



The RPA Journal

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The RPA Journal

AUGUST 2009 ARTICLES

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Cover Image

Every problem we face has the possibility of a new opportunity. Several articles in the August 2009 Journal expand on the theme of "problems into possibilities." The bridge image on the cover of the Journal is leading from where we are in any given moment to the promise of new possibilities as represented by the rainbow.

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THE SEARCH FOR MEANING AND RESONANCE REPATTERNING

by **Jennifer Johnson,**

Resonance Repatterning Practitioner, Ferndale, Washington



There are people in our lives whose words and actions impact and inspire us. For me, one of those persons was Victor Frankl whose book *Man's Search For Meaning* impacted me when I first read it years ago. I have often made reference to him when teaching Resonance Repatterning classes and have adapted some of his principles in my personal and professional life.

Frankl, a Viennese psychiatrist, was a long-time prisoner in Nazi concentration camps during World War II. In the camps, his parents, a brother and his wife died of natural causes or were sent to the gas chambers. While imprisoned in horrific conditions Frankl was able to draw from his inner resources and determined that when all is snatched



Victor Frankl

away what alone remains is “the last of human freedoms, the ability to choose one’s attitude in a given set of circumstances.”¹

In his book he speaks about personal responsibility and the power of choice, encouraging openness to what life expects of us rather than what we can expect from life. He values transcendence of a self-centered life toward personal dedication to a cause greater than ourselves. Most of all, he focuses on searching for

a purpose which gives meaning to our lives. He avoids generic claims of what is ultimately meaningful, but points rather to a unique and specific meaning which can only be fulfilled by each individual person.

From his own experience he developed a type of treatment called Logotherapy in which he helped people to discover what held meaning for them and to reorient their lives toward that meaning. In Logotherapy the meaning for one’s life can be found in three different ways: “(1.) by creating a work or doing a deed; (2.) by experiencing something or encountering someone; and (3.) by the attitude we take toward unavoidable suffering.”¹ He developed these in depth and the book is well worth reading for further clarification.

In my recent re-read of this book I was struck not only by his inspiring words but how it relates to our work in Resonance Repatterning. For example, in relating to the RR Mandala:

ORIENTATION: Frankl’s goal in Logotherapy was to help people reorient their lives toward discovery and fulfillment of their personal purpose and meaning for their lives. He would understand this orientation to be a turn toward that which is life-giving and nurturing even in the midst of life depleting surroundings. He would recognize the danger of negative beliefs and attitudes and encourage re-directing our thoughts to those which are life affirming, holding seeds of hope.

PROBLEMS INTO OPPORTUNITIES: Surrounded by death and profound suffering, Frankl was able to use his personal torture and degradation as an opportunity to draw strength from his inner life and to find meaning even in the suffering he endured. When faced with situations we can’t change such as relationship challenges, chronic pain, terminal illness, loss of loved ones

or financial crisis, we are challenged to change ourselves instead. Frankl does not say that suffering is necessary to find meaning but rather that even in our suffering we can find meaning and purpose.

In a similar manner, in Resonance Repatterning we are reminded that the potential for a higher state of coherence is present and hidden in the apparent chaos of whatever problems we face.

INTENTIONS FOR NEW POSSIBILITIES: Frankl has three specific ways of speaking about intentions and used specific methods in his work. He speaks of “forced intention” also called hyper-intention, “excessive intention” or hyper-reflexion and “paradoxical intention.” In Resonance Repatterning, Chloe Wordsworth describes intention as “an aim that determines who you are, how you relate, what you do and the outcomes you experience. Creating and resonating with intentions for whatever you will be doing next is of utmost importance.”² The key in Resonance Repatterning is resonance, for if we do not resonate with coherent positive intentions it is very difficult to experience them.

REPATTERNINGS: As a psychiatrist, Frankl was obviously interested in the unconscious. Logotherapy, like Resonance Repatterning, draws from the unconscious in order to bring things to light for the purpose of positive change, healing, redirection and connection to our spiritual aspects. Frankl, a Jewish man of faith, strongly supports religious values and spiritual tools which hold individual meaning and can be utilized as resources for individual growth.

MODALITIES: While imprisoned at Auschwitz, Frankl did not know the fate of his wife who had been imprisoned in another area of the vast camp. In remembering her and details of their brief life together he “found a refuge from the emptiness, desolation and spiritual poverty of his existence, by letting him escape into the past.”¹ Over and over he used “Empowering Memories” to sustain his inner life and spiritual being and drew from the power of their Love to sustain him even in their separation and her physical absence. This is what Frankl means when he speaks of experiencing something or encountering someone. He is referring to the power of Love and human relationships. He also describes the healing modality of humor as a way to get through the bleakness of daily life.

POSITIVE ACTION: Victor Frankl says we find meaning in life by creating a work or a deed. He does not say this has to be something big for all of

humanity to know about, but can be something small. I like to think of this as basic kindness, as simple as giving a smile or a thank you to someone else or being courteous on the freeway. It may also be something more public like teaching a class, writing a book or leaving a creative legacy in the performing arts. But, similar to Chloe's reminder that a small action can change the whole system, we are reminded that we are a part of a hologram and every action we do impacts the whole. Thus our daily actions make a difference in the whole and we are to be responsible and accountable for the choices we make with our words and our actions — even our thoughts!

Victor Frankl is only one voice of many people who have overcome obstacles hard to fathom, and his words still inspire me. There are many such voices available to us who can offer inspiration and hope in our troubled world. I believe it is important that we seek them out so that we too can continue to develop and live out the purpose and meaning of our own lives. In so doing let us remember that we are making a difference in the "whole" and be responsible for the choices we make.

¹Frankl, Victor E. *Man's Search for Meaning: An Introduction to Logotherapy*. (New York: Simon and Schuster, 1984)

²Wordsworth, Chloe Faith. *Transforming Unconscious Patterns (TUPS)* (Scottsdale, AZ: HR Publishing, 2002)

Special thanks to Chloe Faith Wordsworth for her development of the Resonance Repatterning system which provides a rich and valuable resource for ongoing personal growth, healing and development for ourselves and others.

Jennifer Johnson is a retired RN and Psychiatric Nurse Practitioner who used Resonance Repatterning in her private practice with clients. She has been a teacher of Resonance Repatterning since 2004 and will be teaching Chakras for the first time in August. She is also a Certified Spiritual Director and member of Spiritual Directors International. She and her husband Bob have been married for 47 years and have three sons who are scattered from Chicago to Spain to Hungary. She and her husband like to travel to see their sons and infant (and only) grandchild who lives in Hungary. Contact: jennifer-hr@comcast.net

There Are No Opportunities without Problems

By Sally Herr, *Certified Practitioner, Portland, Maine*



I was recently thinking about the ancient Chinese principle of Yin-Yang. Yin and Yang are complimentary opposite energies—negative and positive, with a common origin, the Tao.

The negative and positive can be thought of as black and white, light and dark, masculine and feminine, everything and nothing. They both have a little bit of the other. One makes the other one be. Yin cannot exist without yang.

This made me think of the Resonance Repatterning principle of turning our Problems into Opportunities and I remembered that we can have no opportunities without our problems.

We make advances when we have been tested by suffering. Think of the most difficult of times in your life. Notice that from those sufferings, your greatness grew. And likewise, look back into times past and you will find that the greatest of men and women have suffered the most. Perhaps you have noticed that the clients who suffer greatly give you the gift of powerful sessions.

The happiness that our clients receive at the end of a session is because they now stand on the shoulders of their problems and pain. This happiness is a happiness that no one can take away from them.

The part of our Resonance Repatterning sessions in which we are identifying the dark, the pain, the shadow, the unwanted is very sweet and tender. It is a process that is to be honored and loved. We must welcome and bless our problems! Look forward to having more problems! It is only through our problems that we can experience true happiness and joy—our opportunities.



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Movie Review

UP

AN EXAMPLE OF TURNING A PROBLEM INTO AN OPPORTUNITY

Reviewed by Ardis Ozborn,

Resonance Repatterning Practitioner and Teacher, Phoenix, Arizona



Editor's Note: Spoiler Alert: This review describes the general story of the movie.

