect of your life.

As a Board, as a community of practitioners, working together in coherence, we can do so much.

In the next few months I will step down as president but will remain in an advisory role for six to eight months, as needed by the board. I have appreciated the opportunity and privilege to serve members that you have given me and feel richly rewarded beyond anything I can express.

With appreciation for our connection and expression,

Carolyn Winter, President, Repatterning Practitioners Association
January 28, 2009

Repatterning Practitioners Association Committee Reports

Financial Report for 2008

Ellen Shapiro, RPA Treasurer

Overall, although our membership dues and membership numbers are down, we ended the year showing a very small profit versus losing money as we did in 2007. We are cutting it pretty close, still, and ideally should be operating at enough of a profit that we can begin to build up a cash reserve. We have done a lot to keep expenses down, and the most promising way to create a sounder financial footing would be to find additional revenue sources, or increase our membership dues. The financial statements attached show a picture of a smaller, but stabilized organization.

We are disappointed that membership dues are down, and have been investigating why that is. There is always a certain amount of attrition, but we have discovered that some members did not realize they needed to renew their membership and pay dues each year, and others have “fallen through the cracks” because they were not connected through the internet. Since we are operating almost 100% virtually now, a better link needs to

Resonance Practitioners Association						
Balance Sheet						
					Dec 31, 08	Dec 31, 07
ASSETS						
Current Assets						
BUSINESS CHECKING					2,267.47	1,981.69
Total Checking/Savings					2,267.47	1,981.69
Total Current Assets					2,267.47	1,981.69
TOTAL ASSETS					2,267.47	1,981.69
LIABILITIES & EQUITY						
Liabilities						
Loan Payable					2,928.03	2,928.03
Owed to Chloe Wordsworth					-2,928.03	-2,928.03
Total Current Liabilities					0.00	0.00
Total Liabilities					0.00	0.00
Equity						
Opening Bal Equity					-456.44	-456.44
Retained Earnings					3,105.06	3,105.06
Unrestrict (retained earnings)					-666.93	2,674.06
Net Income					285.78	-3,340.99
Total Equity					2,267.47	1,981.69
TOTAL LIABILITIES & EQUITY					2,267.47	1,981.69

happen to those members who have had trouble connecting. A few simply do not have computers! In addition, the Board has been discussing and considering ways to bring members back who would want to be part of the Association, and making sure that new students coming into RR are aware and invited to join the Association.

Expenses: The biggest expense in our budget, the HRA journal, has been cut in half by not publishing a printed journal. In retrospect it's even clearer now that a printed journal, lovely as it was, was a luxury we could not afford. Other expenses that were also lower in 2008, including our

Repatterning Practitioners Association			
Income Statement			
	Jan - Dec 08	Jan - Dec 07	
Income			
Membership dues	25,331	33,079	
Sales-Teleseminars	5,250	7,200	
Conference income	3,006	960	
Sales--HRA journal advertising	260	715	
Donations--unrestricted	-	200	
Total Income	33,847	42,154	
Expenses:			
Accounting fees	310	310	
Administrator fee	9,330	12,455	
Audio/Recording costs	297	198	
Banking fees-general	577	360	
Business Gift	-	106	
Conference costs	3,580	-	
Foreign currency exchange fee	33	13	
HRA Course Instructor fees	2,400	7,050	
HRA Journal--printing & dist	-	7,237	
HRA Journal-design & layout	6,600	6,600	
Member communication	354	1,004	
Merchant account discount	1,305	1,371	
Office Expense	527	598	
Postage--general	525	345	
Printing & repro	-	300	
Registration fees	159	149	
Rent Expense	3,300	3,600	
Software	-	133	
Telephone	1,163	1,339	
Web Hosting	1,181	927	
Website/webmaster	1,920	1,200	
TOTAL EXPENSE:	33,561	45,295	
Net Income	286	(3,141)	

administrator's fee . . . which makes sense as systems have been in place, people don't need as much help with using the systems, and many important organizational tasks have been completed. The seminar instructor's fees are also less in 2008, therefore making our seminars more profitable. Some of this is because we had longer courses in 2007, which we paid more for teaching, and also because some of 2007's expense actually related to 2006 seminars. Most of our other expenses have stayed pretty consistent since last year. Our conference costs were higher in 2008 because we felt it was important to bring the community together and provide a keynote speaker, but not something we will be doing this year given our fiscal constraints.

These financials are a reminder that everyone's dues count...there is no "fluff" in this budget! Let's all set our intentions for a stable and more profitable year, welcome back returning members and do what we can to encourage new students to join. Your input is welcome and appreciated at any point.

The balance sheet is minimal and shows an ending cash balance as of 12/31/08 at \$2267.47. With the loan to Chloe paid off, the Association has no other assets or liabilities.

Board Repatterning

Victoria Benoit, Resident Repatterner

It has been a pleasure, privilege and honor to provide monthly repatternings for the Board as well as to open and close each meeting with what ever is needed for orientation and closure. I know our ability to serve the members, to work together and to represent Resonance Repatterning® in the world has grown through using this amazing tool. Special thanks and honor are due to Chloe Faith Wordsworth, for her amazing system which consistently holds such promise for individuals, families, organizations, as well as our four legged friends. I am grateful to be able to use this method to support the spiral upwards on a regular basis in order to maintain the coherence of the Board members and all they accomplish.

Victoria Benoit, M.C.

Continuing Education

Karen Kent, Chair

A wonderful year of E-Learning was rolled out by combining talents from the committee members, input from the Repatterning Practitioner Association members through the E-Learning survey, the RPA Board, and course instructors.

Classes offered are designed to support students on their journey to certification as well as seasoned and experienced practitioners who wish to enhance their skills. Many students report how much they love the community bridging that happens on the phone calls.

In 2008 the RPA offered three classes. Kathie Joblin facilitated *Taking the Modalities Deeper* (with 12 students), Ellen Shapiro facilitated *Boost Your Marketing IQ* (with 9 students), and Elizabeth Tobin facilitated *Peers Supporting Peers* (with 7 students). We are looking forward to having more student and practitioner members join us for another year of growth and learning through our teleseminar programs.

We have fulfilled our intention to have the year's seminars planned well in advance so members can set the time aside-2009 is fully scheduled. Our offerings in 2009 reflect membership interest but also 2 classes that were promoted by Resonance Repatterning Practitioners to showcase their expertise. Gail Glanville will facilitate a 10 week program using Chloe Faith Wordsworth's book *Quantum Change Made Easy* and April Smith-Gonzalez will facilitate a 12 week class called *The Body's Hidden Messages*. More information on these classes can be found in the Journal.

The next survey will go out to members this summer and we are already looking forward to planning 2010! As a member, your ideas are always welcome, informally or expressed through your response in the survey.

We look forward to the year ahead and appreciate the opportunity to support our facilitators who are practitioners and to our students and membership the opportunity for learning and being in community.

Much love and gratitude,

Karen Kent, Chair, Continuing Education Committee

Committee members: Tina Beneman, Donna Bruschi, and Schantel Wharton

Journal Committee

Sally Herr

We continue to produce four issues a year of the beautiful RPA Journal on line. To read the Journal, go to <http://www.RPAmembers.org/> and you will find a photograph of the most recent copy in the lower right hand corner. Clicking on that photograph will also send you to the archives of previous journals. *Members of the Journal Committee include: Sally Herr, Kimberly Rex, Nancy Martin, and Marilyn and Andrew Adleman.* The journal committee wishes to express appreciation to all the contributing writers, without whom, the committee could not do it's job. *We would especially like to express appreciation to Carolyn Winter, Elizabeth Tobin and Victoria Benoit who contribute regular columns.*

Certification Committee

Sally Herr

In 2007, the Certification Committee recommended 32 practitioners for certification, in 2008, we only recommended one, Marja Shelley.

The committee continues to hold four teleconference calls per year, and responds to certification inquires at the HRA's 1-800 line.

Members of the Certification Committee include: Sally Herr (Chair), Shirley Lanyi (Secretary), Mary Cameris, and Meryl Chodosh-Weiss.

World Peace Hologram Project

Kimberly Rex

Our program of mutual collaboration, offers free group proxy sessions to support the expansion of peace, and has expanded to include over 1000 participants. The 2009 Project is entitled, *Make a Date with Peace* with 49 sessions throughout the year donated by international practitioners from all over the world. Here are more details regarding practitioners: <http://www.worldpeacehologram.org/meetpractitioners.asp> The first 6 months of the year are devoted to inner peace topics including Family, Relationship, Health, Job/Career, and Money/Abundance. June is the bridge month focusing on the Personal to the Universal, followed by sessions dedicated to World Peace including Green Planet, Basic Life and Humanitarian Needs and Relief from

Natural Disasters. Session topics were developed by teams have created meaningful proxy, community and LIVE telesessions with recordings stored on the site. For session details, go to: <http://www.worldpeacehologram.org/Program/allevvents.asp>

In addition to the topics and sessions, a calendar with peace reflections was developed to share details of the program with photographs and peace reflections. The World Peace Hologram Wordpress Blog is a place for participants and practitioners to interact.

A twenty-seven page manual was created to support implementation of the sessions on the site and to provide tips for practitioners for giving teleconferences, how to blog, wording for explaining Resonance Repatterning briefly, and how to write up a session summary. A Quick Links page for practitioners makes it easy for them to have information at their fingertips.

The overall vision for the program is to provide a public service that helps everyone to resonate with peace. At the same time, it provides practitioners with a program that showcases the work that they do, expand interest in doing repatterning sessions with the public.

