



The RPA Journal

A publication of the Repatterning Practitioners Association



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Cover Image

The cover image of this month's Journal represents the theme of resonating with our intentions for new possibilities. Intentions determine our actions and outcomes. When we create the vision and intention for new possibilities, we are resonating with a higher state of coherence. The key opportunity is ultimately transformation.

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REPATTERNING PRACTITIONERS ASSOCIATION BOARD UPDATE

Your RPA Board of Directors has been very busy, despite operating without an acting President since February when long-time President, Carolyn Winter, stepped down, feeling it was time for someone else to step forward. Since that time, monthly meetings have continued with a different Board member volunteering to chair each meeting.

These are the projects being worked on by the RPA Board and Committees:

Annual Meeting/Virtual Conference 2010

The Annual Meeting planning committee is in the process of planning the agenda, arranging for the keynote speaker(s) and selecting the topics for the Repatterning attendees can select to attend. The Annual Meeting and Virtual Conference will be held February 20, 2010. Mark your calendars!

RPA Members website upgrade

Past President Carolyn Winter has been working on some excellent upgrades to the RPA Members website. If you haven't visited the website recently, you will notice some big improvements. Check it out!
www.rpamembers.org

We now have an RPA Blog!

<http://rpamembers.wordpress.com>

Branding Update

The Branding Committee has had several meetings. They have gathered input from members by creating a survey – complete with a guided imagery – and have met with a graphic artist to begin the creation of a logo for the Association based on the input received from the membership. We are very excited that we will have logo that represents our Association!

Continuing Education Committee

The Continuing Education Committee has been working on the teleseminars offerings for 2010. There will be many new topics to choose from. The Committee is very pleased that they have facilitators in place for all Continuing Education courses for 2010. Watch your e-mail for details!

Copyright Policy

A Committee has been working on a policy to be used in conjunction with the RPA Journal to determine ownership of articles as it relates to re-printing and use of articles that appear in the RPA Journal.

World Peace Hologram

The World Peace Hologram Committee has had an extremely successful year. Many Repatternings have been completed, a beautiful photographic calendar was created and sold and planning has begun for next year! Check it out: www.worldpeacehologram.org

Book Club

An exciting new proposal was just brought to the Board to create a "Book Club" where participants would read "Quantum Change Made Easy" and meet via tele-conference to discuss the book. More details to come!

Ethics Policy

Our Ethics Policy has been in the works and is in the final stage of review. It has been submitted for legal review and was reported to be a very good document. It needs just a few minor changes and will be sent out to the membership soon.



NEWS FROM the Resonance Repatterning Institute

Positive outcomes for all our efforts is beginning to happen:

THE MANUALS

The new edition of the Principles of Relationship is almost complete. It will probably be ready for ordering in November '09. Also on the last leg is A New Vision – the next one that will be printed. And then the Modalities for Vital Living (yes, a new name), the 5 Elements and Meridians and the Chakra books. The beginning manuals (Empowering through TUPs) are the most time consuming because all page numbers and references to the "Rainbow" Process Guide, to PPs and TUPs and the Modalities book have to be checked and re-checked. This is quite time consuming.

QUANTUM CHANGE MADE EASY

The next big news is my decision to re-write Quantum Change Made Easy. As we are now ready for a new edition and as a few people had suggested a new cover, and others had voiced their concern that the title didn't mention Resonance Repatterning, the time seemed right for a re-think. The new name (unless someone comes up with something better) is: *Resonance Repatterning ~ 9 Keys to Extraordinary Change*. I am in the process of negotiating the use of a wonderful geometric design that is full of light, for the new cover. And when I started re-reading the book to bring it into resonance with the new name, I realized that certain ideas needed amplifying, other concepts needed deleting and the Intention and Quantum Physics chapters needed

re-writing altogether. I personally am thrilled, and inspired too, by these new possibilities. It will probably be a few months before the new edition is ready to go, but in the meantime we still have about 40 copies left of QCME!

SPANISH TRANSLATIONS

Karina Bourcart – the Director of the RRI in Mexico – has been working very hard with her translating team to get *Resonance Repatterning ~ 9 Keys to Extraordinary Change* completed. They are planning a big opening in Mexico City with presentations and the sale of the new book!

In addition, we have a wonderful group of practitioners in Chile who have volunteered to translate my web radio shows. The first show, *The Weight Repatterning*, is complete and has been uploaded to the website eStore. This will be a boon for all our Spanish-speaking friends and practitioners. Thank you Chile!

The energy is moving forward. I was talking to Sylvi Salinas, one of our teachers, and she was sharing how she feels a whole new inspiration for getting *Resonance Repatterning* out into the world. I feel the same way. It feels like 2010 will be a new beginning. Right now in 2009 we have much to complete: the new website, the manuals and the new book. Then we'll be ready for working on a bigger scale on the internet: YouTube, articles and more. It's a whole new world!



Chloe Wordsworth, *Director of the Resonance Repatterning Institute and Founder of Resonance Repatterning*

Gracias, Merci and Thank You to Shyama Orum



By Sally Herr, Resonance Repatterning Practitioner, Portland, Maine

Shyama Orum, a true friend of the Association members, has recently resigned from the Repatterning Practitioners Association board. She has given valuable service for the past two and a half years. When she first became a member, she was actively involved in the process of changing the name of our Association. She worked tirelessly connecting with members and assisting with them in placing their votes. It was through her amazing perseverance that members gave the board input on possible name ideas. After the Association had a number of name options, she worked tirelessly encouraging members to vote; this helped the Association to obtain the majority vote needed for our name change.

Shyama has also reached out to members in terms of renewing membership and focusing on interacting with members. She listened to the concerns that members had and spoke to the board on their behalf. There were various changes that the board made because of her speaking out on what members needed.

Past President Carolyn Winter said: "There are many reasons why people volunteer, but with Shyama it was always clear that her participation and contributions were on behalf of the membership to create benefits for everyone striving to have a resonance repatterning practice. Her selfless contributions and initiatives have supported everyone in invisible ways most will never know. I am personally grateful to have had her support on the board and her willingness to help out at a time when we were all a little stretched."

I have always deeply appreciated that Shyama read the details in reports and caught the potential glitches. I also appreciated

her sincere concern for the needs of the association and it's members. She consistently spoke up on their behalf.

Shyama Orum lives with her husband in Manhattan and last year she bought a cabin in upstate New York, where she loves to spend weekends. She takes her spiritual practice very seriously, which is a quality that all who know her recognize and admire. Shyama said, "I appreciate the courage and vision of our practitioners. It can be lonely being a pioneer, but our community has persevered. We are part of the wave of the future in healing; our time is now."

Thank you, Shyama, for your valuable service to the Association. You are missed and loved.

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 lifetime 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)

DO YOU KNOW YOU ARE SITTING



ON A HUGE BUSINESS OPPORTUNITY?



DO YOU KNOW YOU ARE SITTING ON A HUGE NEW BUSINESS OPPORTUNITY?

by **Gail Glanville**, Resonance Repatterning Practitioner, Portsmouth, RI

It has to do with the difference between analog and digital.

Wait! Before you turn the page thinking: "This computer jargon doesn't apply to me!" let me tell you it does. More than you know! And in a very heartening way!!

Just so you know: Analog means a complex mix of like information, like a Repatterning session. Analogous information is filled with meaning and noise. When it is distributed through the media, on old-fashioned audio tape for example, it doesn't hold up very well. Which is why analog information never gained the distribution we're seeing now with the digital internet.

Digital means that same analog information is translated into a series of

discrete symbols — zeros and ones just like muscle-checking's on-off signals — which tell a computer what to do, eliminate noise and complexity, and hold up over wide distances and bandwidths. That's why information can now be so widely spread in the digital internet environment. It is simplified data, free of electronic interference.

But we humans are so much more than digital bits and bytes.