The film opens with a young boy named Carl who is at the movies watching a news story about a famous explorer, Charles Muntz, in the 1940s. As the newsreel continues we see that Muntz is being challenged by the scientific community. They don't believe his claim of discovering a new species in South America. He is insulted and his reputation is sullied. So he sets out to prove that he is right and is last seen returning to South America to find the exotic bird.

Carl is a "geeky" kid who wears goggles, lives a colorful and solitary life, inside

his own mind, and dreams of being like his hero; Charles Muntz. Then he meets the amazing Ellie, a very outgoing, independent and feisty fellow explorer. Ellie is full of life, has a magical explorer's house and talks a mile a minute. Ellie and Carl are complete opposites in personality yet are kindred souls.

Their lives together unfold for us through a five-minute montage done without narration. This intimate journey takes us through their scrapbook as we experience their hopes, dreams, disappointments, losses and finally the passing away of Ellie.

As a young boy Carl had grand dreams of adventure, fueled by Ellie's passion for it, too. He became instead a balloon vendor. As an old man, he is cynical after experiencing the pains of life. They were never able to go on their grand adventure to South America. He is reminded of this every time he looks through Ellie's scrap book. The first half is filled with pictures of their dreams of travel and discovery and the last half of the book has a title page: "Stuff I get to do." Carl never goes beyond this page, which is a thorn in his side and a constant reminder that he has not lived the life he planned. Carl had not manifested his dream to be an explorer and felt like a failure. He can't see a next chapter of his story without Ellie, so he shuts the door on life, holding onto the past as a cranky and lonely recluse.

He is the last hold-out in his neighborhood, refusing to sell his home to developers. After losing his temper and striking one of the construction workers, he ends up in court and is ordered to go into a nursing home. Into this chaos walks a young boy named Russell. He is innocent, naïve, dreaming of being an explorer and determined to gain his final badge by helping a senior citizen. Russell's enthusiasm for his dream annoys Carl, because he knows those dreams won't come true. Russell appears to Carl as a mirror to his younger self. Carl rebuffs him, simultaneously turning his back on his own little self and all his grand dreams, and sends him on a wild goose chase to get rid of him.

Carl can't imagine leaving his home to move into a nursing home. He acts boldly and ties thousands of colorful helium balloons to it and floats away. He is heading for Paradise Falls in South America to fulfill his dream and promise to Ellie. Once airborne, he discovers Russell hiding out on the porch, and he reluctantly allows him to become part of the adventure.

At this point we could say that Carl has turned his problem — I'm a failure, I have wasted my life and there is nothing more for me — into an opportunity:

I go on my adventure and make my dreams come true. I use my resources to make this happen and take my precious home and memories with me. But there is so much more to this story.

They land in South America and meet several challenges— exotic animals, packs of dogs hunting them, a difficult journey to the top of the falls, burdened by pulling his house with him — and then....he meets his hero, Charles Muntz. It seems that Muntz has been here all along hunting the exotic bird that will prove to the world that he has made an amazing "find." But we soon realize that Muntz has an agenda that threatens this newly forming family of Carl, Russell, the amazing bird Kevin, and their faithful dog, Doug. The ensuing adventure is riveting as every human and animal is challenged to step up.

There is a critical moment when Carl is faced with a difficult choice. If he keeps holding onto his home, he will lose Russell. If he lets the home and all it represents go, he may end up with nothing. He chooses to let his home float away. We celebrate as Carl embraces a new possibility. We see the contrast in Muntz. He is attached to his plan of restoring his honor. There is no willingness to change or be flexible and this dooms him.

As the action slows down, Carl looks once again at the scrapbook. This time he sees with new eyes. The second half is not empty pages. Ellie had filled them with snapshots of their life together, honoring their unique adventure that created a loving marriage.

As the movie concludes Carl realizes the inner journey, not the outer adventure, is his next chapter. He has not failed miserably and, through embracing Russell, he is embracing his younger self for all the grand dreams he had. Carl is older and he is also a wiser person who has something to offer. Russell gets his badge with Carl at his side, the loving father figure he needs.

The final shot shows Carl and Russell sitting on a curb, eating ice cream, and counting the red versus blue cars going by. A simple shared experience with someone you love — little snapshots that add up to a happy life.

Up is an uplifting experience...I laughed and cried during this movie and was reminded that the most important moments in life are often the one's we take for granted. They only emerge as precious when we are looking back.

Five thumbs up for "UP"!!



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PROBLEMS INTO OPPORTUNITIES FROM A PLANETARY FREQUENCY PERSPECTIVE

By Yuriria Robles de Miranda,
Certified Practitioner, Mexico City, Mexico

Editor's Note: While the RPA Journal does not advocate or endorse disciplines such as astrology, Resonance Repatterning practitioners are familiar with the use of planetary frequencies in Resonance Repatterning sessions with modalities of planetary tuning forks and correlations within repatterning.

Hello friends of Resonance Repatterning:

First of all I would like to thank Kimberly for the invitation to write an article on planetary influences for the Journal of Resonance Repatterning from the point of view of Problems into Opportunities.

Secondly if we consider the celestial atmosphere as an enclosed energy field, we can recognize the effects of the planets as frequencies that have an impact on our surroundings and ourselves in different degrees. Therefore we can understand from our Resonance Repatterning perspective that we can resonate with coherence or non coherence. We have a choice.

Problems appear to be fixed, but they carry with them the solution and the growth, the planetary frequencies also have this possibility. I will present

to you the celestial situation with proposals to deal with the effects through some questions to answer in sessions throughout the period.

At the height of summer, we will have lived 3 eclipses: 2 lunar eclipses, one on July 7 at 15° of Capricorn and the other on August 5-6 at 13° Aquarius-Leo, and one solar eclipse in July 21-22 at 29 ° of Cancer. The energies created by the concealment between the terrestrial, lunar and solar frequencies contain the influence of what is hidden in the changes we have to do. An eclipse darkens our perspective to bring new light. The eclipses can be perceived as windows in the energy field that open a "new vision" as energy, information and knowledge. Ultimately eclipses can be considered as a renaissance of the Sun or the Moon. The sessions that I propose for this period are for these frequencies.

Problems may come up with parenting on both ways as a parent or as a child.

The first part is to resonate coherently with our Sun's frequency, doing a session to resonate with who you are from your heart. Which is your truth? How do you deal with your light and with other's, and even with the one of the Sun itself?

The problem with this influence may present itself as the need to restore a new nexus with our father, the real one, and/or the ideal and the celestial one. Also it may appear as an issue with accepting our inner authority and generosity.

For the Moon, problems may present the opportunity to relate to our mother, from the real one, the ideal to the celestial one. Problems may also present themselves with nurturing ourselves and others, as excess weight literal and figurative, and also as deep emotional turmoil.

Since the parenting processes is in constant development; we are all off springs and simultaneously we generate biological children as much as those of the spirit and those of the heart, we need to continuously adjust our energy to live this situations with ease and happiness. We need to recognize the immaturity we need to mature in these relationships and to assume the responsibility in those same relationships, all this on the whole will lead us unquestionably to new social relations and we all benefit as a group.

Do a normal session and then verify which planetary frequencies are needed for you to MSC, and then make sure that the positives are on and the negatives are off at the end of the session.

Accompanying these eclipses are the effects of Saturn and Uranus'

frequencies, breaking the old systems of personal relations and implementing new structured ones. Freedom vs obligation and duty are confronted. What we must strive to do, is to attain a balance between this two opposing frequencies.

Here problems might present as an impelling desire to break away from situations or relationships or be constrained by an existing situation. The opportunity is to find the capability and strength to honor our duties and our freedom at the same time.

In addition the force of three bodies in Aquarius: Jupiter, Neptune and Chiron, emphasize even more our mission as healers, teachers and models. The sessions with these frequencies must fortify us in our personal and professional work.

A pertinent question is how can we be united with like-minded groups?

I must mention that Chiron imposes recognition of our internal wound, if it exists, which wound is it? What must you learn of this wound? How can you heal this same wound for others? We accept that we are human, that we have been wounded and even so we can grow and we can offer the best of ourselves. The fact that Jupiter retrogrades in these months until October 13 allows us to review and to learn from this energy.