The expansion of the website's reach and work between practitioners is an opening towards the potential for collaborating in even larger spheres of influence with other peace organizations in the coming years.

Web design programming was gratefully donated by Carolyn Winter. The Make a Date with *Peace Project*, calendar, manual, web suggestions and coaching for the 2009 project was a shared collaborative effort between team leaders, practitioners, photographers, marketing experts and donated time and monies from a host of people including PR Press News who donated a Press Release.

Kimberly Rex, MS

Chairperson for World Peace Hologram Committee:

<http://www.worldpeacehologram.org>



Integrating Our Left and Right Hemispheres through Resonance Repatterning

by **Chloe Faith Wordsworth**, Founder of Resonance Repatterning



Brain research is such a huge topic that I have decided to set a few boundaries by focusing on four aspects of how our left and right cerebral hemispheres experience life from two very different points of view. We'll also discover how Resonance Repatterning helps us maintain the delicate balance required for these two hemispheres to work together—especially when our limbic system emotional responses and left hemisphere belief systems take over. In her book *My Stroke of Insight*, Jill Bolte Taylor, a Harvard neuroscientist, tells her personal story of a massive hemorrhage in her left-brain hemisphere. As she observes the disintegrating functioning of her left hemisphere and begins to live her life uniquely through her right hemisphere, interesting things begin to happen.

1. Oneness in the unified sea of electromagnetic fields. We know, intellectually, that we are composed of vibrating atomic and sub-atomic particles and that we are all part of a unified sea of electromagnetic fields, but few if any of us have actually experienced and described what it is actually like to exist in this unified field of energy.

Because of her stroke Jill Bolte Taylor was now living only through her right hemisphere, and she describes it as a state of total peace, tranquility and euphoria. Unable to discern physical boundaries—where she began and where she ended—she found herself blending with space as though she were fluid rather than solid. In this fluid state of energy she felt herself at one with the universe—a universe in which everything and everyone was connected—with each other, with nature, the earth and the planet.

Our left-hemisphere point of view is very different. It sees life as solid—not vibrating atoms and molecules in a sea of electromagnetic fields. Because our left hemisphere perceives shorter wavelengths of light, this gives it the ability to delineate sharp boundaries and edges that differentiate us from trees and buildings and other people. So our left hemisphere perceives differences, and views us as separate from others and all of life.

2. Timelessness. For our right hemisphere only the present moment exists in the timeless now. It creates pictures of each moment based on sounds, tastes, feelings, smells and sights received through our senses. Our right hemisphere perceives the longer wavelengths of light, which soften edges and enable us to focus on the big picture and how all things are inter-related in the present timeless moment. Free of all past memories or anxiety and fear about the future, our right hemisphere allows us to live in the eternal now, aware that we are part of a greater whole that is peaceful, tranquil, compassionate and beyond time and space.

Our left hemisphere on the other hand sequences events into past, present and future. As Jill Bolte Taylor says, our left hemisphere knows that socks go on before shoes. Our right hemisphere, melting into the universe, doesn't know this!

Our left hemisphere connects one thought to another in time; it makes decisions based on what it learned in the past and by comparing the details of this moment with the details of another moment. Because our left hemisphere perceives life as a sequence of events in time, and is associated with “doing” rather than right hemisphere “being,” it runs our life on a strict time schedule, creates to-do lists, and constantly evaluates how much we have accomplished or “done.”

Our right hemisphere focuses on one thing in the moment and the bliss of being in that focused moment. Our left hemisphere is a multi-tasker - enjoying doing as many things as possible at the same time and as efficiently as possible. A “good” day for our left hemisphere is determined by how many things we crossed off our to-do list!

3. Making sense out of life—meaning. Our right hemisphere makes sense out of life by seeing similarities and how everything is inter-related. It remembers by associating one thing with another. It experiences meaning when we are spontaneous, creative, imaginative and enthusiastic; when we are curious, adventurous and open to change and new possibilities. Chaos doesn’t daunt our right hemisphere, which views chaos as the natural beginning of every creative endeavor. Our right hemisphere allows us to move fluidly and gracefully through life. Our left hemisphere makes sense out of life by seeing differences and through our language center: we listen to our “brain chatter,” we talk to ourselves constantly and often out loud too. This brain chatter attaches us to the details of our life, to who we are, to our identity, to how I can be better than others or win over others, and to our past and imagined future. In the silence of no brain chatter, and even in the silence of no talking, people can fear a loss of their personal identity and feel isolated and lonely.

Our left hemisphere language center brings meaning to life by telling stories. With minimal amounts of information and very few details, it fills in any gaps of missing factual data, and comes up with beliefs about how things are or were. If necessary our left hemisphere repetitively provides alternate scenarios of the same

story, believing each story to be true. It tends to create drama-trauma out of insufficient information, lack of direct communication and interpreting everything literally! Unfortunately these stories also create strong neural circuits, emotional reactions that stimulate excess adrenaline and cortisol, and often result in inappropriate fight-flight actions and words that damage our relationships.

4. Relating to the world. In the absence of our left hemisphere judgments, our right hemisphere sees our self as perfect and beautiful, and also tends to see other people in the same light. We relate to the world by smiling, being friendly, empathetic, joyful, loving, peaceful and compassionate.

Our right hemisphere accepts things as they are, free of judgment, and is filled with gratitude for everyone and everything. It is the aspect of our self that is eternally optimistic—that finds the opportunity in every problem. We connect with others through our gut responses—and by picking up the big picture: the tone of voice, facial expressions, body language, mannerisms, the feeling beneath the words and even how a person walks—and then our right hemisphere feels inconsistencies, tunes in to our gut responses and is aware of whether a person's words and actions are energizing or depleting. Our left hemisphere on the other hand relates to people through analysis—seeing differences rather than similarities, judging, theorizing, criticizing, and drawing conclusions that are often negative. Our left hemisphere tends to get stuck in negative patterns of thought about ourself and others; it holds grudges, tells lies (or wildly exaggerates the truth), wants revenge, and doesn't like to lose.

Our left hemisphere relates to the world by seeing what separates us—whether by gender, age, class, color, religion, professional hierarchies, nationality, political ideologies, or even by human-animal-plant-planet differences that disconnect us from honoring all life forms and having compassion for all beings.

Our left hemisphere relates to life through numbers, language and the ability to calculate; it makes it possible for us to relate to others by hearing speech, understanding the meaning of the words and by responding.

Our two hemispheres are meant to work together. What we are seeing from these four aspects is that our right and left hemispheres have two distinct ways of being in the world and perceiving our world. Our two hemispheres are integrated via the corpus callosum—the bundle of nerve fibers that neuronally connect the two hemispheres. Ideally this means that every behavior should involve both hemispheres—maintaining our connection to the peace and compassion of the sea of energy of which we are all a part, while allowing us to function with ease in this “solid” world. Using both hemispheres creates a well-balanced and harmonious perception of both our inner and outer worlds, which supports our continued evolution and joyful growth,

Melting into the universe and functioning in outer reality.

Without this unity, life becomes difficult. As Jill Bolte Taylor experienced, without her left hemisphere she couldn't differentiate chairs from tables, or the written word from its background. Melting into the universe was possible, but functioning in the outer “reality” was not.

Similarly, our left hemisphere may be successful at creating schedules, keeping us on task, focusing our attention on a plan, helping us achieve our plan, but without our right hemisphere we aren't in the flow, we don't take time to “smell the roses” or be spontaneous and creative, and life quickly loses its meaning and joy. And yes, our stories—our beliefs—help bring some meaning to life amidst the chaos when our needs weren't met, but when we believe our negative stories are “the truth,” and live out these negative stories in the present, then our relationships, health and career suffer. Our right hemisphere can have its head in the clouds, but without the left hemisphere it can't achieve its visions. Our left hemisphere can be grounded in solid reality, but without the right hemisphere nothing inspires, and love and meaning are missing.

How disharmony between our hemispheres is created.

Information is sent to our brain from our five senses and is immediately processed through our limbic emotional brain. This is important because it means that feelings determine how we respond to our life circumstances. Only after the information has reached our

cerebral cortex for higher thinking can we actually evaluate what is coming in. And often we respond emotionally in the moment before the message even gets to our cerebral cortex for evaluation!

Our limbic system doesn't "mature." Problems arise as infants and small children when our needs are not taken care of and our amygdala—part of our limbic system—determines that life is not safe. We then have negative emotional responses, which do not disappear over time because our limbic system doesn't "mature." The result? We continue to get triggered emotionally in the same way we did as infants or young children—and we find ourselves having a temper tantrum, or being needy as though we are two years old.

As we know, every time a circuit of neurons is stimulated it takes less stimulation from an outside situation, or our own thinking, for that same circuit to be re-activated. This means for example that a simple irritation can activate a neuronal circuit that involves anger or rage, and we go on automatic pilot for the hundredth time. When we cool down and evaluate our angry response it makes no sense to us.

Each time we activate a pathway it takes even less of a stimulus to re-activate that same pathway, and soon we resonate with habitual or even addictive reactions that become more highly charged with time. Irritation moves into criticism, which moves into swearing and anger, which spirals into rage. The two hemispheres become more disconnected as our left hemisphere believes that its story is right, is convinced that its point of view is the true one and follows the path of least resistance into emotional reactivity. As a consequence we disconnect further from who we are: the peace, bliss, understanding and compassion of our right hemisphere.

As Jill Bolte Taylor puts it: "The more attention we pay to any particular circuit, or the more time we spend thinking specific thoughts, the more impetus those circuits have to run again, with minimal external stimulation. This can work both ways—for what is negative or for what is positive."