While our digitized world means more information everywhere all the time for everyone,

— and the proprietary ownership structures that support our institutions are withering under the digital "mind everywhere" onslaught,

— and there are now great divides in how our different generations think and communicate with each other,

— we still have all too human emotions, thoughts and spiritual hungers that can't be digitized. Needs that remain analog. Like:

- Relationships that need 360 degrees of attention
- Creative pursuits that need unobstructed flowering
- Wisdom that relies on intuition, instinct, imagination and guts.

So while digital industries flourish in the Age of Google, there is tremendous opportunity for those of us who continue to work in the analog world. It will be different though.

Specifically,

Rishad Tobaccowala, creative director of one of the world's largest ad agencies, Publicis, is quoted in the new book *What Would Google Do?* His prediction?

*"There's going to be a huge new business which is built around the psychology of **being analog in a digital world** — everything that has to do with therapy."*

That's because the psyche isn't digital. It's a 360 degree holistic analog. That's why it's stressful to do nothing but organize data in a digital age.

To continually focus on distributing, networking, twittering, and navigating complexity. And to mistake an email or IM for an interactive relationship.

For those of you who know how to help those suffering from digital overwhelm, now's your time to prosper.

And for those of you who want to promote your analog services in this digital age, run don't walk into your gleaming soul shoes.

Large groups of hyper-digitized people will be starving for the whole person body, mind and spirit perspective you offer. Probably already are in fact.

But isn't it an absolute waste of their time — and a shameful waste of their money — when they try to penetrate their stuck emotions and limiting beliefs with popular therapies which merely treat the surface symptoms.

And you certainly wouldn't imagine anyone could find their way into a missing soul shard by typing the term into a Google search box.

That's why you're needed.

Teachers of Being

One of the things that happens when we feel stressed or scared is that we tend to retreat to a place of safety, or default to old and comfortable neural pathways. We become conservative. And conserving.

In Maslow's Hierarchy of Needs, there is a category just above survival and below self-actualization that he called "belonging." It's the need to belong, to be loved, to be part of a family or group or organization or institution. It's part of the need to feel safe.

It's the same need to belong that Burt Hellinger describes in his Family Constellation work, and that we've learned in Carin Block's Family Systems Repatterning.

We all need to belong. That's why we hunger for relationships. Even if they're digital ones.

But there are higher needs too.

"Self-actualization" is one. Meaning the ability to bring the best of our

talents and experiences to unobstructed flowering in the actual world. If we have the talent and interest, we can get this higher need met in many kinds of digitized environments: music, computer programming, internet security, web design, creating infinite new services for companies like Amazon and Google.

Even higher is the need to be consciously "self-evolving."

This is what present-day wisdom teachers describe as becoming conscious of our own reality, as we create it. Ideally, the more awake, aware and conscious we become, the more deliberately we create the reality in which we, and the world, prosper.

Here's the challenge for this higher level of hierarchy: We can only self-evolve as a fully analog being.

In the face of enormous change, those who have gained a whole-person consciousness are the ones who will, as Eckhart Tolle writes: "become Teachers of Being." These are people who resist devolving to the safety of an old and familiar group and instead remain steady in their higher levels of self-evolution.

Can we resist returning to the nunnery or monastery or healing institution or university which provide a safe home for the duration of our travail? Which provide us with sustenance but limit our creative freedom?

Or can we create new groups? Quantum leap services in which the spiritual advances we've already made are used help others thrive as fully analog beings while they work and prosper in a digital age?

Coming into our own

Not long ago in a phone conversation with a group of experienced practitioners, we debated the question: Has Resonance Repatterning, the system, gained or lost in its effectiveness? The universal response was that it is, as a process, just emerging into its full potential.

Resonance Repatterning is a unique combination of analog (the session) and digital (the muscle checking). When you gain competence as a practitioner,

you learn to transcend your ego and muscle check other people's highest frequencies, free of the interference of your own. You are able to continually self-evolve and help others do the same.

I don't think Resonance Repatterning is a tool for positive change, or even extraordinary change. I believe Resonance Repatterning is a tool for massive self-evolution. What's more, since proprietary ownership is fading fast in the perfect storm of Google-world, the process needs to be **set free**.

Resonance Repatterning is an analog process that lends itself to being digitized and distributed world wide. And, as it is discovered, we teachers, practitioners and students stand ready to "Teach Being" around the world as a result of our expertise and skill with the process.

Talk about a new possibility!



Gail Glanville is a long-time practitioner of the Resonance Repatterning system who teaches Holistic Marketing to holistic, fully analog professionals, so they refine their brand, reshape their image, refresh their offerings, and prosper.

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Gail Glanville, Head Changer

NEW POSSIBILITIES FAVOR A PREPARED MIND

by **Sally Herr**, *Resonance Repatterning Practitioner, Portland, Maine*



Years ago I felt like I was living my life as if I were hanging on to a very high cliff by my fingernails. In desperation, I learned skills to deal with my despair. I had no choice. The pain was too great. I would have never been able to get off that cliff and to experience the joy of being alive that I now experience, had I not learned and personally used my healing skills. I am sure that many of you developed your transformative skills for the exact same reason. We are healers.

I once heard the great Cherokee medicine man, Rolling Thunder, say that he heard his son pray that he, Rolling Thunder, would become the greatest medicine man on earth. When he heard that prayer, he became very much afraid, because in order for him to become the greatest medicine man, he would have to experience all of the illness of the world. As healers, from our pain and our determination, we support others.

Louis Pasteur said, "Chance favors a prepared mind." He also said: "Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity." We all dream of new possibilities for our lives. Stay with your goal. Do what you are afraid of doing. It is down that road that your new possibilities lie.

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Teleseminars in 2010

Compiled by the Continuing Education Committee

Dear RPA community,

I continue to be amazed at how Resonance Repatterning works and its ability to access “the field.” In crafting the 2010 teleseminar survey, the CEU committee put together a document that, in the end, reflects what must be desired by *and* needed by students and practitioners in our community. Many of the responses that were entered on the form all support the need for a deeper understanding of the science behind the work we do. So in terms of “the field” there seems to be a theme to what is of interest for next year’s classes. That is, from the next Annual conference keynote speech by Chloe on “What makes extraordinary change possible and impossible” through the four Practitioner modules of Health, Prenatal states, Pentatonic Modes and Quantum Healing codes, it seems there is awesome continuity of trusting our felt sense of what may be of interest for the membership.

Each year the teleseminars focus on various aspects of skill sets such as: marketing in the areas of business; receiving and giving peer support; and on areas or aspects of the Resonance Repatterning process to sharpen assessment and practitioner skills. Most of these classes are appropriate for practitioners in any field of health and wellness (except for the Peers Supporting Peers which is reserved for certified Resonance Repatterning practitioners).

So with much enthusiasm, here are the approved 2010 teleseminars with the facilitators listed as well. Please do note the facilitators — you'll recognize them all — including Stephen Linsteadt, creator of the Quantum Healing Code CD many of us use in our sessions. Check the RPA website in December for dates for all the teleseminars!

Practitioner Marketing Toolbox: Web tools to Support Your Healing Business.

This class will focus on "how to" create structures for group proxy, teleseminars, and individual sessions. How easy is it to get Free teleconferencing, A Blog, or Twitter? Extremely! Expand your practice via the web by applying the new marketing rules in this age of social media marketing. The Resonance Repatterning system positions you nicely to expand your practice this way! Six session class that will meet biweekly. Up to 8 CEU's available for marketing. *Facilitator: Carolyn Winter*

Practitioner Modules: For certified and student practitioners to spend two hours on the following skill building opportunities. Each class will have a half hour repatterning and all of them will be offered on a weekend. Two CEU's per 2 hour class.