This year these three bodies have traveled together and will continue to do so until February 2010. They bring in coherence: growth from Jupiter frequency, idealism from Neptune's and healing possibilities from Chiron's. In the non-coherence we might encounter deluded optimism, confusion and pain.

This planetary frequency combination is certainly a bringer of peace and optimism to our inner self, as long as we work to attain its coherence, understand deeply the importance of accepting optimism, faith and healing from our heart. This is a gift the energy field is granting us for this year. If we work conscientiously with it we will have inner sustainment, and an imaginative vision of where we want to reach in spite of the hardships in the incoming years.

Yuriria Robles de Miranda is a Level IV certified astrologer with the NCGR (National Council for Geocosmic Research) with a 20 year consulting experience. She is a Certified Practitioner in Resonance Repatterning since 2001, and a teacher of Planetary Frequencies, a course she developed to further understand and attune with the effects of the natural energy field. She lives in Mexico City with her husband and two daughters, she can be reached at ryuriria@estudio19.com.mx. Tel 52 55 5668-1035. Skype: ryumir



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The Energetic Dimensions of Weight Loss Part 1

by Elizabeth Tobin, JD;

*Certified Resonance Repatterning® Practitioner,
Boston, Massachusetts*



Editor's Note: This is part 1 of a 2 part series.

With all of the options out there why do so many people struggle with losing weight and keeping the pounds off? Diet programs, prepared meal plans, pills, boot camps, bariatric surgery – the list is endless and they all promise to be the secret that will get you to your weight loss goal. But the problem persists because most of these products and techniques deal only with the surface issues and don't get to the root of the problem.

I've worked with a number of private clients on weight issues, and I've been doing a monthly Resonance Repatterning® proxy group around weight and well-being since 2003. Through my work with clients, I've come to see that weight is a complex issue. There are so many underlying patterns which on the surface seem to have nothing to do with weight. But through the Resonance Repatterning process these underlying issues and their connections with weight become crystal clear.

First, let me say up front that I don't promise a quick fix. And I don't counsel my clients on what to eat or how much they need to exercise. I

don't preach self-discipline and motivation to fix their diet or get them exercising. Instead I help my clients to identify and transform the underlying energy patterns that are driving them to eat foods that don't support them, or that are causing them to not take care of themselves.

Once my clients change their resonance with these hidden patterns they find themselves choosing to do those things that support balanced weight. Maintaining a healthful diet and having the discipline to exercise are natural byproducts of changing their resonance.

Mary's story illustrates my point, and her story is by no means unique. She's been doing my proxy groups and supplementing the group work with on-going private sessions. She's 5 feet tall and used to be about 40 pounds overweight. She's in her early 40s and has struggled with her weight since she was 11 years old.

Before we started working together she had managed to lose about 17 pounds on her own and then she hit a plateau. In addition to carrying extra pounds she also had high blood sugar, high cholesterol and high blood pressure. These health issues motivated her to do something more about her weight.

As we started to work together there were a number of patterns that emerged. I've found that these patterns are common to many people who struggle with their weight. First, Mary resonated with needing to support everyone around her and take nothing for herself. She had never made the connection that her excessive care taking was related to her weight issue. She took care of everyone in her life: her children, husband, parents, even her friends.

In the Chinese Five Element System, the Earth Element relates to nurturing. When the Earth Element is out of balance people can go into excessive care-taking of others. The Earth Element requires that you stay balanced between being in your center – which allows you to take care of your own needs – and being out in the world and caring for others. If you are focused on caring only for others, something usually happens to prompt you to come back to your center and look after your own needs. In Mary's case, her weight and health problems motivated her to discover her real problem – the lack of balance in her care-taking.

Another facet of this care-taking pattern is over-responsibility. I remember in one of Mary's early sessions, the modality that she needed in order to change her resonance was to have fun with nonsense words – the Gobbledygook Sounds. She found these very difficult to do; she felt inhibited and self-conscious. But after she did this modality she had an "aha" moment when she realized that she had never allowed herself to play and be light-hearted. She was always involved in the serious business of taking care of everyone.

In fact, joyful play is one of the basic life needs necessary for healthy human development. Without joyful play life can feel like a burden – very serious and heavy. And this heaviness can manifest in the body as excess weight.

As Mary changed her resonance with these patterns she began to notice intangible results. She started to feel better about herself, more relaxed and less controlling. But her tangible goal of losing weight had yet to manifest on the physical plane. This slow process was actually a gift for Mary because part of her healing was to realize that she didn't need a quick fix.

Once Mary got in touch with the real underlying issues she gradually felt better about herself. When she started to resonate with valuing herself she came to realize that she was worth the effort of taking care of herself and being healthy. It wasn't until she reached this point that she started to do what was needed to lose weight.

In Mary's case she was self-employed and working 50–60 hours a week. After a much needed vacation she realized strongly, "I am ready for a change." At that point she made her self-care a priority and she decided to work less – bring in less money for the family – but be a happier mom. It was then that she joined a gym, got a personal trainer and became a member of Weight Watchers.

Traditional weight loss programs offer people valuable information and support. Yet there is a world of difference between advising someone to exercise and eat right, as compared to healing the underlying patterns that are driving their habits. Once the underlying patterns are healed this creates an internal shift so that people automatically WANT to do those things that are good for them.

Another of Mary's patterns was that she was resonating with having no support; she felt she could never ask for help and that she had to do everything on her own. Had Mary joined the gym or Weight Watchers prior to the repatterning she would not have been able to receive the full benefit of these programs. If you're not resonating with receiving support then even when support is available you don't see it or take it in. This may be why sixty percent of new gym members lose their motivation and never return to the gym after the first three months.

Mary needed to get in touch with her own needs and wants, and then she needed to resonate with having her needs heard and met. She was caring for others because of her underlying need to be loved and accepted. As a child, if Mary expressed her needs she got into trouble. She learned from a very young age that having needs was not acceptable. In essence, having needs was not safe. So she focused on meeting others' needs instead. I can't tell you how common this pattern is. And it is often at the root of other seemingly intractable problems such as depression, addiction, and codependence, as well as weight issues.

Through our work together, Mary began to get in touch with her long-time desire for a puppy. Because she was now in touch with what she wanted, and she had a new sense of self-worth, she could value what she wanted. Before this she'd dismissed getting a puppy because her husband didn't want one. But now that she was able to express to him how much she wanted a dog, he agreed. And, as it turned out, her husband loved the dog.

Thanks to the repatterning Mary went from a size 16 jeans to a size 6. She not only lost weight, but her blood sugar, cholesterol levels, and blood pressure are all normal. She's discovered that she really loves to exercise, whereas before she didn't think she had the time. Taking an evening walk with her daughters is now part of her family's routine, so in addition to the physical benefit they have more family time together.

Mary now loves doing a wide variety of exercises on a regular basis. But, just as importantly, she's much more able to tune into her needs and ask for what she wants, without feeling anxious or guilty about it.

Even though Mary has stabilized her weight in a range that she's happy

with, we still work together. Often we do repatterning about painful issues from her childhood that are showing up in her current relationships, and this continues to help with her weight. For Mary, as with most people, the relationship issues and the weight issues are closely connected.

Mary says that what she loves most is that the Repatterning goes to the heart of the issue without her having to figure things out or force herself to change. She didn't get a quick fix, but in return she has changed much more than her dress size. Her gradual process of discovery and healing has allowed her to take care of herself and be supported over time.

For Mary, it wasn't about having a couple of sessions, losing weight and then continuing with her old care-taking pattern. That wouldn't have worked because, until she was able to resonate with having her needs met and balancing self-nurturance with caring for others, her weight would keep coming back again.

Like many people Mary had struggled with her weight for nearly her whole life. She was very well informed about the importance of proper nutrition and regular exercise. But she was never able to bridge that gap between *knowing* what to do and actually *doing* it. Information about proper nutrition and exercise is important, but without the inner transformation many people like Mary find it hard to keep the weight off.

Elizabeth Tobin, JD is an internationally recognized Certified Resonance Repatterning® Practitioner who specializes in helping people resolve their weight issues. If you have a question for Elizabeth you can email her at: et@LizTobin.com Visit her website at: LizTobin.com to learn more about her monthly proxy groups and one-on-one telephone sessions.