How Resonance Repatterning integrates our brain

hemispheres. In a Resonance Repatterning session we identify the old neural pathways that are based on outdated experiences from

our past that we still resonate with. Through muscle checking we identify the experience, the highly-charged feeling and the “story”—the left hemisphere belief about self, others or life—that we still resonate with and therefore still attract in the present. Once we change our resonance with these old responses we are ready to identify what we want instead and, free of the non-coherent left hemisphere beliefs, move into resonance with right hemisphere understanding. When we activate our right hemisphere in this way we begin to see a bigger picture that is based on love and compassion for our self and others, and we want to resolve the situation where needs are not being met with peace and harmony. Reconnected to our right hemisphere present time being, we automatically begin to explore new ways of relating, creating and living.

90 seconds. Modalities like *The Pause for Centering* train us to pause before going into the same old highly charged emotional reaction. Interestingly enough Jill Bolte Taylor teaches an interesting scientific fact: that it takes less than 90 seconds for our limbic emotional programs to be triggered, for the chemical component of (anger, let’s say) to surge through our body and to be flushed out of our blood stream. She says that if you remain angry for more than 90 seconds it is because you are choosing to let that circuit run. It is our choice to activate and sustain our neuro-circuitry through our thinking and feeling responses that are based on past experiences. Equally it is our choice to move back into the present moment and allow the reaction to melt away—if we wait 90 seconds! Resonance Repatterning supports this process through Orientation, resonating with being present, resonating with the *Dynamic Edge of Conscious Choice* (listen to *Living In Tune* web radio shows and see new edition of manuals to be published in 2009).

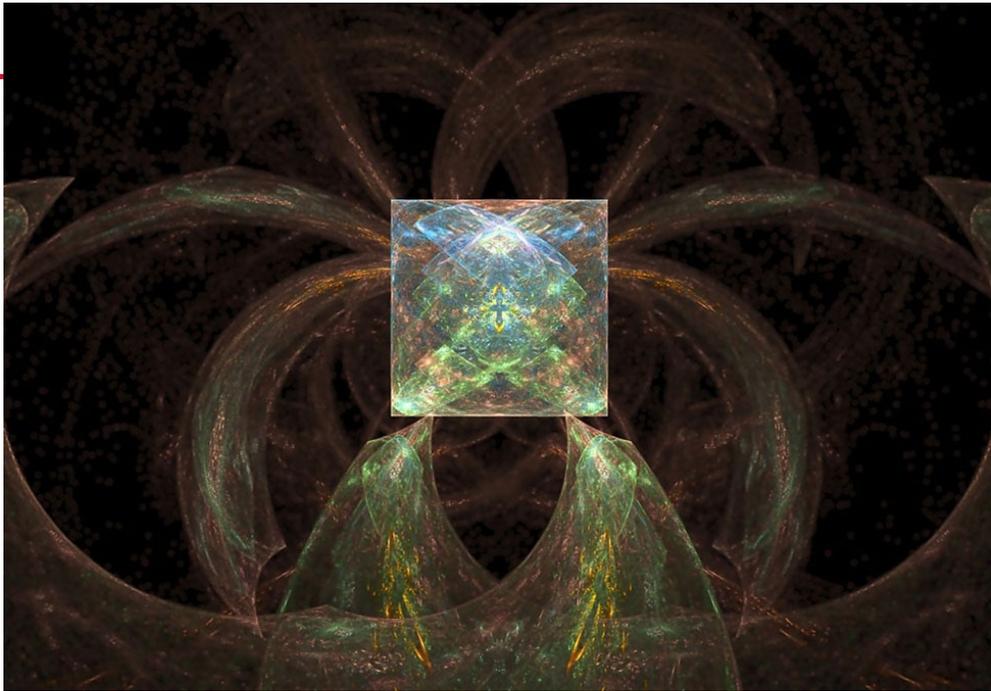
At every step of each session we are integrating the most coherent qualities of our left hemisphere—our ability to think and analyze how we want to live, what intentions we want to achieve and the kinds of relationships we want—with the most coherent qualities of our right hemisphere—self-healing through compassion,

understanding and joy. Process Modalities like the *Energy Constriction Release* take us step by step through containing past emotional reactions based on past trauma and pain, to authentic communication of feelings, to being heard and responded to with love, to the release of constricted movement (right hemisphere) and finally to an honoring of our needs.

Controlling our mind. Controlling our out-of-control thoughts is one of the greatest disciplines there is and controlling thoughts that bring pain, fear, anger and jealousy in their wake, can feel like an impossible task. Students and practitioners can use Resonance Repatterning in the moment to discover the underlying neural circuits being activated (what pattern am I resonating with that is attracting a cascade of negative thoughts, feelings and beliefs), and do a modality to change their resonance with that earlier non-coherent pattern.

Every time we use the tool in this way we feel better because we have diminished the power of old habitual non-coherent neural circuits and begun to create new positive neural connections. Every time we receive a Resonance Repatterning session, or do one on our selves, we are balancing our left and right hemispheres: we are controlling the story-telling beliefs of our left hemisphere that is super-imposing the past on the present; and are activating our right hemisphere, which allows us to see the big picture, to have compassion, to live in the present moment and reconnect to the eternal ground of our being—joy, peace, tranquility, euphoria, love.

It is worth constantly reminding ourselves that who we are is naturally a part of the infinite sea of energy; that we experience the joy and euphoria of this sea when we relax into the present moment; that this compassion and happiness is always with us. Our only problem is that we get distracted by our left hemisphere mind chatter, ego identity, stories, beliefs and highly charged emotions. As we change what we resonate with we calm these distractions and then we automatically touch into our natural state once more.



Resonance Repatterning® and Depression Equal Good Brain Science

by **Laura Frisbie, M.Ed.**, Resonance Repatterning Practitioner, Asheville, NC

We've heard that we (our brains) are bombarded with billions of bits of information. And now we are bombarded with new brain research!

What determines what we take in? What we pay attention to.

"Moment by moment we choose and sculpt how our ever-changing minds will work, we choose who we will be the next moment in a very real sense, and these choices are left embossed in physical form on our material selves."¹

So what determines what we pay attention to?

Before I go any further, I'd like to say that I had quite a time determining what to include in this article. And, just so you know, I am not a brain scientist or depression specialist.

What I am is opinionated.

And in my opinion, Resonance Repatterning is what most depressed people need. When I see mass media of every type slathered with ads for antidepressants, I get hopping mad!

The brain, left to its own devices, takes the worst and makes the most of it—and by that I mean it makes a mountain out of a molehill. “Brain mechanics” mean bad news . . . the brain naturally creates its own downward cycle. You might note that the same brain mechanics make Resonance Repatterning gosh-darn-perfect for lifting depression.

Brain science supports Resonance Repatterning as a legitimate treatment for depression

The mystery of personality aside, the brain can be (scientifically) explained as a self-perpetuating, self-fulfilling memory that skews and slants as it filters what gets in . . . and of course, what gets in is what determines what next gets in . . . which eventually determines what gets out... which determines what goes on . . . and so on (does anyone see a PATTERN in the making here?)

When we talk about the brain, what we are talking about is MEMORIES.

In *Mind Wide Open*, Steven Johnson writes:

“The last few decades of research have revealed, again and again, the way specific memories transform us as we grow and develop, the way life experience wires our brains as meticulously as our genes do. The impact of past events on the present is so crucial to the modern understanding of the brain that this book doesn’t include a single chapter on memory. This is because in many respects all the chapters are about memory. Memories transform our perception of the present.”²

Your brain gives more weight to stress memories.

When the brain records an ordinary memory, it fires off a cluster of neurons. During a stressful event, (which are many events to a newborn), your brain lights up like a fireworks display on a warm summer night. “Cells that fire together, wire together”². All sensory inputs are recorded and bonded together so that any one stimulus can alert you to danger.

Misery loves company

The brain is an “associative network.” It records sensory details and

our feelings about them. When the brain is under the influence of one emotion, it connects to past events that triggered the same emotion. Fearful feelings bring up fear memories, happy feelings bring up happy memories.² If you haven't already noticed, our assessments about life (whether positive or negative) are often illusory and one-sided. And sadness, as depression would have it, is HIGHLY self-perpetuating. . .

"Sadness makes you stupid"

"Sadness is marked by decreased activity in the prefrontal cortices, while happiness triggers an increase. The brain creates the FEELING of sadness by reducing the number of thoughts it produces. When you are sad, mental agility and possibilities slump."²

You are what you pay attention to

Everybody knows that neural connections increase in response to what you do. Now we know that neurons also increase in response to what you think AND what you pay attention to. *In fact, what you pay attention to can generate more neurons than what you do.*²

Memories are like water in a sponge

There is no "memory" center in the brain. Surgically removing a section of the brain does not remove a section of memory... memories are "holographic," distributed throughout the brain.³

Gosh, what bad news! Prozac, anyone?

In summary: We perceive through neuronal associations that are wired and fired together under duress; which cut off the thinking brain; that affect the entire brain, and that trigger and create more of the same. It seems fair to say that our vigilant brains are designed to put existence above exuberance.

Any exceptions?

Yes, for those of us conceived, birthed, and raised in a utopian environment . . . AND with psychologically pristine parents.

Ahhhh, parents, you say . . . finally! Honestly, how can anyone believe neurotransmitters cause depression when everyone knows that it's always parents?