- **Health:** Resonance Repatterning modalities change resonance at the electron level of physiology. Increase your knowledge database of how repatternings work at the cellular level which thus makes room for new brain-nerve pathways of greater coherence. *Facilitated by April Smith-Gonzalez.*
- **Restoring Balance and Harmony Before the First Breath of Life:** Clear womb issues, trauma, perceived or actual events in your prenatal months. Clearing these early experiences create tremendous shifts for clients! Create greater coherence for your clients by clearing your own womb resonance. *Facilitated by Victoria Benoit.*
- **Pentatonic Modes:** A pentatonic mode is a melody consisting of five notes. Modes provide us with a specific way of using music to support the healing process in our clients, since different modes have the ability to activate or relax the energy of the body, and to access and clear non-coherent memory imprints. Whether you're a musical novice or more experienced as a musician, this class will enhance your understanding of and comfort with using the Pentatonic Modes in your practice. *Facilitated by Kathie Joblin.*

- **Quantum Healing Codes™:** These codes are based on the idea that there exists a predictable geometric pattern behind all matter. From this pattern all else can be created. In order to reestablish coherence within our body-mind system, we need a powerful and versatile set of healing frequencies that allow us to shatter limiting and painful experiences and bring greater coherence to the system. Deepen your understanding of these fascinating codes. *Facilitated by Stephen Linsteadt, creator of Quantum Healing Codes.*

Peers Supporting Peers: For certified practitioners, this teleseminar will cover topics generated and co-created by the practitioners who are on the call. Enjoy the peer camaraderie as you engage with fellow seasoned practitioners for support and wisdom from each other. A 2-hour teleseminar that will be offered twice during the year. *Facilitated by Gail Glanville.*

Many of these teleseminars will be presented on weekends so as to offer a different venue for everyone. In addition, we plan to build an inventory of recorded teleseminars at the webstore to increase availability of the seminars which can be purchased by your clients and the general public.

We hope you participate in these opportunities next year. CEU's are available and will go towards maintaining your certification. In the works right now, are that some of the recorded teleseminars will have a self-study option and proctored by someone so you may obtain CEU's. In listening to the members' interests, we are trying to be creative so as to be able to meet the various needs of our membership while supporting community building as well.

Many thanks,

The Continuing Education Committee

Karen Kent, Chair, Tina Beneman, Donna Bruschi



iStockPhoto ©2003 Amy Walters

THE ENERGETIC DIMENSIONS OF WEIGHT LOSS – PART 2

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



Editor's Note: This is part 2 of a 2 part series. To read Part 1, click here, and go to page 14 in the August 2009 Journal.

I've worked with many 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 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.

Here are the 8 major patterns that I have seen emerge when working with clients around weight issues.

1. One underlying pattern is feeling powerless as a child, which continues in the present with feeling powerless to make any positive change to improve their weight.

2. The second underlying pattern is resonating with feeling unsupported and unloved. One of the most important life needs is Love Bonding. Love bonding is a primary need that makes you feel connected and included, that you are welcome, that you belong. If you are not resonating with love bonding this creates unconscious feelings of being unloved and unlovable.

When these unlovable feelings come up the natural reaction is to try and avoid them. A common response is to mask these feelings by eating foods high in carbohydrates, sugar and fat to produce endorphins of pleasure and joy. These endorphins give you a temporary feeling of bonding and closeness and fill that sense of loneliness, loss, and abandonment.

Certainly, the endorphins relax you and give you pleasure and a sense of feeling loved. But if your resonance with the underlying pattern of feeling unloved hasn't changed, you will keep on craving these endorphin producing foods.

3. The third underlying pattern that I see is a lack of self-worth. When someone feels unworthy it's difficult for them to say No: No to others' needs and also No to overeating, or No to eating unhealthy foods. This lack of self-worth also relates to the "B" word — boundaries.

In addition, this resonance pattern of feeling unworthy can manifest as eating foods that are "unworthy" — foods that have no worth, have no nutrients in them: processed foods, junk food, fried foods; foods that are high in fat and sugar and that cause disease and put on weight.

4. The fourth pattern concerns needs. Underlying all negative emotions is an unmet life need. And lack of resonance with basic life needs from infancy

and early childhood is at the core of many of your most self-sabotaging behaviors, including cravings and binge eating.

I actually had a client with a weight problem who wanted to resonate with not having any needs at all! Her growth was about being okay with having needs, expressing her needs and also with having her needs met. As she resolved her issues about needs she began to lose weight.

5. The fifth pattern that I discovered came as a big surprise for me: The relationship between creative self-expression and weight issues. I discovered when people aren't expressing themselves creatively they often retain weight. Retention is the opposite of expression.

Higher creative expression and expressing your truth relate to the Throat Chakra energy center. We express our truth through our mouth, which is where digestion starts with the intake of food. Clients with this self-expression issue often didn't feel heard in their childhood. Their needs weren't heard — so they suppress the expression of their truth through over-eating.

6. The sixth pattern is quite common — that of using weight as protection — especially when there are physical or sexual abuse issues. The person now resonates with weight protecting them from unwanted attention. Closely related to this is fear of being seen or a fear of intimacy. As resonance with this pattern changes I find that clients are able to move into eating healthful food and exercising. They finally feel safe enough to be seen, so they can do what's needed to drop their weight.

In acupuncture the Heart Protector Meridian becomes wounded when your need for protection and safety aren't met — and also when your need for closeness and appropriate touch aren't met. This is obviously lacking when there is physical or sexual abuse. Once your Heart Protector is wounded, it can't do its function of opening your heart to intimate relationships in a way that feels safe. So it's common to use food and weight in an attempt to protect yourself. The key is to go to the issue underneath the weight — to resonate with feeling safe to open your heart to love. This is a deep pattern.

7. The seventh pattern is stuffing feelings. Why do people make progress with their weight and then suddenly lose their motivation and feel driven to overeat, or eat unhealthy food? Often it's because they aren't dealing

with their feelings. Binge eating and cravings are the result of suppressing feelings.

When you find yourself craving foods that are high in carbohydrates, sugar or fat, chances are there's something deeper going on. As I mentioned above, when you eat these foods your brain produces endorphins.

Endorphins are your body's natural pain relievers. But why would your body be telling you that you need a pain reliever? Well, the obvious reason is because you're in pain. Now, when you're in physical pain you sure know it. But emotional or mental pain can be less noticeable because if you're like most people, you've become an expert in pain avoidance.

We humans have a remarkable ability to bury our pain until over time we're no longer aware of it. So your body sends you cravings to let you know that the pain is still there, simmering under the surface of your conscious awareness — and it's still waiting for you to deal with it.

One of my clients made a classic statement about stuffing feelings. She said, "You can't stuff your feelings because they leak out sideways!"

Feelings of anger are often very uncomfortable for people. Anger and hate are perceived as unacceptable, especially for women. I remember one client who had an "Aha" moment when we uncovered that underneath her feeling of being a victim she resonated with intense anger. Once she acknowledged her anger, it allowed her to feel her power again, and to use her power constructively: she channeled the power of her anger into exercising and kickboxing.

Getting in touch with her anger was a big step in her taking back her power. She naturally chose exercises that developed her power center and that helped her come from her power center in the solar plexus.

8. The eighth pattern involves abandonment and lack of nurturance from the mother. When the mother is not there for the infant, either through illness or separation, adoption or other trauma, you can see this in the clients' resonance with "I can't survive" and a lack of belonging.

I had a client who had been conceived in a displaced person's camp after WWII. There was desperate deprivation pre-natally — her mother almost starved to death. This underlying pattern often shows up as an eating and over-weight problem. But weight is not the real issue. The old pattern of

starvation, separation, abandonment, lack of nurturance that she still resonated with is the problem — or rather is the opportunity for healing and wholeness from the past pain.

Oftentimes all eight of these patterns are at play when weight is an issue. This is why I love the Resonance Repatterning® process: It allows someone who has suffered for years to untangle all of these patterns. It really gives you a tremendous amount of valuable insight into how you relate to yourself and others so that losing weight, which used to be a struggle, now becomes an empowering journey.

Elizabeth Tobin, JD is an internationally recognized Certified Resonance Repatterning® Practitioner. She is an expert in helping people resolve their weight issues and is a pioneer in using the proxy group format for this purpose since 2003. 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.