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

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



“You have helped me
TREMENDOUSLY with weight
loss! I have gone down 2 sizes
and am off of “the hard stuff”
(sugar and refined flours)!”

Thank you!

~ Carol Ann Ciocco, PA ~
proxy group participant

Elizabeth Tobin, JD

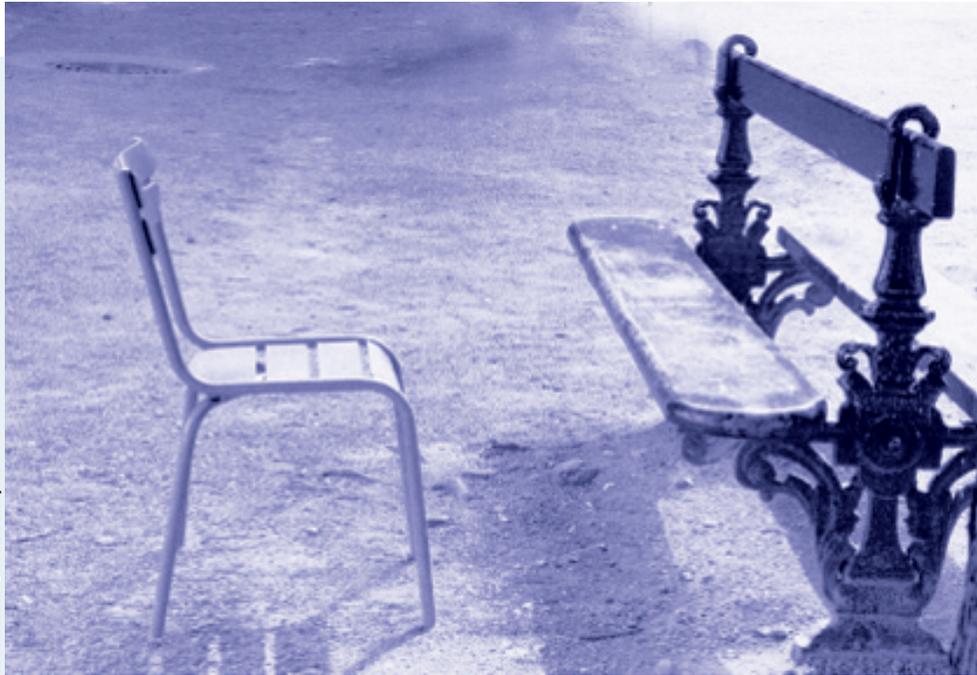
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DO YOU KNOW HOW DOUBLY INVISIBLE YOUR SERVICE IS (AND WHAT TO DO ABOUT IT)?

By Gail Glanville

Resonance Repatterning Practitioner, Portsmouth, Rhode Island

When I discovered Resonance Repatterning in 1997, I had enjoyed some twenty-five years of experience in the advertising and marketing field. So I figured I knew a bit about how to promote this new-found modality I'd fallen in love with. I was so sure I could help anybody and everyone with what I was learning, I started out by offering free sessions to everyone I knew.

I usually got two reactions. One was embarrassment, because the recipient didn't understand what I was doing and didn't find any immediate result to talk about. The other was rejection by my more conventional friends who thought I'd taken a dive off the deep end. The mysteries of kinesiology and subtle energy were beyond them... scared them even... so they stayed away.

Did you ever have experiences like that? The more I learned about kinesiology and Resonance Repatterning, the more I wanted to promote them... and the harder I tried to apply the traditional marketing approaches I'd grown up with. I couldn't understand the lackluster results.

Help came in with book called *Selling the Invisible*, by Harry Beckwith. He was one of the first ad people to draw a distinction between traditional

marketing — for tangible *products* like cars and washing machines — and marketing intangible, invisible *services* like dry cleaners and law practices.

Marketing services requires building faith and trust first. You can't kick the tire on a dry cleaning service to test its quality; you have to trust you'll get your clothes back, clean, pressed and ready to wear. And you won't know if that's true until after you've paid, taken your clothes home and hung them up in your closet.

You have to take the quality of your attorney's work on faith... because usually the results don't show up until long after you've engaged his or her services.

It takes a different kind of marketing to sell an invisible service.

I slowly realized I hadn't been taking the extra steps to build faith and trust about my new service right from the beginning. Plus, while Beckwith's advice steered me in a better direction, I was, and we are now, still selling a service that is not just invisible...it's *doubly invisible!*

Not only is there no way to test its quality beforehand, there's also nothing to take home after you've had a session and paid for it. Often, change doesn't show up for days or weeks, even months. Proxy sessions are even triply invisible because they're all done at a distance, even the muscle checking.

So what are we to do? How can we sell our invisible, invisible service, our holistic, quantum energy, resonance-based practices when people can't see or taste or touch them... before or after? What does it take to make your offer real and irresistible to your ideal customer if they have no experience of what you're talking about? (And maybe don't even have their inner senses developed enough to *feel* the results of a session)?

Well, since we know a problem is never what we think it is... let's consider seven highly recommended opportunities for marketing our very invisible services:

1. CREATE A STRONG QUALITY-ORIENTED PERSONAL BRAND. Your personal brand is the most tangible thing you can create; it shows up wherever you go. Prospective clients can't always assess what you're offering, but they can and do assess how they feel when they're with you, instantly.

Your brand represents your professional identity. It includes your personality, your talents and history, your company name, your service, an icon or logo, and often a snappy tag line.

You're the sole person providing the service, so the brand has to emerge from the most authentic part of who you are. It represents your signature frequency.

Your brand begins with you, but doesn't stop with you. Your brand is not the promise you *make* to your customer; it is the promise you *keep* with your customer. It resides in them. It is defined by how you and your service make your customer feel... after they meet you, after they've received their session. And after the changes they experience days or weeks later.

Maya Angelou (who knows a thing or two about creating a strong personal brand) says:

"People won't remember what you say.

They may not remember what you do.

But they will always remember how you make them feel."

How you make your customers feel is the essence of your brand.

[Editor's Note: Also see the article on branding in this issue, page 24.]

2. ARE YOU AN OPRAH OR A MARTHA-STYLE BRAND? This might help. Imagine the recent covers of Oprah Magazine and Martha Stewart LIVING. You can probably see Oprah's image clearly, along with titles of articles dedicated to your personal growth and development. Oprah's colorful warmth and interests serve as the model for her brand.

Martha Stewart's covers always show the products she makes: yummy Valentine cupcakes and sophisticated holiday wreaths. The Martha brand delivers quality home-making tips and products. Hers is a "how-to" brand — much less focused on the no-nonsense Martha and much more oriented to the quality products you learn to create in your home.

Many one-on-one practitioners develop an Oprah brand; but if you want a company with a number of products, then maybe you're wiser to create a Martha-style brand. Again, it comes back to what your customers experience after receiving your service.

3. DIAL IT BACK. Highly sensitive people, like kinesiology practitioners, are hyper-adverse to pushy advertising of any form. So are your customers. Anything that seems remotely like manipulative copy or sounds like another empty promise will turn people off in 0.75 seconds. Ditto jargon or technical talk or the dreaded lecture voice. People leave and won't return unless you turn assertive words into more gentle, welcoming tones.

4. USE CUSTOMER-CENTERED, SENSORY, RIGHT-BRAIN LANGUAGE.

Here's the deal. Because your service is doubly invisible, the only way you can speak or write about it effectively is to use language that gets your prospective customer to feel what you're saying, to paint a vivid image they can remember, and to answer their unspoken questions about being seen, heard, known, loved and healed. The more easy and conversational your language is, the more people can *relax* and feel your message in their heart.

5. PROMISE, CLAIMS AND PROOF. Your customer-centered copy is most effective when it's oriented to the benefits people will experience. Those are the promise and claims you make..."feel better, earn more, solve your problems, etc." But since so much of what you promise is invisible, you really, really, really need to have some proof. Proof makes your promises more tangible. What's proof? Testimonials. Research. Anecdotes. Your personal experience. Quotes from experts. Step-by-step descriptions.

People respond first to emotion (hope, relief, trust). Then they need lots of facts —proof — to justify their purchase and convince themselves they're making a wise long-term investment with you. You are asking them to spend both their time and their money on something that might not seem essential these days (unless you can make them believe they'll be seen, heard, known, loved, valued and healed).