All kidding aside — Science, baby brains, and parents:

A newborn's brain is a blank slate on a fast track. Newborns have a

fully developed amygdale—the seat of emotions and memory—and an undeveloped prefrontal cortex—the thinking part of the brain. “The brain’s remarkable adaptability at birth, together with the infant’s emotional focus on its primary caregiver, sets up a lifelong pattern for the individual’s thoughts, feelings, and behavior.”⁴

Where is Mommy?

This could be straight out of an “Earlier Experience.”

From *Origins of Peace and Violence*:

“During pregnancy, birth and beyond, nature locks the mother and baby’s biorhythms, heart frequencies, hormonal balances, sleep patterns and a thousand other living systems into reciprocal bonded patterns. Lack of affectionate, intimate contact between mothers and infants during the most sensitive periods of brain growth may result in permanent brain abnormalities associated with patterns of depression, substance abuse, eating disorders, aggression and violence.

How serene and secure was your mother?

If mother feels unloved or unsupported is threatened, anxious, and fearful, nature will give greater emphasis to her baby’s ancient core brain, with its defensive and survival systems, at the expense of evolution’s newer creative capacities.”⁵

...and then there’s Mommy Dearest

In *Infant Crying and the Brain*, Lynn Johnson writes:

“Very early maternal neglect in particular has been shown to produce an undersized orbitofrontal cortex — the brain region behind the eyes that allows one to reflect on one’s emotions and to empathize with the feelings of others — resulting in such a diminished self and such a low capacity for empathy that the baby grows up literally unable to feel guilt about hurting others. Damage is caused by the release of a cascade of cortisol, adrenaline and other stress hormones during traumatization that not only damage brain cells and impair memory but also set in motion a long-lasting dysregulation of the brain’s biochemistry.”⁶

Now, the good news

The brain is flexible throughout life, capable of continually changing.

Since memories are associative and distributed throughout the brain, a Resonance Repatterning session can identify the cause of “depressive memories” from any of those stress-induced multi-sensory fireworks that bonded the neurons together.

“Reconsolidation” refers to what happens to memories when they are activated.

“Instead of just recalling a memory that had been forged in the past, the brain forges the memory all over again, in a new associative context. In a sense, when we remember something, we create a new memory, one shaped by the changes that have happened to our brain since the first one.”²

Obviously, simply recalling traumatic memories can deepen negative emotional associations and their influence on thoughts and actions. Positive intervention—“priming” the mind by helping the person to feel emotionally secure, increases compassion and new, positive associations for the memory. It also develops a “state of freedom within oneself.”¹

Thanks to Resonance Repatterning

“The child is father of the man” is no longer necessarily true. A session will often take a current distress, identify myriad and often counter-intuitive associations, and then go to an earlier experience. Frequently, the feelings around the current distress are ghost-like duplicates of feelings in the original situation.

During a Resonance Repatterning session, current distress becomes the catalyst for discovering and re-wiring (reconsolidating)—with wisdom and compassion—the original stress memory and the associations that were creating more of the same.

Isn't it fun to learn that the “magic” of Resonance Repatterning is good brain science?

¹ Begley, S. (2007). *Train Your Mind, Change Your Brain*. Ballantine Books. ISBN 978-1-4000-6390-1

² Johnson, S. (2004), *Mind Wide Open, Your Brain and the Neuroscience of Everyday Life*. Scribner. ISBN 0-7432-4165-7

³ Talbot, M. (1992), *The Holographic Universe*. Harper Perennial. ISBN-13: 978-0060922580

⁴ Siegel, D. (1999), *The Developing Mind, How Relationships and the Brain Interact to Shape Who We Are*. Guilford Press. ISBN 978-1-57230-453-6

⁵ Erik Möller, Joel Schlosberg and colleagues, (1998-2005). *Origins of Peace and Violence*. Retrieved January 11, 2009 from www.violence.de/

⁶ Johnson, L. (2002), Infant Crying and the Brain. Retrieved January 11, 2009 from www.fresnofamily.com/articles/aa040100c.htm

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or phone 866-985-7029.*

Testimonials • Resonance Repatterning • About Laura Frisbie, M.Ed. • Contact Me

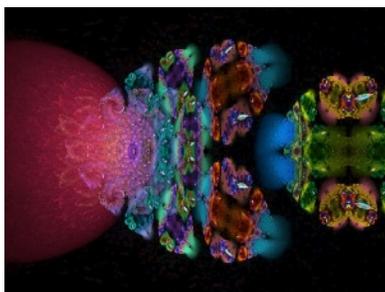
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Quantum change made easy



The fractal images that appear throughout this issue of the Resonance Practitioners Association Journal were created by BrainPaint, a complex software program developed by Bill Scott. BrainPaint creates fractal images using mathematical information sourced from actual EEG biofeedback sessions. It is an advanced imaging system that captures not only the non-linear functions of fractals, the log-density display and structural coloring, but the linear variables of amplitude and frequency feedback to illustrate a 3-Dimensional display of all the textural nuances of brainwaves. To learn more about this beautiful and fascinating technology, go to: <http://www.brainpaint.com>. A special thanks to Dorinda Hartson for her research direction. What a beautiful resource!



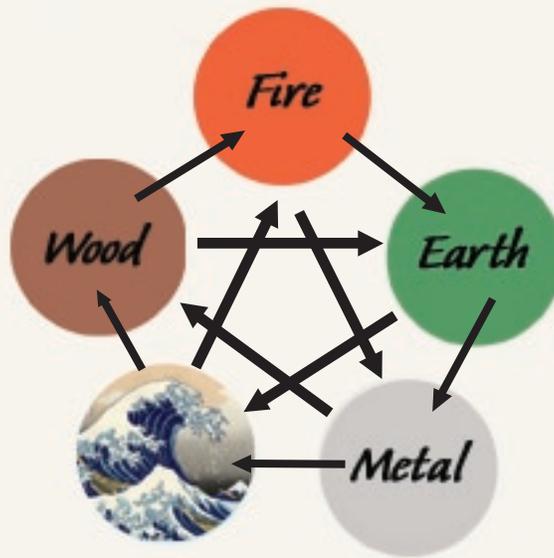
Passing of Tobey Milne

By Chloe Faith Wordsworth

On Thanksgiving Day Tobey Milne, dear friend, Resonance Repatterning teacher and practitioner, passed on. Tobey was a bright light for all those who knew her: expressed in her wonderful smile and radiant eyes; a heart full of love, a deep understanding and listening presence for those fortunate to have sessions with her or learn Resonance Repatterning from her.

Tobey was ready for her continuing journey. She shared in an email that her many years of meditation had prepared her for this moment and she had no fear. A few days before November 27th she emailed me a short note saying that she was feeling an inward pull, and also that she was so grateful for Resonance Repatterning, which she had used up until September. Netta Pfeifer, and friends who knew Tobey, said that on Thanksgiving Day they looked into the sky and saw two magnificent rainbows spanning the red rocks of Sedona: awe-inspiring in their beauty. They said it was like a message from Tobey—that she had the pot of gold!

We have Tobey's husband and family in our thoughts during this time of loss for them, and we send our loving thoughts to Tobey in her joyous onward journey, grateful that she touched our life.



Living the Five Elements Winter: Water

by Kimberly Rex,
Resonance Repatterning Practitioner,

Coherent Qualities: Water Element coherent qualities relate to vital essence, ability to call upon inner wisdom through resourcefulness or cleverness, and willpower. The correlating internal organs are Bladder (Yang) and Kidney (Yin). Water Element speaks to depth, adaptability, clear boundaries, courage, perseverance, reflection, reserves, and truthfulness.

Non-Coherent Qualities: When Water Element is out of balance we may move into victim stance, have difficulties handling challenging situations, and lose our ability to bounce back. Fear becomes more pervasive in our lives, and we may feel frozen or stuck. We may have difficulties setting boundaries with people in a loving way, or we may experience difficulties pacing ourselves for beginning, sustaining and completing projects. Water Element non-

coherence might also be expressed through dissipation of money, unresolved sexual abuse issues or chronic stress.

Sense: Hearing and Taste

Color: Blue/Black

Foods: Salty

Sounds: SHAE

Consonant Meridian Sounds:

Kidney: K/G Provider of power and vital energy

Bladder: W The container

Body Correlation: bones

Music and Sounds: Hawaiian music, waves; *Elements Series* by Peter Kater, *The Four Seasons:* Alan Roubik, and Ray Lynch, *Deep Breakfast*

Herbs: Kidney: Cornsilk, juniper berries, parsley, Uva-Ursi, marshmallow

Bladder: Buchu, dandelion, parsley, plantain, Uva-Ursi

Essential Oils: Bergamot, Himalayan Cedarwood, Cypress, Geranium, Juniper, Sandalwood, Black Spruce, Clary Sage, Juniper, Ylang Ylang

Films that Illustrate Water Element: *Joy Luck Club* (ancestral, generational patterns); *Clear and Present Danger* (fear and courage); and *The Piano* (the transformational power of water)

Movement: Flowing and/or powerful movements.

Five Element Movement with Sounds: Toning the SHAE sound, feel your kidneys vibrate (on either side of your spine and a little above your waist under the 12th thoracic vertebra). Be aware that you are releasing fears (emotional level) and reconnecting to your power, drive, self-confidence and energy to move forward on your chosen path (mental-spirit level).

- Make fists with your palms and press them into your belly on either side of your belly button.
- While pressing into your belly and slightly bending forward, inhale and feel the kidney areas in your back expanding.