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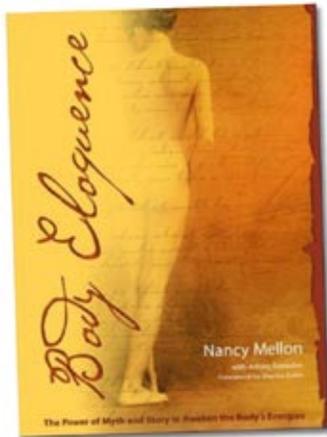
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THE PRACTITIONER'S BOOKSHELF

Body Eloquence: The Power of Myth and Story to Awaken the Body's Energies

by Nancy Mellon



Reviewed by Tina Beneman, Certified Practitioner in the Baltimore-Washington area.

"You see, I don't know any stories," sighs Peter Pan. "None of the lost boys know any stories."

Because she knows the stories, Wendy learns how to fly. Once nourished with stories, the lost boys reconnect with the movement of life energy. They leave Never Never Land and grow up.

This connection between stories and their power to help us reclaim lost parts of ourselves was a thrilling revelation to me years back when I explored books by such Jungian analysts as Marion Woodman (my favorite: *Addiction to Perfection*) and Clarissa Pinkola Estes of *Women Who Run with the Wolves* fame. Resonance Repatterning also captures the healing nature of stories in the fusion process, where we

guide clients to reclaim a body part or lost aspect of self and in Healing the Family System visualization modalities.

With the gift of *Body Eloquence*, Nancy Mellon presents a rich tool kit we can access to summon the guiding wisdom of storytelling. I am convinced that stories provide a vital way in, a link that catalyzes the body's inherent healing energies. Indeed, I have witnessed this transformation myself. Some years ago, my mother suffered a heart attack. She recovered well from bypass surgery but was stricken with fibromyalgia, a mysterious disorder which made every movement excruciatingly painful and sapped her life strength.

About a year into this ordeal, an incident occurred that drew her back into life. Something about the scenario helped her pick up her life thread again. She could see the role she was called to play in her own life. Inspired to plumb her own internal energies, she rose to the occasion... and her health was miraculously restored... almost instantly! I have read many other such accounts and Mellon offers case studies in her book. Perhaps you too have witnessed such occurrences. It seems as if an event reconnects us to our life story and we regain the momentum we need to move forward and fulfill our destiny.

Storytelling is but one of the life-enhancing resources Nancy Mellon offers in this thrilling book. Her research led her to study with others who are doing groundbreaking work, including Bob Cooley, who developed the Meridian Flexibility System. Mellon found that stretching along specific meridians released whole personality patterns from within her. From these insights, she developed a fuller picture of the distinct personalities of the meridians and organs. Later, she collaborated with Ashley Ramsden, a skilled British storyteller. Together they selected stories that nourish each of the meridians as well as accompanying meridian stretching and yoga postures that support well being.

I have already taken advantage of this book in several ways. First, it provides a deeper appreciation of the personality of each of the meridians, as well as many organs, which is invaluable in listening into what the client's body is trying to express. Mellon also suggests many ways to assist the body-mind to restore harmony, such as specific music, movements and affirmations. These exercises can easily be incorporated into RR sessions.

And then there are the stories. I've just begun to experiment with "telling stories" to the meridians and encouraging clients to play with writing stories as positive actions.

I am convinced there is bountiful treasure to mine in Nancy Mellon's work. Indeed, we could structure one or more repatterning from this material much as Carin Block has capitalized on the riches of Bert Hellinger's work. As I was reading, I was reminded of Chloe's heartfelt declaration: "A single session can change a person's life!" That is indeed true. Guiding clients to reconnect with their essential life story is a powerful ally in our practice.



For further information, see www.BodyEloquence.com. In addition, Nancy Mellon is offering workshops, including one in Baltimore, MD, April 9-11, 2010. Come visit me!

Submitted by Tina Beneman, Certified Practitioner in the Baltimore-Washington area.

www.tinabeneman.com, e-mail: tinajane@comcast.net

Tina Beneman

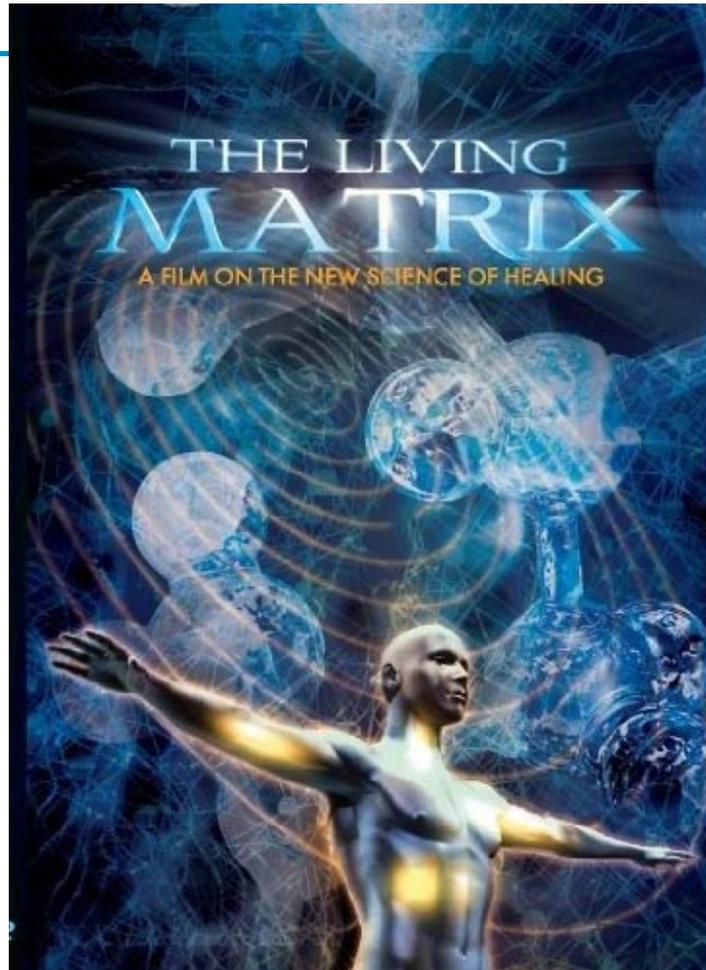
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THE LIVING MATRIX: The Science of Healing

Film on DVD Review

by Nancy Martin, *Certified Practitioner, Providence, Rhode Island*

The good news! More and more people are open to the principles of bioenergetic and informational healthcare. *The Living Matrix: The Science of Healing* DVD movie is about the medium within which something originates, develops or is contained. The medium is our body-mind system, including space beyond our skin that takes in and exchanges information internally and externally, which can enhance healing, greater coherence and well-being. Scientists, psychologists, bioenergetic researchers and holistic practitioners share their knowledge, experience and insights.

Lynne McTaggart, author of *The Field: The Quest for the Secret Force of the Universe* and *The Intention Experiment*, states, "There is a huge body of evidence that we pick up information and can be like an electron— everywhere at once." There is a fundamental shift in our basic understanding of our universe. Ancient and native cultures saw unity in the universe, a circle, and man as central to it. Then Newton prepdominated with a mechanistic view of the universe with separate parts operating through laws of physics. Understanding was pursued with reductionist theories down to the smallest parts, molecules. Descartes removed man from the central aspect, separated mind from body and saw each individual as separate from all others. Newton and much of Western thinking saw the body working like a machine, driven by the engines of mind and heart and controlled by DNA with processes localized in different parts. In actuality, the body is completely decentralized. The brain is an antenna, a transducer and transmitter of information, but not the central depository of that information. Instead, information is in electromagnetic fields emanating from all matter as well as energy from thoughts, emotions, words and beliefs.

Now a magnetoencephlograph (MEG), a new tool that is a probe held outside the head, can read fields of neuroactivity without even touching the body, according to Bruce Lipton, PhD, MD, a Research Biologist and author of *The Biology of Belief*. When processing with the brain, you're broadcasting fields.