6. ADD TANGIBLE EXTRAS. What can you do to make your invisible service more visible and tangible? Try writing or typing your session notes on branded, interesting paper, with pre-printed professional headings, and give them to your clients at the end of a session. (Gift

each new client with a copy of the book *Quantum Change Made Easy*). Even better, write your own short book on your favorite aspect of kinesiology or energy medicine or fragrant modalities, and make that available for a small fee. Or write your client's Positive Action steps inside a beautiful greeting card they can take home.

For your long-term credibility, why not create a Session Review form on which your client can mark — maybe on a scale of 1-10 — how they feel before a session. Then again after it's complete — or after 3, 5 and 10 sessions. That way you're both on track, making their results more tangible — and giving you proof you can use in your next promotional materials.

7. GET A GREAT PROFESSIONAL PHOTO. Not stiff and formal but one taken by an expert who knows how to let your light shine. Since you are the most visible part of your brand, it helps when you have a photo that matches the promise you keep.

Yes, I know there are infinitely more than seven opportunities for marketing your invisible services. You've probably already created more than I can imagine... and I'd love to hear about *all* of them!



Gail Glanville is a certified practitioner of Resonance Repatterning and owner of www.ChangeBistro.com, where smart women bring their dreams to life. She offers teleseminars and private business development/ copy coaching to help holistic practitioners become TRIPLY visible. 401 619 4145

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BRANDING

RESONANCE PRACTITIONERS ASSOCIATION

by Sally Herr and Marilyn Hager Adleman

We now have a new name—Resonance Practitioners Association. The board is now turning its sights to creating a brand—which includes a font, colors, a logo image, and a tag line. The purpose of branding, whether as an individual or a trade association, is to show the consumer who we are, at a glance, to magnetize them to us, and to compel them to use our services.

Inquiry and introspection are the jumping off points in order to create the perfect brand. We need to be connected with who it is we are drawing toward us. Our brand then mirrors our clients characteristics, addressing their needs before they ask. The inquiry truly is an energetic process—we need to tap in to our visceral, intellectual and emotional sensitivities about our clients, so that the words and the visuals we use as our brand represent our understanding of who they are and offer how we can help them.

The board has established an ad hoc committee to develop our branding image. We would love to have your input and ideas. One of the first steps in this process is developing a felt sense that will lead to an image of how we want to present ourselves to the world.

I asked Leah MacLeod of Caledon, Ontario, how her clients describe Resonance Repatterning. This is what she said:

After a couple of sessions with a married couple, the wife reported that as a result of her session, "My marriage is saved."

After a proxy session with a dog, the owner reported that, "We now have a 13 year old dog who feels and acts just like a puppy."

After a session just yesterday, my client reported to me that she was able to stand up to a contractor, say what she needed to say, and be heard by a man for the first time in her life.

Janabai Raymundo reported that one of her clients described the outcome of her session as:

"First and foremost the work helps you find and access a deeper part of the conscious - subconscious. You are able to remember parts of your life or incidents in your life that you had completely blocked out for whatever reason, and then "deal" with it. And the "dealing" is in a loving, nonjudgmental way—NOT harsh or scolding. That is quite important since you then can come from a place of healing."

"As a result of these sessions, I have experienced some deep insights into areas of myself that could not have been revealed in any other way."

This client adds: "The work is extremely valuable. The healing and release that took place had not been accessed through any other mode of treatment, except RR. The outcome from the sessions are wonderful and deeply felt."

"Cathartic, revealing, insightful, joyful, amazing, inspired, buoyant and fun!"

"I am more open and free to express myself fully".

This client states that as a result from this session, she has experienced an inner peace—access to repressed memories or life incidents. The desire for another session. The sessions can almost be described as a road map that leads to understanding and healing, but the work is a journey.

(continued on next page)

WHAT DO YOUR CLIENTS SAY ABOUT YOUR WORK?
WE WOULD LOVE TO HEAR FROM YOU.
CONTACT US AT: rpajournal@rpamembers.org



Sally Herr is a Certified Resonance Repatterning Practitioner, CranioSacral Practitioner and Speech Therapist in Portland, Maine.



Marilyn Hager Adleman is the RPA Journal Art Director, a Resonance Repatterning student, branding specialist, visionary artist, Calling in "The One" coach, and bodyworker who lives in Redondo Beach, CA.

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Feelings: The Essential Essence of Who We Are

by Michael Fisher

Certified Practitioner, Vancouver, British Columbia, Canada

Imagine a life without feelings. Would it be possible to enjoy anything at all? We function in a physical, mental, emotional and spirit body. If we take the word “feeling” and apply it to these levels of consciousness we can examine where this will lead us. What would it be like to experience life in a body devoid of the ability to feel at a physical level? We would be numb, impervious to touch, pleasure or pain. Would it be possible to stay in touch with who we are without the ability to feel who we are at a mental, emotional or spirit level?

Our feelings are the essence of who we are. They fuel the energy that we constantly reinvent during the course of our lives. Our feelings keep us informed of our state of being; they put expression into our lives. Feelings motivate or de-energize us. They are at the core of our problems and they galvanize us into action, positive or negative. We are our feelings at every stage of our lives. They inform us of who we are, optimistic, hopeful, depressed or sad. They give value and meaning to our existence, our relationships, our dreams and aspirations.

That is why it is so important to identify the feelings involved with our lives. In our problems are our opportunities for change, after we have identified the problem the very next question is, "And how does that make me feel? What is the feeling attached to the problem? And where do I 'feel' it in my body?"

The outcome is to change the resonance attached to the feeling. We are not only our feelings as we experience them, but we need to understand our feelings and their source.

In a recent session with a client, he stated that he felt he had no connection to God; he said he had lost his connection to Spirit; he felt empty and alone. I offered him the possibility that he was suffering from Divine Nostalgia. He instantly understood what I was saying and broke down and wept at the recognition of what he was actually feeling.

We can run away from our feelings to a certain extent. It happens all the time. It is known as denial. In a grieving process through loss, caused by death or the death of a relationship, we may attempt to block the feelings associated with the event; block the flow of feeling energy from the inner core to mental awareness. Some forms of repression can be quite crippling. This can happen when hurt or sorrow and similar forces push us to the edge of our capacity to accept such pain and loss.

The self, who experiences all of this, is the center of our feeling nature. Feelings must be identified, accepted and felt before they can be dealt with. Identifying their nature and what they are trying to tell us is essential to understanding our current state of being. Informed knowledge of our feelings is essential to maintaining good relationships.

Feelings are information about who and what we are, where we stand in our personal evolution and where we are going, or what is curtailing us from moving forward in our lives. Recycling old feelings keeps us stuck in our lives and are a way of staying in what is familiar

that limits our lives. Moving through our feelings and changing the resonance with our feelings are what drives growth. Accepting our feelings and working through our unconscious patterns attached to these feelings allows us to release them and free them from their hold on the psyche and meet the need to be identified and expressed. We release them only after we have embraced them and expressed them in a safe environment.

We validate ourselves and others by understanding and hearing the feelings expressed. In our communication with others, acknowledging a feeling can verify, "You are important. You are valuable. You are worth listening to." During any difference of opinion or argument, a way to release the negative energy around it is to state clearly what the incident was, free from any judgment statements, and then say "and this is how I feel" or "this is how it made me feel." Thus we are stating just the facts and the feelings attached. When we feel heard we feel validated and can come to some kind of closure and peace.

Feelings are transient; sometimes we feel stuck with them, but very often we move from one feeling to another. That is the nature of who we are. To acknowledge our feelings is important. That is why in a session of Resonance Repatterning to ask the question — "And how does that make you feel? — creates an unexpected possibility for the person to identify and acknowledge the feeling consciously for the first time.

At a physical level, when any part of the body is numb, or without feeling, it is dead to the touch; at a mental or emotional level when we feel numb or without feeling it is unnerving. As sentient beings we are sensitive to being stroked or struck. We can celebrate what we feel, even if it is pain, because this feeling will move through us, once it is acknowledged, and we know we can survive and move on with our lives, spiraling upwards towards greater coherence.

"Seeing's Believing, but Feeling's the Truth."

— Thomas Fuller, *Gnomologia*

For Michael Fisher's bio, please see his ad on page 41.