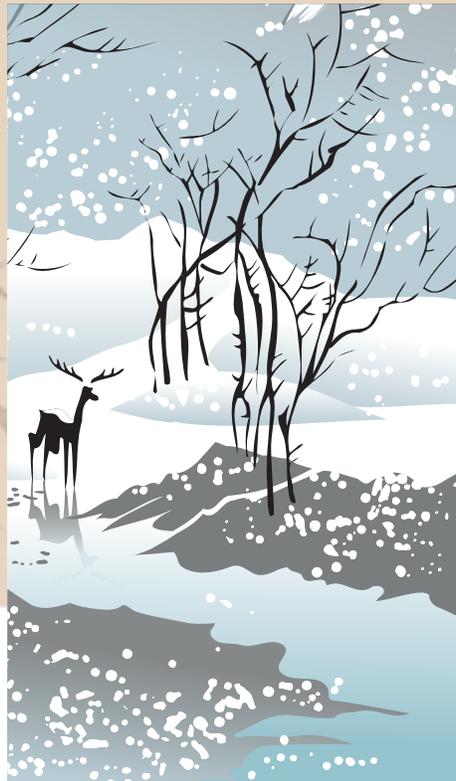
- Exhale with a long **SHAE** sound, releasing all toxins from the kidney and anything that comes in the way of your being empowered.
- Do three harmonizing breaths: Inhale through your nose, keeping your tongue on the roof of your mouth. Then, exhale through your mouth, relaxing your tongue on the floor of your mouth. Repeat 3-9 times.

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Material compiled by Kimberly Rex, MS, Practitioner of Resonance Repatterning and Board Member for the Repatterning Practitioners Association, Board Chair for World Peace Hologram. She does proxy, in-person, and phone sessions for individuals and groups, and works with both human and animal clients.

Website: www.windowstotheheart.net

Contact: krexinbell@aol.com



Reveal Your Inner Muse

by Sally Herr

You members of Repatterning Practitioners Association are **AWESOME!** You're so smart and thoughtful. Reading your articles gives me even more faith in humanity. You rule! You are all so insightful, wise, intelligent, intuitive, compassionate, loving, and **REPATTERNED!!!!** **YEAH!** Share your voice, submit material for the May issue.

If you are interested in submitting any material for the May issue of the Repatterning Practitioners newsletter, the Journal Committee needs to be notified about the topic of your submission by March 1, and the final article needs to be received by April 10, 2009.

We accept articles, poems, book reviews, regular columns, other writings, as well as art work. Please contact me for editorial requirements.

If you are unable to submit in time for this edition, please consider submitting something for future 2009 issues.

The Journal committee has decided to, in the next four issues, focus on four of the five elements: Wood, Fire, Metal and Water. The aspect of these elements that we will be focusing on will include: May—Birth/New Beginnings (Wood), August—Maturity (Fire), November—Old Age/Closure (Metal), and February—Death/Endings/Transformation (Water). Articles focusing on these themes are suggested, but not required.

If you are interested in placing an ad in the Repatterning Practitioners Association Journal, please contact Andrew Adleman or Marilyn Hager Adleman (rpajournal@RPAmembers.org) to discuss the size ad you would like to place by March 15 for the May issue. For information on ad requirements and prices, see the RPAmembers.org website.

Finally, if any of you would be interested in joining the Journal Committee, we'd love to share this fun and creative offering with you, so please contact me.

I can be reached at sallyy@maine.rr.com or at 207 879-6007.

Sending you lots of love,

Sally



■ PRACTITIONER INTERVIEW ■



Introducing Annette Weidner, Certified Practitioner, Göttingen, Germany. She can be contacted at annetweidner@arcor.de



What do you do for a living and what is your background and education?

After completing my secondary education (this is the norm in Germany) I was admitted to university and studied chemistry. I worked through a personal crisis and decided to become a nurse. I'm working in a psychiatric hospital and have been for 25 years.

How did you learn about Resonance Repatterning?

My sister lives in Scotland, learned Holographic Repatterning, and gave me sessions. I attended the basic seminars in Switzerland and Germany 10 years ago. It was a long journey to certification because we were just a few students who wanted to complete it. We had a very helpful group coaching with Ulla Sebastian—a very experienced certified practitioner, who came back from Scotland to Germany. I attended seminars in England and did tutorials with Kenya de Rosa in German, when she visited her parents in Germany. For me it's very difficult giving sessions in English because I'm not used to doing this.

What does Resonance Repatterning mean to you?

My sister did a lot of proxy sessions with me and every time I got the session notes I recognized the positive changes in my life. I like working with manuals, exercises and tools. I prefer practical work which is clearly structured. I appreciate the muscle checking tool because it insures neutrality as far as this is possible. And it is a quick and clear method to find the most helpful course for the client.

What are some examples of sessions that stand out in your life?

I learned ballroom dancing and I love it very much. After 4 years my dancing partner left Germany and I couldn't find a substitute for her. I was very frustrated. I did a session with a lot of intentions concerning several areas of my life. One was for finding a dancing partner. Twelve days later I found one.

After attending the relationship seminars with Chloe and a series of proxy group sessions with Ulla Sebastian "Enjoy Your Life as a Woman or Man" I had the courage to start a relationship with my colleague who is now my husband. The Resonance Repatterning practitioner Petra Velichkov-Bischoff helped me with a session to find this courage. We did Problems into Opportunities and Intention for New Possibility — very deep work. I do self sessions during challenging times. We are very happy.

What would you like to see the RPA do for its newest members?

I would like to have a clear list of seminars that are not directly Resonance Repatterning, but count towards holding the certification—such as Jin Shin, etc.

Do you have a motto?

Business Coaching and Life Counseling to Learn Free Loving and Living (Berufскоaching und Lebensberatung für frei lieben und leben lernen)

Is there something special about you that you'd like to share?

For the last 5 years I have been conducting a monthly group session that is my "throughline." I love working with groups recognizing our common issues and subconscious influences. The theme of the current year from May 2008 until April 2009 is "Success in Your Business" and the issue for January is "Conception."

I'm writing a monthly newsletter. I do sessions in person, over the phone, by proxy, for groups, children and animals.

I'm conducting two series of seminars together with a health practitioner. The topics are "Becoming Sane" and "Fulfilling Partnership."



Audio Interview

Nancy Martin interviewed by Dorinda Hartson.
Click [here](#) to listen or download.

If you would like to be interviewed via telephone for a Journal audio interview, please email rpajournal@RPAmembers.org.



Winter's Reflection

Victoria Benoit, M.C. Certified Resonance Repatterning® Practitioner, Designated Observer, Teacher

CERTIFICATION CORNER is a regularly appearing column in the HRA Journal. Written by Victoria Benoit, Certified Resonance Repatterning Practitioner, Designated Observer and Teacher, each issue will focus on the Resonance Repatterning certification process. If you have a question that you would like to see answered in the HRA Journal you can email Victoria at: Victoria@ExtraordinaryOutcomes.com

Winter is a time of reflection, contemplation and a time to go inward into the darkness. It's a time to regroup and evaluate where you are and where you are going. The Water Element is associated with this blistery season.

These are some questions you might ask yourself regarding your Water Element in your certification journey.

Awareness Coherence: Have you made your knowledge of Resonance Repatterning personally meaningful in your life? Is it actually a part of your daily lifestyle? Are you able to make this knowledge available for your client in a session and bring depth and relevance?

Personal Coherence: Do you feel intelligent, vital, energetic and powerful? Do you flow around obstacles and challenges and persevere rather than give up?

Are you calm and serene? Does your voice and expression flow with strength, gentleness, ease and power? Are you frozen in fear?

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Relationship Coherence:

Do you listen deeply to your client? Do you hear the meaning or unexpressed need behind the words? Do you ask for clarity if you are confused about what they are saying? Do you reflect what you have heard? Do you bring meaning to the connections in the session? Are you empowering? Do you have the courage to be absolutely truthful in your relationships no matter what the consequences?

All these questions, if answered honestly, will give you a clear picture of where you are in your journey. Getting clear on where you are is always the first step toward creating a map of how to accomplish your goal. The next step is having the drive and ambition to get to where you want to go and having the support. Do you have a certification buddy or a study group you meet with regularly? Do you have a mentor that helps to hold you accountable? And finally, are you replenishing yourself and maintaining your reserves of energy?

During this Water Element season, you may want to do a session so you resonate with the Water Element Qualities on page 44 in the Meridian Book. If you are having particular symptoms or issues with your certification journey during the winter, you could do the Seasonal Repatterning on page 120. There is also the Water Element Repatterning on page 97 in the Relationship Book. Those of you just beginning this process, congratulations!! I would highly recommend doing the Five Element Qualities Repatterning on page 176 regarding your role as a certified practitioner. It will bring focus and clarity and of course, coherence to your journey. Those of you who are already immersed in your journey, congratulations! You are continually at a new level of coherence in your journey, so it would be advisable to revisit this repatterning as well.

Be sure to enjoy the winter stillness as you go inward and discover your greatness and honor your accomplishments!

Find out about Victoria's opportunities for Certification Mentorship on her ad in this Journal and on her website at www.ExtraordinaryOutcomes.com, or call 602-864-7662. She is currently scheduling certification observations and is willing to travel.

Certification Listing...

Are You Still Listed As A Certified Practitioner?

In the past your practitioner listing was posted by administration at the website. This is no longer the case and we ask all certified members to check on their listing to make sure it appears with your preferred details. Since last September 2008, with the installation of the MY ACCOUNT feature at the members website, practitioners can now set their own listing. The new feature provides members with an opportunity to share more information about services and languages offered. Your membership fee includes your basic listing found at:

<http://www.RPAmembers.org/membership/ListingUSACA.asp>

Full Web Page for \$60.00 per year—Practitioners also have the opportunity to link to a full web page about their services which is free until February 28th or upon your next membership renewal. Renewal of the full page ad is \$60.00 per year. You may change the content of the page as often as you wish. On this page you will be able to provide a biography, tag line and descriptions for 3 services you offer. The full page may be a wonderful addition to the promotion of your services or for those who do not have a web site of their own.