The development of biochemistry (1875 – 1920) proposed that if you put the right chemical in the body, you'll get better. However, as Peter Fraser, Director of Research, NES, claims, "That is correct only in the short term and not in chronic disease." The old theories of everything happening for a reason in a mechanical universe were refuted with the discovery of quantum physics over 80 years ago. Our concept of reality changed. The body is not a central system driven by hormones and enzymes but rather by consciousness, emotions and body fields. The pendulum is swinging back toward wholeness and how every part works together. "Physics now recognizes it is not matter but mind or spirit that is primary, with spirit defined as energy fields." according to Ditmar Gimbal, PhD, Biophysicist.

Can mind, intention and belief influence healing? Extensive evidence from personal experience and careful scientific studies respond with a resounding

YES! Intention plays a major role in our thoughts, emotions and cognition and influences our immune and endocrine systems. Stress diminishes their function. Edgar Mitchell, Astronaut and Founder of the Institute of Noetic Sciences, experienced first-hand distance healing (his practitioner worked in British Columbia while he remained in Florida) through weekly treatments for an irregularity on his liver. Reduction appeared on X-rays within one month and the liver was clear in six months. He affirmed the primacy of one's beliefs, being able to take in positive information that will be useful to one's body. Thoughts create our body moment to moment. Lynne McTaggart declares, "The most important aspect of healing is to believe in the modality you are using and to stay positive." One study gave a significant correlation that the body does not differentiate between action and thought. Athletes who worked out at the gym did not surpass in performance the group of athletes who stayed home and only focused mentally on building their biceps.

The placebo effect is attributed to one-third of all healing by Bruce Lipton; a belief overrides a person's biology. An inert substance or procedure can cause physiological changes in the body and can manage a whole cascade of responses that can target the kidney, liver, lung, etc. A sham knee operation was performed on patients with osteoarthritic knees, and the patients claimed reduced pain over three months, as did the ones with the corrective surgery.

The Zero Point Field—an ocean of microscopic vibrations in the space between things—is where the exchange of energy goes on between subatomic particles. This energy dance creates a virtual particle, in the blink of an eye, that is about 2 watts worth. When that is multiplied by all the subatomic particles in the magnitude of space you have a massive exchange of energy—a supercharged backdrop. It's the invisible stimuli that are more important than the visible, as Bruce Lipton sees it. He quotes Einstein: "The field is the sole governing agency of the particle." Therefore, the character of matter is determined by the field.

How is healing communicated to another person? asks Eric Pearle, DC, founder of Reconnective Therapy? He perceives us not only in this field of energy but also as this field, denser in some parts, less in others, and

accessing energy, light and information from it all the time. The brain can send impulses instantaneously and the brain's coherence is communicated at a higher level than the physical transmission of nerves, according to Bruce Lipton's research. Biophotons, weak emissions of light emanating from all living things, are the means of communication from the field and could be regulating our metabolism—a coherent web of light within our bodies.

Do genes control our biology? Not according to Bruce Lipton. An adopted child in a family with cancer (with none in his family of origin) will show the same propensity toward it as other siblings. His premise is that it is learning the family dynamics, beliefs and attitudes is what shapes cancer, not the genetics. Epigenetics, the new branch of genetics, holds that environment influences genetic expression. Signals from outside the cell change the cell. A gene is a blueprint for making a needed protein, and the over 100,000 proteins give us our biology, our structure. Through the influence of the environment the genes can produce over 30,000 variations.

The heart, the emperor of the body-mind system, is the hardest working. All signals of the heart are of regulatory importance. James Oschman, Ph.D., Energy Psychologist, Biophysicist, and Cell Biologist, states it is constantly emitting sound, pressure waves, heat, light, electric and electromagnetic signals, and all cells in the body are receiving different kinds of signals at different times. Additionally, the heart generates the largest electromagnetic signal in the body. The field is a carrier wave for information and is modulated with emotional patterns, coherent and non-coherent. The emotion is impregnated on the magnetic field. When the heart rhythm is smooth and ordered it is called a coherent rhythm and entrains all the organs and the nervous system in harmony with it.

Research by Rollin McCraty, PhD, at the Institute of HeartMath, supports the ability of the heart to sense, feel and remember and that it can process information independent of the brain. Lynne McTaggart's work establishes that the heart receives information first and then releases it to the brain and that it responds faster to outside stimuli than the brain. One experiment showed that the body can predict an event if it had emotional significance to the person; the body response occurred before the stimuli

image was displayed. There are no limits to time and space as the heart and brain access the field of information. However, the field for the heart differs from that of the brain—different information as in short-term and long-term memory. Rollin McCraty, PhD, sees the heart as the master organ for imprinting information into the body field.

Illness is sometimes seen as a lack or distortion of information in the body's information system. Control of the body isn't in genes but in information that is available in the body field. "We have learned how to stop information distortion that occurs as a result of the disease process. Once the distortion is corrected, the physiology clears up and the chemistry is right," states Peter Fraser, PhD. Disease as scrambled information is how Lynne McTaggart sees it, and accessing appropriate information can correct the scrambling through new energy modalities.

What is most important, according to Arielle Essex, D.O., who healed from a brain tumor using NLP, is for people to take total responsibility for their health, not to think it comes from outside themselves or someone else will give it to them. They have to choose the thoughts they think so they are in a good state of mind that is most conducive to heal. "The healing miracle isn't in the end result, it is in the changing of thinking."

We need to change our focus on genes being the solution to every illness, charges Lynne McTaggart. Epigenetics establishes that you have to look outside of the gene because it is subordinate to the information system. The hope and promise lies in directing our attention to information systems that regularize things that go wrong.

A shift from the disease-centered model to a healing-centered model, a profound mystery, is the desire of Marilyn Schlitz, Ph.D., CEO of Institute of Noetic Sciences, who believes we must stay open to finding new ways to enhance the human condition.



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.

This is the second in a two-part series on how to encourage repeat clients. Click here to read part one in the August 2009 Journal

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?

The answer combines philosophical issues with practical considerations. Until you resolve the philosophical, chances are you won't implement the practical. In the last issue I addressed the philosophical questions and in this issue I give you some practical suggestions on how you can support repeat clients.

- **Educate your clients** from the very beginning of your relationship that personal transformation is an on-going process. Let them know that the Resonance Repatterning® system accelerates their growth process, *and* that there are some issues that are multi-faceted and may require multiple sessions to clear. Inform your clients that while they may want to clear a problem all at once, it may be physically, emotionally and/or mentally impossible for them to fully integrate such a momentous shift all at once. Assure them that the Resonance Repatterning process honors their own right timing. Each session builds upon the previous sessions and lays a strong foundation for their continued growth.
- **Do an intake interview** with new clients and ask them how satisfied they are with the different areas of their life. You can ask about their health, whether they have any weight issues, whether their relationships are fulfilling, do they have financial

worries, career stress, do they feel connected to their life purpose, do they have a general sense of fulfillment and empowerment. This will give you an overall picture of the issues they are facing. If someone comes to you and they are facing challenges in multiple areas of their life, know that you are doing them a great service by recommending on-going sessions. Think of this as one of your responsibilities as a competent professional.