Self-Talk, A Measure and a Tool for Clients

By Kimberly Rex

Resonance Repatterning Practitioner, Bellingham, Washington

Words are powerful tools. Don Miguel Ruiz, in his book, *The Four Agreements*, opens with the first agreement, "Be impeccable with your word." He states, "The word is not just a sound or written symbol. The word is a force; it is the power you have to express, communicate, to think and thereby to create the events in your life."

We know that resonating with truth, clarity, love, respect and compassion creates a different internal landscape than negative self-talk. Positive self-talk is energizing, helps you focus and orients you to the present. On the other hand, negative internal messages or self-talk such as "I can't do it," "It won't work," or "I'm not good enough," are de-energizing. These messages often speak volumes regarding earlier experiences, patterns and ancestral imprints.

Resonance Repatterning sessions are words and energy. You can feel the shift in energy when you resonate with coherent statements.

Many times clients ask for a copy of their statements from their session. They want to repeat them or look at them so they can take the words more fully into their lives. While there are different views on this, perhaps the client is asking for a way to practice new self-talk. The potential

for self-talk becoming a tool for awareness, reflection and action beyond a session can empower and illuminate.

The following is a way of introducing this idea with a client.

1. With more coherent energy flow after a session comes greater capacity to enhance coherent choice. The energy center for hearing and speech, the **Ether Chakra** (throat) allows for feeling, and serves as the bridge between the Air (heart and lungs) and **Brow Chakra** (pineal gland) creating the opportunity for expression from the heart and mind. To access the **relationship** between these energy centers, notice with loving awareness how you feel. Become more aware of your breath and focus in your heart before speaking. This then expands the electromagnetic fields of the heart and brain for more clarity, problem-solving, connection to love, compassion and intuition. This also creates greater opportunity for harvest of response over reaction.

2. Clarity, truth and respectful words create greater orientation and life-enhancing energy in the present. To experiment with this idea, read the **red sentences** matched with **green sentences** with underlined changes. What shifts in feeling do you experience as you read each pair?

Indecision to Clarity

"Maybe, I'll call you to tomorrow." to **"I'll call** you tomorrow."

"Yeah, I think that song is great." to **"Yes,** that song is great."

"Nah, I don't **think** it's a wise decision." to **"No,** it's not a wise decision"

Extreme to Moderate

"I **never** eat after 5 PM." to "I **seldom** eat after 5 PM."

"I **always** meditate for an hour." to "I **often** meditate for an hour,"
or "I **sometimes** meditate for an hour."

Should to Choice

"I **should** call my mother on Sunday." to "I **choose** to call my mother on Sunday," or "I **want** to call my mother on Sunday."

Try to Aim

"I **will try** to do my best on my homework." to "I **aim** to do my best on my homework" or "I **intend** to do my best on my homework."

Diminishment to Value

"I'm **just** a student." to "I **am** a student."

"I **can't** exercise for 30 minutes." to "I **choose not to** exercise for thirty minutes." or "I **am not willing to** exercise for thirty minutes."

Demand to Desire

"I **have to** lose 5 lbs. by August 30th." to "I **desire to** lose 5 lbs. by August 30th." or " I **choose to** lose 5 lbs. by August 30th."

"I **need to** finish this work by tomorrow." to "It's **important to me** to finish this work by tomorrow."

3. Session statements that shifted for coherence can become building blocks for observation and integration. Encouraging the observation of communication and self-talk as a practice after a session is a way to self-inform conscious change. After a session you might suggest the following: Write down statements that seem new or different in the scope of issues brought to the session originally. Notice what you feel after tuning into your heart and breath as you look at them. Use these statements as opportunities for illumination and celebration. Allow them to empower new awareness and discovery. Work with these new statements to deepen the process of Resonance Repatterning and to initiate new sessions or reflections. The potential for self-talk becoming a tool for awareness, reflection and action beyond a session can empower and deepen the client's process.



Kimberly Rex is the Chair for World Peace Hologram and a Board of Directors member for the Repatterning Practitioners Association. She works with clients in-person and by phone at <http://www.windowstotheheart.net>. Questions welcomed at (360) 739-0162 or krexinbell@aol.com



Doing Sessions on Books and Articles

By Sally Herr, Certified Practitioner, Portland, Maine

We know that we can do Resonance Repatterning Sessions on nonverbal children, animals and even plants. I have also done very powerful sessions on books and articles. Authors say that books and articles take on a life of their own. I have discovered that books and other written material can communicate very interesting things using the tools we have in Resonance Repatterning.

A client came to me with a book that was in the editing stages. We set the intention that the book would reflect truth, have Divine integrity, be a best seller on its topic and support people who use its information. Once the author was in resonance with this intention, chapter by chapter we identified where the book did not resonate with this intention.

Sometimes the problems were technical—for example, a product name needing to be copy written.

Sometimes sections of the book conveyed to us that the text needed changing. For one chapter, I muscle checked that the author was to personify the chapter in some way and then listen to what that personification wanted to convey. Her vision was a composer playing a trombone, whooping it up in Disneyland, giving her the message that that section wanted to be lightened up.

Sometimes an out of resonance section of the book needed to hear a statement in another section of the book in order for us to identify what needed shifting.

What I enjoyed most about this process was that my opinion was not important or wanted as in typical editing. In the past, when I have submitted written material to be edited, one person would have one opinion about what needs to be changed and another editor might say something totally different, leaving me confused. Doing Resonance Repatterning, we were connecting to the book itself and the author to identify what needed to be transformed. Sometimes I had very strong opinions about how the book should be written. But the author and the book were not coming to me to get my opinions. My opinions were not important just like in a typical Resonance Repatterning session. *(continued top of next page)*

*©Old book: iStockphoto ©Aleksander Trnakov, Hands ©2007 Marilyn Hager Adleman

Our editing process was quite clear and we felt a high level of certitude regarding the relevance of what we uncovered—just like any Resonance Repatterning session. The process and the results were exciting and great fun.



■ PRACTICAL ADVICE ■



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: Sometimes people come for one session and then don't come back. Maybe they got exactly what I needed to give in that one session; then again, how can I support people to keep on coming?

A: I've been exploring this question since I started doing Resonance Repatterning® professionally back in 2001. The answer combines philosophical issues with practical considerations. Until you resolve the philosophical, chances are you won't implement the practical. In this issue I'll address the philosophical questions and in the next issue I'll give you some practical suggestions.

There are many reasons why as a practitioner you would want to work with repeat clients. Think about what prompted you to ask this question. Do you find that working with repeat clients is more fulfilling because you don't have to spend as much time in each session explaining the process and how the muscle checking works? Or do you like the fact that you can get to know your clients and really delve deeper and deeper into identifying and transforming their multi-faceted issues? Maybe you like the higher level of trust, comfort, and intimacy that naturally evolves over the course of working with repeat clients. Perhaps you like the satisfaction that comes from being able to chart your clients' progress. Certainly, you get to learn a great deal about the complex nature of the healing process that only comes from the first-hand experience of consistently working with someone over the course of their

transformational journey. This valuable insight makes you a more experienced practitioner for all of your clients — present and future.

I imagine that all of the above play a role in you wanting to increase your repeat client base. And I also suspect that at the heart of your question is this: The fact is that having a steady stream of repeat clients will stabilize your practice and your income. This is essential in order for you to continue offering your services.

If your practice doesn't sustain you financially, then chances are you won't stay in business. On a fundamental level, many healers don't like to admit that they are in business. Yet, unless you're financially independent, if you want to be a *professional* healer, then you need your practice to sustain you financially.

This creates inner conflict. As healers we don't want to tell our clients that they would benefit from another session with us because then we will profit financially. This pushes our integrity buttons. So to prove that we are in integrity we may not suggest another session; we leave it up to the client.

We do this under the guise of wanting to empower our clients to make their own choices. But is there a part of you that feels like you would be pushy, greedy, or somehow not in integrity if you told your clients that you recommend that they have more sessions?

Think of it this way: when you go to the acupuncturist or the chiropractor they tell you when they want to see you again. What would you think of your wellness practitioner if in their professional opinion they thought that you needed to come in again, but they didn't tell you? Would that increase your trust in them?