To activate your practitioner listing or to obtain a full web page please login at MY ACCOUNT <http://www.RPAmembers.org/membership/my-account.asp>

Our thanks to Shyama Orum and Karen Kent who made extensive calls to practitioners to let them know about this service.

For any questions about this listing please contact Carolyn Winter
1-800-685-2811 Ext 2

Please click on this link to see an online listing of Certified Resonance Repatterning Practitioners.



by **Elizabeth Tobin, JD**; Certified Resonance Repatterning® Practitioner, Boston, MA

PRACTICAL ADVICE is a regularly appearing column in the RPA Journal. Written by Elizabeth Tobin, JD; Certified Resonance Repatterning® Practitioner, each issue answers readers' questions relating to establishing a thriving Resonance Repatterning® practice. If you have a question that you would like answered or if you would like to share your views about any of the topics discussed here, you can email Elizabeth at et@LizTobin.com.

Q: How do I get my website to rank higher in the search engines?

A: Search Engine Optimization (SEO) refers to the process of increasing traffic to your website through your rankings in the search engines. At present there is no set agreed upon method and the search engine standards are constantly evolving. The one thing the experts do agree upon is that SEO is a complex and highly specialized area of web development.

So, to answer your question, I went to my webmaster, Micky Metts. She's a professional web developer who specializes in developing websites for small businesses. Micky says that there are many tricks and things companies do to raise their level of visibility in the search engines. But the most reliable is having the textual content of your web site explain what you are offering in simple terminology that contains keywords and phrases for which people might search. You can accomplish this mainly by using Meta Tags and Keywords.

Meta Tags and Keywords

Meta tags are not part of the textual content that your visitors see when they

**Join these On-going
Monthly Proxy Sessions**

**“Clearing Family
Patterns” &
“Ultimate Well-Being”**



“I just wanted to say that the proxy was amazingly right on. I have been impressed by the work you are doing. I can feel that patterns are shifting and that I am completing issues multi-dimensionally. I feel very grateful that I have access to your work.” ~ Katie Stewart, proxy group participant

Elizabeth Tobin, JD
Certified Resonance Repatterning®
Practitioner

**et@LizTobin.com
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come to your website. Meta tags go into the code at the head section at the top of your web pages and are the “hooks” that a browser reads to point someone toward your site. Use a meta description tag to insert the description of your site. This is the web equivalent of your 30 second elevator pitch; it’s a one to two sentence description of what you are offering.

There are also meta tags for key words. Key words are the words and phrases that people might use to search for you, your product, and your website. There’s not much science to this; it’s all about speculating on what someone looking for Resonance Repatterning might type into their browser to find you.

The most obvious key word phrase is Resonance Repatterning, but there are many people who are looking for the kind of help you can give them who have never heard of Resonance Repatterning. So you need to describe what you do in various ways, using words that someone might use in their search.

Key Word Generators

Another option is to use a key word generator that will give you the most searched for options. Google and Yahoo have key word and key phrase generators that you can use. These tools are free and easy to use. Go to their websites and put in your terminology, i.e. Resonance Repatterning, and you will get a list of the key words that someone might use to search for your services.

The Key to Using Key Words

Just having the most popular key words is not enough. Search engines base their ranking on the amount of relevant content that relates to the key words searched. This means you need to sprinkle your keywords throughout your web page content. For example if I am using “energy healing” as a key word I

need to use those words in the content of my webpage. I might write in my content, "Resonance Repatterning is a type of energy healing that. . ."

Hits and Links

It used to be that search engine ranking was determined by how many visitors your site got. Now search engines use mathematical algorithms that measure the amount of content you have that is relevant to your keywords in addition to how many hits and re-visits your site gets. This means that site traffic is only part of the equation; useful content that is relevant to the web searcher is also essential.

Search engines still take into account how many other sites are linked to yours, but due to the proliferation of link farms search engines are now more discerning. A link farm is a group of websites that links to other sites in order to make it look like these websites are popular.

This practice proliferated to the point where web sites would link to hundreds of unrelated sites that were created by the same company solely to increase their search engine ranking. Now the search engines disdain this practice. If the majority of the links on your website are reciprocal then this may hurt your ranking, even if all of the links are relevant to your content. (Reciprocal links are when you link to a website and that site links back to you.)

Paying to Play

Another development in the world of SEO is that companies pay for top placement in the most popular web browsers. As this practice becomes more commonplace it remains to be seen how this will impact the effectiveness of other less costly methods such as meta tags and keywords.

SEO is a complex field and there are agencies that specialize in helping your site get top ranking. Some are reputable companies that will analyze your website and make the necessary changes to

boost your rankings. Others are simply link farms. It's a buyer beware situation, especially since the rules are constantly changing.

Be careful to get references from people who offer to do SEO for you. Search for them and see where they are ranked. Ask for their references and visit the sites that they've worked on. See where those sites are ranked. Metts says, "Beware of big promises unless you have a big budget."

Do It Yourself

You can find free tutorials on the web that show you how to optimize your website. In addition, each search engine has a section on their website with tips on how to optimize your site for that search engine. Metts suggests that you stick with one search engine, like Google, and focus on that.

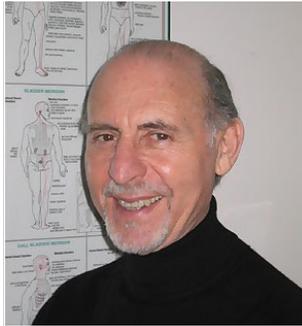
SEO is a hit or miss marketing strategy and ranking top in the search engines doesn't always translate into increased sales. Metts advises that you think of the internet as a huge networking tool more than an advertising vehicle because the best way to drive traffic to your website is through word of mouth on the web.

Elizabeth Tobin, JD is a Certified Resonance Repatterning® Practitioner who earns her livelihood through her full-time RR practice.

Geographically based in Boston, MA, Elizabeth serves an international clientele. If you have a question for Elizabeth you can email her at et@LizTobin.com. Webmaster Micky Metts can be reached at Micky@Metts.com

A Journey of a Thousand Miles: Using *Quantum Change Made Easy* by Chloe Faith Wordsworth to Promote Resonance Repatterning and Yourself as a Practitioner

By **Michael Fisher**, Certified Resonance Repatterning Practitioner,
Vancouver, British Columbia, Canada



A journey of a thousand miles starts with the first step. The first step in this particular journey—which you can also take by following similar steps—was to approach Banyan Books, the largest bookstore of esoteric literature and alternate therapies including sound, in Canada, to stock Chloe’s book *Quantum Change Made Easy*. This they agreed to do. I then thought of approaching them to give a talk on the background to Resonance Repatterning as a way to market the book. I had put together a talk on “New Physics, the Nature of the Hologram and Resonance Repatterning” that I had used in a number of broadcasts and recorded as a CD to sell as a promotional tool.

I approached the head of the promotions department of Banyan, who put out a quarterly publication, including upcoming talks. After three months Banyan Books came back and agreed to use my talk and promote Chloe’s book. They set a date for the October 29th, 2008, and they booked a yoga studio down the road from the bookshop as a venue. The studio was ideal as it was intimate enough to seat about thirty people without being crowded.

The response to the flyers, advertising and word of mouth was excellent and extra seating had to be put in. People listened for 40 minutes in pin drop silence. A lady asked me to explain a typical session of Resonance Repatterning. This gave me the opportunity to describe the process and also describe what attendees would learn at the upcoming *Empowering* seminar I was scheduled to give. As a result, the seminar fliers with the information were all taken. One of my clients standing at the back launched into a passionate endorsement of the work and what it had done for her and her husband. She said it had saved her marriage.

endorsement of the work and what it had done for her and her husband. She said it had saved her marriage.

As a direct result of the talk four of those present signed up for the seminar and for two requests for sessions who couldn't afford to pay, I was able to refer two student practitioners living in Vancouver. So there were some excellent spin-offs from the talk.

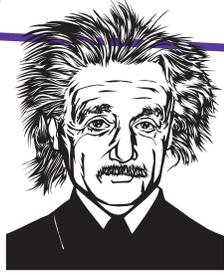
The *Empowering* seminar was over-subscribed because I can only get 15 people into my basement seminar room, so I opened a waiting-list for the next seminar. Incidentally, it was exciting that seven men attended the seminar.

I strongly encouraged the people present to take the *Fundamentals Seminar*. I explained that learning how to muscle check 'Self' is a valuable tool. It is similar to giving someone a scalpel, but that doesn't turn them into a surgeon. One needs to have respect for the instrument and at the moment they have the power (as in "empowering") to muscle check for a modality, that is all. During the next process they will learn how to muscle check "other" and to learn the first four Unconscious Patterns, which creates a big leap forward for "self" and "other."

As a result six people signed up to do the *Fundamentals* and *Primary Patterns* course with Jennifer Johnson.

Their journey of a thousand miles has truly begun and could end up with certification as a practitioner. That happened because my journey to promote Resonance Repatterning was successful—and yours can be, too.

Michael Fisher is a certified practitioner and Teacher of Resonance Repatterning, and creator of his CD—"New Physics, the Nature of the Hologram and Resonance Repatterning." Michael does proxy and phone-in sessions. You can contact Michael at 604.264.9011 or at mefisher@healthy-life.ca



Great Ideas!