- **Notice what comes up in your clients' sessions.** During the course of a single session you may touch on multiple issues and it's ok to tell your client that you recommend they book another appointment with you to work on those issues. Oftentimes we leave it to the client to take the initiative and book another session. When you go to a therapist or a health care professional — even the dentist — they not only tell you that they'd like to see you again, but they also tell you when they want to see you again. Victoria Benoit, a Resonance Repatterning Teacher and Practitioner based in Arizona, agrees. She says that when it is clear to her that a client would benefit from another session, instead of asking *whether* they want to schedule another session, she asks her client, *when* they would like to schedule their next session.
- **Follow-up with your clients** after the session. This helps to build your relationship with your clients. Ellen Shapiro, a Certified Resonance Repatterning® Practitioner based in Santa Fe, New Mexico, follows up with an email after the session to check in on her clients, and she gives them tips on how they can observe the effects of the session in their life. Victoria Benoit says that she builds her client follow-up telephone calls into her schedule. This helps to ensure that she checks in with her clients a few days after their session. She finds that her clients really appreciate this added attention and support.
- **Give your clients an incentive** to have more sessions, by creating different specials and packages deals. Both Ellen and Victoria have gotten good results by offering special pricing offers for clients who

pay for their sessions in advance. Victoria encourages her clients to pay in advance for x sessions and the more sessions they pay for in advance, the more money her clients save. Ellen says that she gives a discount when clients agree to have x number of sessions within x period of time (usually 6 sessions within 3 months). Victoria says she recently had great success when she offered "Client Appreciation Month" when she lowered the cost of her sessions for a month.

- **Get "ON" for serving repeat clients.** Ellen recommends getting yourself "on" for repeat clients and continually reinforcing within yourself and your clients the understanding that this is how repatterning will have the greatest and most lasting effect. Certified practitioner Naomi Kronlokken of Portland, Maine concurs that doing self-sessions to support your intention is must.
- **Put relationship before process.** Naomi stresses the importance of "remembering that no matter how many skills or seminars you have under your belt, ultimately it is all about holding the healing space for another. This means focusing on that work-in-progress of being the best practitioner you can be, striving to be grounded, open-hearted, deeply peaceful and humble with each client interaction. It also means taking your client with you every step of the way during the process so they feel met, heard, validated and valued."

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.





Trusting Inner Guidance

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

We now move from late summer (Earth Element), where we gathered the harvest of all our work, our efforts and experiences during the certification process, to autumn (Metal Element) where we embrace with gratitude everything we learned. We acknowledge the progress we made and who we are becoming due to all that is required.

Congratulations to those who have recently been certified! May you be inspired by your achievement and the fulfillment of a goal you set for your self. May it also provide you with continued inner purpose and an avenue to follow your life's path.

The certification journey relates directly to the Metal Element. It sets a high standard for you to reach personally and professionally. It helps you open the space for your ideals, aspirations and spiritual purpose. Those who have recently begun and those who are somewhere in between have an opportunity of a lifetime. It is so important to acknowledge yourself for your commitment and dedication to "become" more, to "be" more. You have chosen the right path for this. Also, remember to acknowledge your progress.

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We tend to focus on what's left to accomplish rather than how far we have come. Just finishing all the classes and committing to this journey is a really big deal.

The Metal Element encourages you to let go of what you are holding onto that is no longer needed – whether an illness, negative attitude towards yourself or others, a pain, a negative mental state, negative emotional response, a habit or addiction, old fears, or the “I” that resists surrendering to the Divine will. If your Metal Element is balanced, you will let go of your resistance and open your self to the opportunity this process provides for transformation and grace.

Some of the Metal Element questions you might ask yourself are:

- Do I appreciate my own positive qualities and the positive qualities in others?
- Do I truly value myself?
- Do I inspire others?
- Do I think with clarity?
- Am I naturally respected for my integrity?
- Do I hold a high standard?
- Am I a model of high values and ideals on how to live and interact with others?
- Am I connected to my own Divine nature?
- Do I let go of grudges and upsets?

- Do I take in the breath of life on all levels?
- Do I value and accept money as energy to be received and given?
- Do I take every opportunity to share my appreciation of others?
- Do I live my truth?

All these questions, if answered honestly can give you an idea of how coherent your Metal Element is. I encourage you to be creative in how you accomplish your objectives and to embrace your journey. Be sure to reach out to others on the same journey. Choose a buddy or buddette. It's also a great idea to pick a mentor, someone who has gone through the same process and has a thriving practice. You will learn so much from them. Most importantly, trust your inner Divine guidance and pace yourself, stay in rhythm with your own best timing. Relax and enjoy the journey. The certificate is there waiting for your greatness as you reach a higher standard to live by and as you become a model for your clients and all the wonderful people you serve.

Find out about Victoria's opportunities for Certification Mentorship on her ad in this Journal or call 602-864-7662. She will be in the San Diego area in November 2009 for certification observations. She is willing to travel.

Editor's Note: For more on the Metal Element, see the article in this issue on Metal Element and Depression.





Depression and the Five Elements

by April Smith-Gonzales, *Resonance Repatterning Practitioner, Bradenton, FL*

In a prior article, we discussed the modern definition of depression, and the typical way Western medicine/psychology looks at this issue in their diagnosis and treatment. We then discussed depression through the lens of the Five Elements and focused particularly on the Wood Element. In this continuing series on the elements and depression we will discuss the Metal Element.

In general, it is important to realize that if anyone has depression, other physical issues/diseases may manifest some component of depression. So, while we work with the energetics of the emotional piece, it is important to also address the body's response to disease. For example, many studies show the correlation between depression and heart attack, usually within three months after the attack. While as practitioners we muscle check and look at whatever comes up, it would be beneficial to our clients to be sure to address issues related to any disease that preceded the depressed state.

In the example of a heart attack, the heart chakra may need to be strengthened, as well as Heart Meridian, and Heart Protector Meridian. If open heart surgery had been performed, we may also

want to address the bones in the sternum and the ribs, ensuring the client is “on” for healing and strength.

Often after a heart attack and open heart surgery, the person has difficulty taking in a deep breath — the energetic equivalent to taking in life. This helps us understand why, perhaps, it is so common for people to have a second heart attack within six months of their first one. They are unable to stay connected to breath and life. Thus it may be helpful to also address the client’s connection to the source of life as is discussed in the Energetics of Relationship book.

We can also understand why depression, perhaps of a Metal Element type, is also common, since the person’s system is literally fighting for their life and it is common for the client to go into grief for the potential loss of their own life.

This article will focus on the Metal Element and how depression of this type may appear in your client and where you can assist as a practitioner.

The Metal Element

The Metal Element is all about values and spirituality. This element represents father energy and one’s sense of self worth. For many, this father energy translates into one’s beliefs about their higher power since most religions teach this concept as a masculine being. Thus spirituality is also encompassed by this element. When metal is in balance, one has high self-worth tempered by warmth and good values. Also, it is easy to let go of what is no longer needed. When Metal Element is healthy, one feels inspired and that life has meaning and purpose generally of a spiritual nature.

When metal is out of balance, the client may feel low self-worth, may have difficulty connecting to their spiritual source, and suffer from intense grief and sadness. Imbalanced metal may also manifest as a cold and calculating persona devoid of emotion. In the medical profession, metal is often imbalanced as physicians seem to be robots in their interactions with patients. One can understand why, when physicians see so much suffering, it is out of self preservation that they learn to put on a stoic unemotional demeanor even when delivering the most difficult news to their patients.

When metal is in balance, fire lends warmth to the intellect and values. The Metal Element also is involved with giving and taking to and from the environment. If one's environment is particularly toxic it may be difficult for a person with imbalanced metal to filter out what is of value in the experience and they may instead just plunge into grief and judgment.

Frequently, this type of depression follows loss or grief. Since this element is associated with the Lung Meridian, if the emotions are not expressed, the client may manifest respiratory difficulties, such as asthma, and upper respiratory infections. The Metal Element is also about appropriate boundaries, and in metal depression, it is possible that the person is taking "the weight of the world" on their own shoulders. They may obsess about problems that have no solution, or that are not theirs to fix in the first place. Their grieving may seem overwhelming and all-encompassing.

Since clients with Metal Element imbalance are so environmentally sensitive, it is important to note that they may also be more easily influenced in a therapeutic setting with regards to their emotions. In many cases, these clients may have regrets over the past, in essence grieving for what could have been. These clients may be unable to let go of past losses and may ruminate over them to a degree out of proportion to the time elapsed since the event. There is also a component of judgment in a client with this type of depression. Often they judge themselves worse even than others. This judgment sets them up for a profound disconnection from their own spirit and their higher power.