Clients come to you because they are looking for support. How many times after a session has a client asked you, "What's next?" "Is there anything else I should do?" And other than reminding them about their Positive Action you say something ambiguous like, "You may want to consider having another session. It's up to you. See how you feel after this session." They are looking for guidance on how to move forward. They want your advice. When you are ambivalent about giving your professional opinion, this can feel to the client that you

are non-committal. They may even interpret this to mean that you're not really interested in continuing with them. How supportive is that?

Another source of conflict is that in order to build your practice you need to inspire people to have a session with you. You do this by letting them know the powerful benefits they can receive from working with you. You give them true examples of your client sessions where the healing was instantaneous, complete and permanent. But you also know from experience that problems are multi-faceted and it can take multiple sessions to fully transform the energy patterns that are holding a problem in place.

This is the dilemma we all face: How do you encourage clients to come back for more sessions, without diminishing the possibility of a miracle? (Hmm, perhaps a Mandala Repatterning is in order here?)

In their book *The Heart of Marketing*, Judith Sherven and Jim Sniechowski write that when someone has a problem that they can't solve on their own, and you can offer them a solution, then you have an ethical obligation to let them know. If you don't, then you're shortchanging them.

As a Resonance Repatterning® practitioner you've experienced the power of this process in your own life. So speak from your own experience. You know that extraordinary outcomes can and do happen after just one session. You can also tell your clients that, in your experience, the best results are when you have ongoing sessions at regular intervals to keep you spiraling up toward reaching your highest potential. If in your professional opinion you feel that a client would benefit from multiple sessions, speak up. You have a duty to let them know.

In the next issue I'll give some practical suggestions for how you can encourage repeat clients.

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.





Summertime... and The Livin' Is Easy

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

CERTIFICATION CORNER is a regularly appearing column in the RPA 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 RPA Journal you can email Victoria at: Victoria@ExtraordinaryOutcomes.com

*Summertime...and the livin' is easy
Fish are jumpin' and the cotton is high'
One of these mornin's... you're gonna rise up singin'
yes, you spread your wings and you take to the skies—DUBOSE HEYWARD*

I couldn't get this song out of my mind as I sat down to write this column. I guess the part about 'spreading your wings and taking to the skies' reminds me of the certification process. I honor your journey to spread your wings. I also love the part that in the summer, the living is easy. I hope you have given yourself some time to enjoy, relax and have fun!!!

The late summer is associated with the Earth Element; the mother energy, nurturing, being empathetic, feeling grounded, secure, stable, at home and having a good assimilation of food, ideas and knowledge.

Regarding your Earth Element, and awareness coherence, are you taking in the knowledge you learn during your sessions with Certified Practitioners, Teachers or each other as you complete your requirements? What about what you learn during your tutorial observations? Do you digest it, assimilate it and make it your

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own? Do you embody what you know by living it and acting on it? Do you walk your talk?

Regarding your Earth Element, and personal coherence, are you grounded, centered, relaxed and content? Are you comfortable with yourself, your body and your life? Do you have stamina? Are you fully aware of your body sensations so you can know how you are feeling and how you are responding?

Regarding your Earth Element, and relationship coherence, are you centered in your heart and in your body when you relate with your clients and others in your life? Are you caring and aware of others' needs. Do you provide nurturing when it is appropriate? Are you supportive and give a sense of comfort to your clients? Do you sympathize with others' pain? Do you stay present and embodied in challenging situations with your clients? Do you allow for the pause, if your client needs to digest or integrate something that has come up? Is your voice nurturing and gentle? During a session and in your life, do you understand that underneath every present upset is an unresolved need from the past?

A great way of integrating what you have learned in the Resonance Repatterning® seminars and bringing that knowledge to your sessions is to review the Element Qualities in the Meridian Book. For example, on page 34 are the qualities associated with the Earth Element, read both the coherent and non-coherent statements and evaluate yourself and where you could make some improvements, then intentionally bring the Earth Element qualities to each session. Practice that particular Element all week, or all month, master the qualities, then go to the next Element.

If you are just getting started in your certification journey and you realize it may take you a whole year to include all the seasons, you could start now in August with the Earth Element Qualities and practice them,

then in October and November, practice the Metal Element Qualities, then in December, January and February, practice the Water Element Qualities, then in March, April and May, practice the Wood Element Qualities, and lastly in June and July practice the Fire Element Qualities. Wow, how seasoned you would become in mastering the Elements!

The Coherent Earth Element Qualities are: mothering, self-nurturance, supportiveness, care, sympathy, groundedness, home, digestion, reaping the harvest, security, imagination, natural cycles and transitions.

Get started today!!

Find out about Victoria's opportunities for certification mentorship in her ad on the previous page in this Journal or call 602-864-7662. She is currently scheduling certification observations and is willing to travel.

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

Save the Date

February 20 & 21, 2010 Virtual Conference

Key Note speaker: Chloe Faith Wordsworth

Current Topic: The Science Behind What We Do

**Have an idea for a theme? Email your suggestions to Gladys Murphy/
Chairperson at gladysmurphy117@yahoo.com**

EVENTS & OTHER SCHEDULES 2009

FALL 2009 – Peers Mentoring Peers

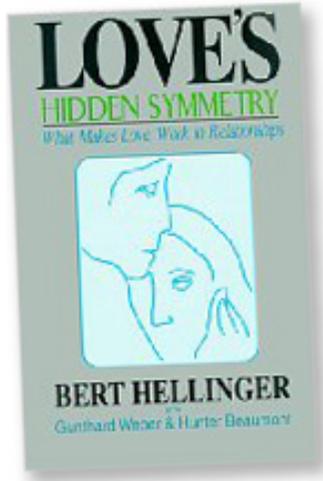
YEAR ROUND – CEU Course Approvals – Submissions are received year round to approve seminars that qualify as an allied modality for the purpose of maintaining certification status with RPA.

Make Submissions at:

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

Book Review: Love's Hidden Symmetry

(What makes love work in relationships)



by Bert Hellinger with Gunthard Weber & Hunter Beaumont

Book Review by Michael Fisher, Certified Practitioner,
Vancouver, British Columbia, Canada

This book is important in that it provides the background to Healing the Family System, the unconscious patterns formulated by Carin Block as a result of her work with Bert Hellinger and Family Constellations.

Loves Hidden Symmetry is a book to be read slowly and then to be read again and again. It records Bert Hellinger's generational approach to intervention in family and organizational systems.

In Carin Block's introduction to *Healing The Family System*, she states: "According to Bert Hellinger, 80 percent of our personal problems have a systemic cause: we all belong to a family system."

This consists of our biological family of origin: parents, siblings, grandparents, uncles, aunts, cousins, as well as people connected to us, such as adoptive mother or father, half-brothers or sisters, step children, etc. "When there are unresolved issues in our family system this can deeply affect us," notes Hellinger.

Loves Hidden Symmetry is a blend of narrative and case histories recorded from sessions of family constellations that describe and demonstrate what Hellinger calls "the order of love" and how disturbances in the orders of love create a legacy that must be reckoned with for generations to come. The deeply embedded forces and non-coherent unconscious patterns in the family system can be harnessed for a change in resonance once they are uncovered, acknowledged and gently redirected.

Hellinger's basic tool for helping the family members restore balance is the use of family constellations. Our connection to the family system is unconscious; it happens out of love (hence the title *Loves Hidden Symmetry*). So our fate is being directed by the coherent and non-coherent patterns of the system we belong to. Changing the frequency shifts the force that leads towards healing.

Bert Hellinger is an ex-Jesuit priest and was a missionary in South Africa, which led to his participation in Ecumenical training in Group Dynamics. After leaving the priesthood, he studied psychoanalysis, Gestalt therapy and

transactional analysis. "He noticed a multi-generational aspect present in the way problems are confronted and this directed him towards system therapy," stated Carin.

Loves Hidden Symmetry gives us a fascinating insight into how Carin Block was able to extrapolate the information and formulate the repatterning and many specific modalities for creating greater coherence by changing the resonance with what comes up in a session of Resonance Repatterning. As Carin Block wrote:

"I affirm my desire to have order in my system,
I believe that my family system can remain in order,
I choose the order of Love,
I deserve to have order."