Healing the Family System

By Sally Herr, Resonance Repatterning Practitioner, Portland, Maine

One of my favorite modalities is in Carin Block's, *Healing the Family System* book. The modality is called *Family Secrets*. In that modality, the client visits the oldest and wisest of ancestors and asks humbly and lovingly, "What is a secret that I need to heal myself."

That is brilliant. We, the members of a family system, have a connection to these ancestors through our collective, unconscious, data base. Assuming they have information that will help in our healing, what a great idea to ask them! I have done this process many times and consistently people get valuable information.

To help them, I sometimes muscle check bare bones details regarding who they will be contacting. Pertinent information might include: relation to the client, gender, marital status, century and country in which they lived. I have found that my clients move through this process with greater ease when they have an idea who they are meeting.

This past week, a client had cleared all statements except for: "I have to excel or I will be isolated." and "This belief is cleared 208 generations on my father's side." We identified that this male ancestor was Celtic, living near the Stonehenge about 5000 years ago. He was "married" with children. This client immediately saw a scene of this man's life—this impoverished tribe had killed a deer. Everyone was happy,

especially the children, because there would be food to eat. But there had been times in this man's life when he had not brought game home. During a lean time, one of this teenage man's children had died of starvation and his wife had blamed him for the death of that child. The belief this ancient ancestor must have held toward himself was the same as my client's. Even the personal stories had parallels. During sessions I often wonder, "What was going on with that first ancestor that held the negative belief, missing life need, or feeling through the many generations. I felt quite honored this week to have the opportunity to vicariously visit the ancestor whose life experience initiated the unwanted pattern.

When facilitating this modality I, personally, do not give suggestions of what the scene might be. I invite the client to tell me what they are seeing and experiencing. If they need help, I assure them that what information they are receiving is good. I tell them that someone who is going to reveal an embarrassing secret probably will not tell the whole story all at once, rather he/she will prepare the receiver for this information, drop hints, or draw the whole process out so that the secret can be better understood.

At the end of the modality, I instruct the client to say, "I accept this information without judgment. Now I am in peace." This is a very wise statement for both the client and the practitioner.

Sally Herr is a Resonance Repatterning Practitioner, a CranioSacral Practitioner, and a Speech Pathologist in Portland, Maine. She can be reached at sallyy@maine.rr.com, or by calling 207 879-6007

2009 TELESEMINAR CLASSES

By Karen Kent, Chair, CEU Committee

Get ready for three opportunities to enhance your Repatterning skills and expand your practices. All classes include a 30 minute repatterning to support integration of the material. Take advantage of early registration incentives!

NEW Class **How to earn \$2500 with a workshop series based on Chloe Wordsworth's book *Quantum Change Made Easy*** facilitated by Gail Glanville.

A pioneering series on how to use the book *Quantum Change Made Easy* to generate income, attract new clients and enhance your own ability to facilitate larger groups. Go more deeply into each chapter and become an expert at linking the material to a chosen theme for on-going growth and healing. You'll find the book has a built-in structure you can take advantage of to lead in-person workshops and group teleseminars over and over again. Each meeting includes instruction, interaction, a mini-session and weekly review.

Course Requirement Your own copy of *Quantum Change Made Easy*.

Open Enrollment You don't have to be a Resonance Repatterning practitioner or student to benefit from this course.

Time Wednesdays 1PM to 3PM Eastern Time

Date Meets Wednesday February 4, 11, 18, 25; March 4, 18, 25; April 1, 8, 15.

We'll skip March 11. (Ten 2-hour teleseminars).

Fee \$350 Register before January 14: \$300



Gail Glanville, a long time Resonance Repatterning practitioner, entrepreneur and editor of the RRI Newsletter, owns Change Bistro where smart women bring their dreams to life. She loves to help people and organizations refine their message, throughline, frequencies and constellations. For holistic healing professionals, go to www.changebistro.com for a free download 27 Ways to Prevent Burnout and Live the Life you Love.

NEW Class **The Body's Hidden Messages**

facilitated by April Smith-Gonzalez.

Many clients come to us to facilitate healing of a health challenge. As practitioners we use the Repatterning process to get to the root of the beliefs that hold this unhealthy pattern in place. Increase your awareness of the biology behind the health challenge and thus dig deeper in your client sessions. This class will explore different body systems and give you specific coherent and non-coherent statements related to each specific body system so that you can quickly address specific health challenges of your clients. We will be introduced to some of the 'science' behind the way our bodies operate which will enhance our understanding of areas such as the nervous system, cardiovascular system and all the others.

Time Thursdays 7PM-9PM Eastern Time

Date Meets Thursdays April 2,9,16,23,30; May 7,14,21,28; June 4,11,18

Fee \$475 Register before March 19th, 2009: \$375



April Smith-Gonzalez is a Certified Resonance Repatterning practitioner, licensed massage therapist in Florida, and is soon to be an Osteopathic Physician (class of June 2009). Ms. Smith-Gonzalez taught piano lessons in the West Palm Beach, Florida area for 15 years before pursuing her dream of becoming a physician in 2004. She currently resides in Florida with her husband and 2 terrier mutts. Repatterning has truly changed the way she sees everything and in conjunction with her Osteopathic training, gives her a unique perspective on dis-ease and how to address dysfunction.

Peers Supporting Peers facilitated by Elizabeth Tobin, JD

Did you ever wish you had a group of peers that you could ask, "What Do You Do When...?"

The Peers Supporting Peers class is a unique opportunity geared specifically toward certified practitioners. Like the Resonance Repatterning® process itself, this series will be tailored to meet the needs of the group through a dynamic co-creative process. Your facilitator, Elizabeth Tobin, will guide the discussion but it is your questions, curiosity, experience and wisdom that create the content as we take an in-depth exploration of the client/practitioner relationship. Come prepared to share your challenges and triumphs in an enriching, supportive atmosphere where we can learn from each other as seasoned practitioners in a leading edge profession.

Fee \$300.00

Date and Time Fall 2009



Elizabeth Tobin, JD, C.R.R.P. was the first Certified Resonance Repatterning® practitioner residing in Massachusetts and has been using this empowering process for personal transformation on herself and others since 1999. Before learning the Resonance

Repatterning process Elizabeth had no prior experience or contacts in the energy healing field. Since becoming certified in 2001, she has earned her livelihood through her Resonance Repatterning practice. She also writes a column for the Repatterning Practitioners Association's quarterly journal, entitled "Practical Advice" which explores topics relevant to creating and sustaining a thriving practice.

Questions or comments contact Karen Kent, Chair, CEU committee 609-716-8700



WORLD PEACE HOLOGRAM

SAVE THE DATE

Kimberly Rex, Resonance Repatterning Practitioner, Bellingham, WA

As the Make a Date with Peace Project begins with Inner Peace Atomics, teams are working with Family, Relationship and Health focus for peace-building within the fabric of our awareness in our closest circles.

The year began with a focus on Family with Ellen Shapiro, Tracy Bradley, Shyama Orum and Joanna Legard. The first session was Clearing the Shadows of War. Clearing turmoil from centuries of dissonance through conflict, the session worked to acknowledge that peace begins at home. Continuing throughout the month, topics included working with how True Brother/Sisterhood beginning with our siblings, and that the quality of our communication and expression of needs in our first and most intimate relationships are important tools for building more understanding and peace with our family members.

Through our personal sphere of influence, we can have an effect on at least one to ten others as Ann Wilson Shaef suggests in *When Society Becomes an Addict*. Non-coherence expressed through addiction affects at least ten others. As we uncover and shift unconscious material from generational imprints, family beliefs, attitudes and miasms, we first move toward greater understanding.

In turn, a more coherent connection to the core essence of ourselves orients us to new possibilities with our significant others. Working personally can serve to dynamically move us in the direction of building more peace within through moving through and more fully into a greater presence. This shift in resonance increases the capacity to radiate and express peace which, in turn, impacts our choices, responses and actions. This affects each person within our lives.

Peace

Peace finds itself amidst chaos
Sending thoroughfares to other places
To the heads of states
To the steeples and temples
Within our minds
Deep rooting
Into the earth
Resting in the center
Peace finds itself
Within our hearts
Connecting
This uni-verse of one
song with many sounds
And full spectrum of light
Peace finds itself
As it always was
Basking in the radiance
Of knowing itself
Gathering every piece
From every highway
Returning
And greeting every weary traveler
With the language of loving remembrance
That we all share the same home.

—Kimberly Rex ©2005

February sessions focus on Relationship through working with topics of shared responsibility, gratitude and appreciation, being the best version of self, and decreasing bonding-separation stress in relationships with Sally Herr, Claudia Fuginaga, Liz Tobin and Janene Sneider.

March sessions focus on Health with Victoria Benoit, Susan Neander, Dee Jenkins, and Victoria Tennant. Working with the relationship between health and inner peace, vitality, and truly resonating with peace, the team also connects how healthy actions create a world of peace.

Get details for sessions:

<http://www.worldpeacehologram.org/Program/allevnts.asp>

Find out more about the World Peace Hologram Practitioners.

Visit <http://www.worldpeacehologram.org/meetpractitioners.asp>

In addition to the online sessions by proxy, community events and teleconferences being offered, each month has a **Peace Reflection** for integrating peace into our personal lives.

Family: Devote an evening a week to being with the people you feel are your family unit. Cultivate and nourish your family relationships.

Relationship: Practice Unconditional Love in your relationships. Notice what happens when you allow others to be exactly who they are without wanting to change them or their behavior.