As practitioners we can do so much for this type of depression from the moment the client walks in for their session. We can create a warm environment that is peaceful and free from clutter so that the healing space of the session can take place with the most benefit. In our tone of voice and interactions, we can be empathetic, thus nourishing the wounded metal with earth energy. We can also be joyful, providing a limit with Fire Element energy. In these sessions we may want to avoid using judgment words such as "good" and "that's right" and instead just say "yes" and nod our head. We can also encourage these clients to express their feelings without getting lost in the story because ruminating about loss can perpetuate the imbalance.

When checking resonance with the client it is important to warm the hands and ensure client comfort in positioning their arm to be checked. We can also encourage the client to treat themselves with respect before and after their sessions by encouraging some down time to process, or physical activity to warm up the body and, by extension, the whole energetic system.

Disclaimer

Any ideas presented within this article are not intended to diagnose, treat, or cure disease. Suggestions for balance are not intended to prescribe regimens or treat disease processes. Resonance Repatterning is not a substitute for medical or psychiatric care in the treatment of depression. Practitioners should strongly encourage clients to seek out a licensed health care professional if there is any indication that suicidal or homicidal thoughts are present, or if there is concern that the client's level of self care (for example, not eating or sleeping) could be detrimental to their health.

Editor's Note: For more on the Metal Element, see the article in this issue on Inner Guidance in the Certification Column.

**Please [click on this link](#) to see an
online listing of
Certified Resonance Repatterning Practitioners.**



Welcome to Michel Friedman, Certified Practitioner,

Interviewed by Nancy Martin, Certified Practitioner, Providence, Rhode Island

Nancy: Please tell us about yourself. What you do for a living and what is your background and education?

Michel: I am heading into my fifth decade next year and have lived most of my life in South Africa, where I was born. Currently I live in Cape Town. I have a Social Science Masters Degree and for most of my paid working life have worked in various capacities, as trainer, researcher, activist, writer, in various non-governmental organizations (NGO) and social development contexts. These experiences have instilled in me a deep concern and commitment to working for social justice and transformation on many different levels. Currently I continue to work part-time with other colleagues as an organizational change and learning facilitator with NGO's in Southern Africa, Horn of Africa and India. Into this work, I do my best to weave various modalities for creating coherence — from Resonance Repatterning®, Capacitar, Jin Shin Jyustu and various social change models. The other part of my time I run a private practice offering sessions in Resonance Repatterning and Jin Shin Jyutsu. I initially started studying Resonance Repatterning for myself, friends and family and never intended to certify. However, after having completed the Special Meridian and Energetics of Relationship seminars with Chloe in 2007, I decided to go for accreditation.

How did you learn about Resonance Repatterning?

I had been exposed to Body Alignment and was looking to learn how to wean myself off relying on other practitioners, to start practicing on myself. At a public seminar I met someone who introduced me to what was then Holographic Repatterning®. An introductory seminar was taking place in South Africa shortly after that in 1998. I got hooked and have been attending seminars ever since.

What does Resonance Repatterning mean to you?

Resonance Repatterning as a system and methodological tool is a brilliant way to translate abstract esoteric, metaphysical and quantum physics concepts into something very practical and useable. I love the way sessions get to the heart of a situation very quickly and don't "mess around." I love its breadth, depth and structured capacity to help myself and others transform our resonance with non-coherent patterns into more coherent ones. For me it is a wonderful tool to help us as individuals, groups and organizations to energetically transform deep levels of pain, trauma and "stuckness" into greater levels of joy and fluidity. The idea that everything is an energetic frequency and can be changed is incredibly liberating. I love the magical sense of wonder that happens every time the muscle checking is cleared at the end of a session and I love being able to be a facilitator of such profound changes.

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

There are so many — where to start? A recent session for myself happened at a training with Karin Bloch in the family and systems constellation training. At the time, I was involved in a local organization and was feeling very unacknowledged and miserable in my situation. During the training, in one of the practice sessions I had to "constellate" this organization which entailed getting everyone into their proper order. It felt so "little." Amazingly, within one week, all sorts of dynamics in this organization had changed and something that had felt very stuck for about seven years had moved — and SO EFFORTLESSLY.

In the past years, I have also used RR in all my facilitating and organizational work. Whenever I co-facilitate with others, we always set a group intention to make sure we are properly aligned. In 2007 I was working in Ethiopia for the first time — a completely new context for me — and when I introduced the idea to my colleagues they thought I was a bit crazy. But by the end, when everything that we had thought to include in the initial intention had transpired relatively smoothly, I think we were all amazed. So I use intention setting a lot, and often tend to forget about it. At the end of a process, when I go back and look at the stated intention and see what people have written on their evaluation forms, I am always amazed — especially when some of the words are exactly the same.

Another powerful session was one that happened during my accreditation process. My client was a friend of mine and it was her first session. Something came up in the session to do with her seeing her father in a new light and understanding his situation a little more from his point of view. My client had had a very difficult relationship with her father for years, and she told me that literally “overnight” it had transformed. In the process, a very powerful healing to a huge part of her life was facilitated.

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

Living so far away from the States where most of the activities take place leaves me feeling a little isolated sometimes. If we could find ways of connecting across time zones and countries more easily, that would be very supportive. I guess that is the value of face-to-face conferences and so far I’ve never managed to attend one. Can we better facilitate the benefit of these meetings virtually, to be more easily inclusive of those of us in different time zones to the USA?

Do you have a motto? What five words describe you?

I have the courage to step into the unknown and try new things with confidence.

If there is something special about you that you’d like to share? Needless to say, we’re eager to hear.

I have a long history of working in areas that are political and about social change and social justice. I’m concerned that the enormous gifts that come from traditions that are considered more esoteric, more spiritual — more to do with “the individual” or “the body” — not be split off from this work but to be integrated. This integration enhances the power of transformation and ensures that it truly takes place on all levels, not only physical, mental, emotional and spiritual, but also social.

Thank you so much for sharing so we all can know you better and continue to build on our connections. Congratulations on your Certification and all the work you have accomplished! Your consciousness of the possibilities for transformation on the social level are important and well received.

NEWS FROM the Branding Committee

Lots of movement has happened over the summer with the Branding Committee. The survey is complete, tallied, and the results were reported to the Board at the September meeting. We now have a Board endorsed official Brand idea and tagline. Many thanks to the members who completed the survey. We had 19 responses to the visualization exercise and logo and tagline ideas. The survey was sectioned into four areas: Visualization Suggestions, Image suggestions, Tagline suggestions, and Values or Qualities suggestions.

Here are some of the responses to the visualization exercise and the values area:

"I feel proud. I feel accomplished. I feel supported in having a thriving business. I have a support network of like-minded people. I feel part of a group of people interested in world peace and helping people live extraordinary lives. I feel connected to a larger community and part of the wave of the future-the birth of a new consciousness. I have met the requirements for inclusion in the organization and that I am held to a high standard to continue as a member of that organization, belonging, connectedness, dedication to excellence." There were so many fantastic ideas that were shared and it is difficult to not include them all.

So the tagline and image that the Branding committee recommended to the Board is:

Tagline: Inspiring Growth in Each Other and the World.

Image: Have the acronym RPA in a classy, simple font.

Next on the agenda is for the RPA Board to confirm how best to move forward on having our Brand come to life! Our brand that represents our 'inspiring growth in each other and the world'!

What an awesome moment for the Association! Stay tuned for breaking news on this decision at our RPA Members Wordpress.com blog, where I will keep you up-to-date or at <http://www.Twitter.com/rpamembers> for very quick updates! Your comments are always so helpful

Many thanks to the members of the Branding committee. We had such a wonderful pool of talent and it was a pleasure to work with all of you! Thanks to Carolyn Winter, Gail Glanville, Victoria Benoit, Sally Herr, Clare O'Brien, Paula Caplan, and Josephine Rovari.