Michael Fisher ~
 **RESONANCE REPATTERNING**
SESSIONS



Michael Fisher is a longstanding certified practitioner and teacher of Resonance Repatterning. Currently, Michael is doing phone-in sessions with clients in Birmingham, England; Seattle, Washington; Connecticut, New York; Zurich, Switzerland; and Calgary, Edmonton; and Kamloops, Canada.

If you would like to take the opportunity of having a phone-in session with me, my regular fee is US \$110.00, I'm offering a 10% discount to readers of the Resonance Repatterning Journal for the next three months. A phone-in or proxy session typically takes up to an hour and a quarter.

**GO ON - DO SOMETHING JUST FOR YOU,
YOU MAY BE SURPRISED WHAT COMES UP.**

Either phone me at 604-264-9011 or e-mail me: mefisher@healthy-life.ca. My website is www.healthy-life.ca



WORLD PEACE HOLOGRAM

UNDERSTANDING IS KEY

by Kimberly Rex, *Resonance Repatterning Practitioner, Bellingham, WA*

As the year continues into the second half, the session topics at World Peace Hologram are moving from inner to world peace sessions. Topics include Abundance, Oceans, Water, Forests, Oil, Mother Earth, Forgiveness, Compassion for Elders, Interfaith, Consciousness in the Midst of Nuclear Power, Natural Disasters, Green Planet and Life Needs. While personal topics in each area continue to be accessed in sessions, the perspective of interrelatedness through global connection is primary. Understanding through listening and reflecting to these session's messages are key to creating greater clarity and awareness.

Take a look at the Events Calendar for the rest of the year:
<http://www.worldpeacehologram.org/News.asp>

The Peace Reflection for June was: **"Every person and situation is a teacher. Open your awareness this month to the synchronicity, resources and support received from unexpected places. Try something new!"**

After working with a modality to support resonating with this reflection in the recording of the Peace Cafe on July 6th, a message kept showing up over and over for me.

1. A participant wrote in with the following statement: "*World Peace is a pretty big topic. Why don't we just start with **understanding?***"

2. In taking a walk a few days later, I heard a couple speaking about communication. The gentleman said, "*You know, I never really felt like Lisa really understood me. She would nod her head a lot and say, 'Yes,' but would never ask me any questions. I never felt like she was really listening to me. She was just agreeing with every thing I said. And, I didn't feel like she cared.*"

3. Immediately my mind heard the first message regarding World Peace and understanding followed by memory of James O'Dea, president of Amnesty International and Institute of Noetic Sciences, speaking in Seattle in 2007 referencing peace talks between two opposing groups in the Middle East where there seemed to be no movement towards resolution until the question was asked, "*What is it that you need me to **understand?***"

Understanding implies presence, inclusiveness and integration. Our feelings and underlying needs have direct impact on our personal communication and relationships both personally and globally.

As we know in Resonance Repatterning sessions, "We can only see the whole of another if we can see the whole of ourselves."

In one of the sessions, we shifted our resonance with numbness during the birth process. Connection to ourselves through inner guidance and resonating with "Wholeness is

who we are” were important updates. With these changes, resonating with “Our point of view is just one point of view and that another’s point of view is just one” allowed resonance with love-bonding, courage and inclusion. Knowing that we are integrally connected intimately and globally helps to initiate the process of our responsibility and compassion for our planet’s wholeness.

Understanding then how we are deeply connected to the planet through our connection to the elements and each other allows us to perceive our presence as an intimate expression of the pulse of life. In so doing, we can begin the process of integration of the collective to which we are part.

In this light, it is not only reading the notes or expecting shifts in resonance, but a call to deeper responsibility and compassion through the messages that create opportunities for new understanding. For each person this message has particular meaning and insight. Given the opportunity to ask questions, connect to inner guidance and integration, the material allows an even deeper discourse with significance.

The recorded Peace Reflections and Cafe’s help to put these messages into perspective with a lens that offers a weave for us personally and globally. Asking questions and reflecting on the messages also gives greater sense of connection to the process. Here is a wonderful sample of the Peace Cafe’ for May. With a participant attending, Team Coordinator, Ray Iasiello, and I fielding questions, the process of listening and support for understanding was remarkable. Listen here: <http://www.worldpeacehologram.org/Program/Notes2009/May.asp> (You will need to log in or register first to listen to the Peace Cafe’ recording.)

We invite you to take along the Peace Reflections for July-September and to use them in whatever way your Higher Self needs:

July: "As you wake each day, connect with your inner source of happiness within. Live each day from the power of your essence, handling challenging situations, with inner strength, truth, love and integrity. Complete each day in gratitude and appreciation for each circumstance life is bringing you."

August: "We co-create with nature and spirit. Spend time in nature listening to sounds, sights and sensations present. Take a peaceful walk with someone else to share this experience."

September: "Honor and respect water every time you use it. See, sense and feel its energy and send her your gratitude. Our body is made mostly of water. When we love water, we are loving ourselves."

We invite you to attend the Peace Cafe's which take place the first Sunday of each month at noon Pacific, 3PM Eastern or listen to them in the archive pages. Please share your observations and **understandings** from the reflections at the Word Press Blog under Monthly Peace Reflections here: <http://worldpeacehologram.wordpress.com/> Your insights will help us all in this Great Turning of change personally and globally.

Gratitude and Appreciation to the Practitioners for these important and valuable sessions:

Michael Fisher, Jennifer Johnson, Kimberly Rex, Quiana Grace Frost, Wendy Teague, Helene Zahn-Chilberg, Teri Anderson, Kathy Haley, Laura Frisbie, Sharon Mayo, Teri Higbee, Carolyn Winter, Rosa Leticia Anchondo, Carin Block, Alicia Balderrama, and Milly Diericx.

Participants to date: 1113



Kimberly Rex is the Chair for World Peace Hologram from the Board of Directors of the Repatterning Practitioners Association. She has a private practice in which she works with clients in-person and by phone at <http://www.windowstotheheart.net> or (360) 739-0162.

For questions regarding World Peace Hologram, please write 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.

RPA JOURNAL BLOG

Visit the RPA Journal Blog and comment on the articles in this issue or post ideas for articles in future issues.

<http://rpajournal.wordpress.com/>

Professional Organization Seeks New President and Board Members

The Repatternig Practitioners Association is in need of people on the Board and Committes for the following assignments:

Board Positions: President and Treasurer

Committee Participation: Ethics Policy, Branding, and Conference Planning.

Are you looking for an excellent opportunity to:

- Share in the experience of creating the future of the RPA
- Participate in the future of Resonance Repatterning as it evolves into a global presence
- Improve your business skills
- Have an impact on the RPA membership process
- Increase your professional presence and attract more clients
- Make a difference in consciousness on the planet.

Does this sound like you?

Remember, serving as President or being on the RPA Board is not a life-time commitment. It's not a marriage vow of "until death do us part." No. You don't have to be President or on the Board forever. You can participate for a short or long time. And, however long you choose to take part, you can make a difference. Yes you can!

Please contact Sally Herr at sallyy@maine.rr.com or 207-879- 6007 (in the Eastern Time Zone)



The Repatterning Practitioners™ Association Together we are more!

Login at www.RPAmembers.org for more details

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

On the Board Agenda:

- Finding a replacement for the president role on the board.
- Implementation of the Ethics Policy and setting up a committee (We need 2-3 people to help organize a webinar, and set up the working process.)
- The branding process is underway and the committee will be polling members in August.
- Discussion of a needs survey to be sent by mail to members.
- The CEU committee is reviewing membership feedback on teleseminar ideas for 2010.
- Planning World Peace Hologram 2010.
- Orientating recent new members to the board.
- Launching the new COMMUNITY section at our RPAmembers.org site in the next few weeks. This will include our own RPA Classifieds, a place to share resources, promotional tools and a place to repattern our professional goals together. Interested in being on the beta team of testers? Call Carolyn Winter 1-800-385-2811 ext 2.

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 repatternings 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.

Choose a committee, a project or board participation. Currently we need:

- **Membership Chair to work with Carolyn Winter on membership communications and benefits.**
- **World Peace Hologram Committee** – Members needed to help develop the program, and the way we market it.

Contact Past President Carolyn Winter at 1-800-685-2811 ext 2. to discuss possibilities for volunteering. 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