Health: Daily, take brief "time-out opportunities" to envision peaceful images. Breathe in inner peace, and then breathe out this peace with the intention of sharing your peace with the whole world.

Be sure to sign up for the monthly newsletters to get more details in regards to how to update your intentions and issues monthly, visit the Wordpress Blog with your comments, and share how peace is building in your life at <http://www.worldpeacehologram.wordpress.com>

Participants to date: 1025

The field for peace is building.

Conversations with Peace Cafe's have started and will take place the first Sunday of each month at noon, Pacific, 3PM Eastern with the teleconference number on the Quick Links page at World Peace Hologram. These conversations will give an opportunity to hear the main points of the sessions and Positive Actions. In addition, the discussion for how to take the Peace Reflection of the previous month more fully into our daily lives with practical tips and suggestions. The discussion is open to everyone. So please join us! Invite your friends to join!



Kimberly Rex, MS is a Certified Resonance Repatterning Practitioner and Person-Centered Expressive Therapist who works by phone, in-person and proxy at www.windowstotheheart.net She is also the Chair for World Peace Hologram, and is happy to answer any questions

regarding the project at kimberlyrex@worldpeacehologram.org

World Peace Hologram Vision Statement

We are an association of people from around the world who have the ideal of putting love into action by being an instrument of transformation for ourselves and others.

We acknowledge the inherent goodness, strength and wisdom within all beings. We live and work with integrity, empowering ourselves and others to manifest a higher consciousness.

Through our work we are inspired to resonate with life enhancing intentions, which bring healing to ourselves, our communities and our planet.

Resonance Repatterning Institute News

RRI Website

Good news! Our new RRI website should be launched by the end of February 2009; we're all working hard to make this happen. For certified practitioners this offers an advertising opportunity. We have a special tab called SESSIONS, which opens up to a SESSIONS home page with its inspiring information. Visitors can then link to a list of certified practitioners with their pertinent information. Under this same SESSIONS tab, visitors can also click to "Results," "Who comes for sessions," and "Client Rights."

We are making Sessions a prominent feature with its own tab, in addition to links to the Sessions practitioner list from our Home page, from the Seminars Home page and from the Radio/TV Home page. More detailed information on the two different options for advertising yourself and your practice and cost is provided in the RRI monthly newsletter.

Living In Tune web radio show

Since doing this show visitors to the RRI website have increased by 100,000! And this is just the beginning. Once I have completed the first six manuals and the final twelve radio shows I will be focusing on marketing Resonance Repatterning through the new Self-Healing Modalities book (which will be available for the general public) and Quantum Change Made Easy. Our intention is to have as many people as possible hear about Resonance Repatterning so they can move into transforming their lives through sessions and seminars.

Feel free to upload your favorite shows to your own website and stimulate interest in having a session!

Articles about Resonance Repatterning

On our new RRI website I will be posting articles—from magazines and newspapers as well as articles I have written. You are welcome to copy your favorites onto your own website. The more we inform, educate and inspire, the more people will want sessions, and from their experience of the work, can then decide if they want to study it for themselves.

The new edition of the manuals

The new manuals look gorgeous! Beautiful new cover design, smaller size, improved information, clearer instructions. As we are still working with consistency between all the manuals and further refinements in editing, this new edition will probably be ready by June '09. However, our intention is to publish the *Modalities for Self- Healing* by the end of February.

Thank you for your wonderful work in making a positive difference in people's lives through Resonance Repatterning and your own wisdom and experience that you bring to each session you give or class the teachers teach.

Let's move into 2009 with optimism and confidence— continual movement forward through all the ups and downs is the name of the game!

All the best,

Chloe

Chloe Faith Wordsworth is Director and Founder of the Resonance Repatterning system

Healing by the end of February

Thank you for your wonderful work in making a positive difference in people's lives through Resonance Repatterning and your own wisdom and experience that you bring to each session you give or class the teachers teach. Let's move into 2009 with optimism and confidence—continual movement forward through all the ups and downs is the name of the game! All the best, Chloe (Director and Founder of Resonance Repatterning system).



Heal Your Birth Journey Heal Your LifeSM

Spring 2009
San Diego, Austin, Phoenix
24CEUs

*Feeling stuck in your business?
Feeling stuck in your certification process?
Just maybe you were stuck or held back in the womb?*

This three day healing experience is designed to transform those unconscious beliefs and patterns from conception through birth which are holding you back from experiencing life fully and from moving forward in your business or your certification process with velocity!

The first day we will clear conception, implantation and discovery concerns relating to the first trimester. The second day we will focus and clear issues related to the second and third trimester. And on the remaining day we will have an opportunity to re-create and enact the birth journey you wanted with all the love and welcoming you deserve. It will change your life forever!

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

"I feel a real deep, deep peace. I have a new experience of what peace really means. I received the undivided attention and eye contact that my mom was unable to give me at the time. I feel free to smile and express myself fully. After I had the experience of being a mom for someone as they were enacting the birth they wanted, I experienced a comfort and capacity to be present and nurturing for someone and I now feel comfortable approaching and moving forward on my accreditation journey."
—Resonance Repatterning® Practitioner

www.ExtraordinaryOutcomes.com

Victoria Benoit, M.C.

Certified Practitioner/Designated Observer/Teacher

602-864-7662

Victoria@ExtraordinaryOutcomes.com

EVENTS & OTHER SCHEDULES 2009

FEBRUARY 4, 2009 – Start date for Gail Glanville's course:

How to earn \$2500 with a workshop series based on Chloe Wordsworth's book Quantum Change Made Easy

FEBRUARY 21, 2009 Virtual Conference – Annual Meeting. 1 PM EST.

Save the Date!

APRIL 2, 2009 – Start date for April Smith-Gonzalez's course:

The Body's Hidden Messages

FALL 2009 – Peers Mentoring Peers

YEAR ROUND – CEU Course Approvals – Submissions are received year round to approve seminars that qualify as an allied modality for the purpose of maintaining certification status with RPA.

Make Submissions at:

<http://www.RPAmembers.org/BoardRoom/Policies/proposedmodalities.asp>

VIRTUAL CONFERENCE 2009

DATE: February 21st 2009

TIME: 1:00PM Eastern/ 10:00AM Pacific

PLACE: By Teleconference call

ANNUAL MEETING AND VOLUNTEER RECOGNITION

(1 Hour)

GUEST SPEAKER, CHLOE FAITH WORDSWORTH with an overview on the Resonance Repatterning® System and recent changes showing up in the new manuals and course instruction. (1/2 Hour)

10 Minute Break

ETHICS PANEL DISCUSSION – we are in the final stages of a new Ethics policy which may help practitioners facing licensing issues in various states but also raises questions about how we do business as practitioners. Join the discussion for information, clarity and to help the Association advance the best policy possible. (1 Hour)

REPATTERNING GROUP SESSIONS (1 Hour)

(Select One for this time slot):

Abundance—*Be Open to Abundance in Your Life.*

Health—*Switch on for Being Alive and Healthy* as opposed to the other choice. It sounds more active and present.

Career—*Live Your Passion.*

Relationships—*Healing You and Your Family System.*



The Holographic Repatterning™ Association Together we are more!

Login at www.RPAmembers.org for more details

What The HRA Board and Committees Are Working on Next—Your Participation is Key!

On the Board Agenda:

- Consultation and review of a proposal for an Ethics committee and policy developed by April Smith Gonzalez and Committee
- Legal implementation of the new association name
- Journal Development
- Continued Implementation of new features at RPAmembers.org

Membership Services:

Annual Evaluation – The HRA board has now put into place a membership survey and evaluation that we will ask members to complete upon their annual membership renewal. Your submissions will be reported to the HRA board quarterly to use in our planning process and will be reported annual in the annual report to members. Current Members may complete the survey at any time at: <http://www.RPAmembers.org/Membership/annualsurvey.asp>

Upgraded Website – The [RPAmembers.org](http://www.RPAmembers.org) site will soon provide members with a way to update their own contact information, enter their CEU's for verification and set a professional goal for peer repatterning sessions! We are also investigating the possibility of offering an enhanced membership package with a one page website.

Programs:

ELearning – The committee will now be in production collection ideas for 2009! Applications for Allied Modality approvals is under review.

Volunteer Opportunities: The Association is an all volunteer organization. We depend on the involvement and contributions of all of our members. There are some very simple ways you can pitch in and benefit!

- Learn key virtual tools that bring groups together that you can apply to your own business
- Engage in meaningful discussions with colleagues and share ideas
- Have consistent repatterning for our shared goals and vision as we use the RR System in meetings and between meetings.

Choose a committee, a project or board participation.

Currently we need:

- **Journal committee** members to help develop writing templates, develop journal themes, and solicit articles for the next 8 editions.
- **Continuing Education committee**, needs members to review membership feedback on seminars, generate new topics for the coming year, and select presentors; the committee also reviews applications for approval of seminars that will count as Allied Modalities.
- **World Peace Hologram Committee** – Members need to help develop the program, and the way we market it.

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 benefits all of us for years to come.



WORLD PEACE HOLOGRAM

**Free Weekly Long Distance
Healing Sessions to help everyone
resonate with peace - inside and out**

**Join Resonance Repatterning Practitioners World
Wide Providing Proxy Sessions Weekly.
Participation is Easy**

- **Submit issues and intentions online for over 12 different topics for inner peace and world peace**
- **Review session notes summaries and do the recommended action**
- **Track Results in Your Online Peace Journal**

Notice Peace showing up more often in your life and in the world!

Join Today and Share This Link With Those You Love

www.WorldPeaceHologram.org