We will keep you updated on the progress of the logo and hopefully vote on our Brand in the next few months!

Many thanks,

Karen Kent, Chair, RPA Branding Committee

VIRTUAL CONFERENCE 2010

Date: February 20th, 2010

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

Place: By Teleconference call

Annual Meeting (1 Hour)

Committee Reports

Volunteer Recognition

All current Board members plus Shayma who left the Board
Committee members not on the Board

Inducting Two New Members into the Hall of Fame

April Smith Gonzales - Ethics Document
Carolyn Winter - Past President

Guest Speakers: Chloe Faith Wordsworth and Dorinda Hartson

“What Makes Extraordinary Change Possible and Impossible?”

A Scientific Inquiry. (1 Hour)

30 Minute Break

Navigating the New Membership Website

(1 Hour) Carolyn Winter

Learn fun new features to help you and your business.

Group Repatterning Sessions (1 Hour)

(Select one for this time slot.)

- Quantum Healing for Extraordinary Outcomes.
- Create Balance and Joy in Your Life with Fun, Relaxation and Laughter.
- Holding the Healing Space with Wisdom, Love and an Open Heart.
- Quantum Leap to Growing a Successful and Abundant Practice.

4 CEU's available



THE BRIGHT RED HAT

A Video, Reported on
by **Nancy Martin**, *Certified Practitioner, Providence, Rhode Island*

This video is about progress and infinite possibility for creating a woman's life we all could love.

At 2 years that precious baby glances in the mirror and sees a princess.

At 7 years that little girl sees herself as a beautiful Cinderella or Sleeping Beauty.

At 14 years the teenager sees a young lady with pimples who's too fat and can't be seen this way.

At 20 years she sees herself as still too fat or skinny, too short or tall with hair that's just not right, but she goes out anyway.

At 30 years she sees all the problems in her appearance but decides she doesn't have time to fix them all and goes out anyway.

At 40 years she sees her not-pleasing reflection in the mirror goes out anyways and says, "Hey, I'm alive. Oh well!"

At 50 years she can look and say, "Finally, I'm me. I'm even better." and goes out.

At 60 years she thinks of all the women who don't seem to want to look in the mirror—and goes out and conquers the world.

At 70 years she see her self-worth, wisdom, and happiness, recognizes her ability, and enjoys life to the fullest.

At 80 years she doesn't bother with a mirror, but puts on a bright red hat and enjoys all the fun life has to offer.

May we put on our bright red hats sooner and open our hearts rather than our appearances, enjoying every moment and sharing them with those we love.

[Click here to see the video on YouTube](#)



WORLD PEACE HOLOGRAM

THE JOURNEY TO PEACE

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

"Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence."

—Lin Yutang

The goal of the project for 2010 is to forge a pathway to peace mirrored both in the personal and global fields of possibility. In the words of Ken Wilber in his book, **Integral Vision**, "Every level of interior consciousness is accompanied by a level of exterior physical complexity."

Humanity has gone through great evolutions over time from reptilian brain "me", the mammalian limbic system "me to us" to the triune brain structure with its neocortex where consciousness is ever expanding awareness of "all of us." Because of this particular place in humanity's evolution, session topics for 2010 will work with personal and world centric aspects of interconnectedness within each repatterning.

The integral vision approach works with a quadrant view of the world including self/consciousness, the brain/organic states, culture/worldview, and social systems/environments. Within each of these quadrants are evolutions of awareness and coherence from "I to We" as humans and "It to Its" in regards to our environment. All of the views are included as the inside and outside of both the individual and collective.

For more on the **Integral Quadrant View**, visit the following link: http://www.kheper.net/topics/Wilber/Wilber_IV.html

Resonating with basic life and spirit level needs directly relates to our ability to resonate with higher states of coherence. For this reason, the process for 2010 will also draw on **Maslow's Hierarchy of Basic Needs**. The evolution of self actualization is dependent from this view on the meeting of basic needs. Starting with physiological basics (breathing, food, sex, sleep, homeostasis, clothing) at the base of the pyramid, needs are categorized in an ascending direction towards self actualization. Needs include the need for safety (employment, security, resources, family, health), belonging (friendship, family, sexual intimacy), esteem (confidence, achievement, respect of/from others) and self-actualization (creativity, morality, spontaneity, concern for others, lack of prejudice, acceptance of facts). To research more details regarding Maslow's Hierarchy, visit the following link: http://en.wikipedia.org/wiki/Maslow's_hierarchy_of_needs

Features of 2010 World Peace Hologram The Journey to Peace Program

1. Fourteen Resonance Repatterning group sessions focused on basic needs/integral focus will take place in teleconference and proxy format
2. The Journey to Peace Journal is your personal travel guide

with reflective meditations and integrative journaling opportunities for your process. The poster artwork cover has been donated by internationally renowned artist, Rob Schouten. When you purchase the journal, you will also receive BONUS opportunities for your journey throughout the year! Get your pdf download for only \$15.00 here: <http://www.RPAMembers.org/WPHJournal.htm>

3. Monthly summary pages with recorded Peace Reflections to serve as a meditations
4. Related peace topic articles shared in Quarterly Repatterning Practitioners Association Journal and blog
5. Social Media RSS Feeds from Twitter, Wordpress.com and Facebook.com
6. Impromptu session offerings by certified practitioner RPA members. More details coming in February

As Chair for the World Peace Hologram Project, I wish to express love and appreciation for the process of Resonance Repatterning created by Chloe Wordsworth, the website construction of Carolyn Winter, and the generous heart of every contributing practitioner. Special thanks go to the beta testers and people who offered suggestions for streamlining: Teri Higbee, Aaron La Riche, and Wendy Teague. Appreciation also goes to Andrew Adleman who helped with word processor software translation. The footprint of each person's contribution has forged a pathway to new possibilities for all of us!

Gratitude and Applause go to the practitioners this fall who focused on UN Millennium Goals, Sustainability, Leadership and the Universal Energy that connects us all: Leah McLeod, Gail Glanville, Ardis Ozborn, Susan Kansky, Shirley Lanyi, Tina Beneman, Appreciating What Is, Karen Kent, Niki Kritsos, Michael Gunko, Christiane Garczarek, and Nina Frank.

Current World Peace Hologram Participants: 1173 and growing every day!



Kimberly Rex, MS is a member of the RPA Board of Directors and Chair for World Peace Hologram. She has a private practice as a Resonance Repatterning practitioner/ Expressive Therapist at www.windowstotheheart.net where she works by phone and in-person with people of all ages and all over the world! For a session, contact her at krexinbell@aol.com or (360) 739-0162

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.



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

2010 TELESEMINAR BEGINS JANUARY 20TH!



PRACTITIONER MARKETING TOOLBOX: WEB TOOLS TO SUPPORT YOUR HEALING BUSINESS

This class will focus on 'how to' create structures for group proxy, teleseminars, and individual sessions. How easy is it to get Free teleconferencing, A Blog, or Twitter? Extremely! Expand your practice via the web by applying the new marketing rules in this age of social media marketing. The Resonance Repatterning system positions you nicely to expand your practice this way! Six-week class that meets biweekly beginning January 20th, 2010. Up to 8 CEU's available for marketing.

***Meets Wednesday evenings from 7-9pm January 20th,
February 3rd and 17th, March 3rd, 17th, and 31st.***

Facilitator: Carolyn Winter



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.)
- Discussion of a needs survey to be sent by mail to members
- New possibilities for teleseminars and CEU's to address needs of international community
- Planning World Peace Hologram 2010
- Discussion of a branding process to develop the distinct identity and purpose of the association for marketing purposes starts in June.
- The annual survey for teleseminar choices for 2010 is about to be launched by the Continuing Education Committee.

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.

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

- **Membership Chair to work with Carolyn Winter on membership communications and benefits.**
- **RadioCast** – needs 2-3 people to help organize radio shows and interviews with members
- **World Peace Hologram Committee** – Members need 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