



The RPA Journal

A publication of the Repatterning Practitioners Association



RPA Virtual Conference Schedule 3

The Quntum Moment. 5
by *Dorinda Hartson*

Chloe Wordsworth on Positive Action. 10
By *Chloe Faith Wordsworth*

Certification Column: Positive Action Made Easy. . . . 13
by *Victoria Benoit, M.C.*

Three Steps to Attracting What You Most Want 15
by *Sally Herr*

Calling in "The One" - 7 Weeks to Attracting the
Love of Your Life. 20
Book Review by Marilyn Hager Adleman

Practical Advice Column. 25
by *Elizabeth Tobin, JD*

Gracias, Merci and Thank You to Victoria Benoit. . . . 28
by *Sally Herr*

Great Ideas! Nifty Websites for Your RR Business. . . 31
by *Sally Herr with Marilyn Hager Adleman*

Depression and the Five Elements: Water 34
by *April Smith-Gonzales*

It's Not Your Fault. 38
by *Michael Fisher*

Teleseminars in 2010 41
Compiled by the Continuing Education Committee

World Peace Hologram: On the Move and Taking
Action 46
by *Kimberly Rex*

2010 World Peace Hologram Practitioners 49

Cover Image

We all have moments when, in the course of reacting to a situation, we are faced with a choice of actions we can take in response to the situations. The theme of this edition of the RPA Journal is positive action. The cover image represents taking heartfelt positive action in the world. The spirals are akin to the spiral in the RPA Journal logo, a reminder that Resonance Repatterning encourages positive action.

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REPATTERNING PRACTITIONERS ASSOCIATION VIRTUAL CONFERENCE 2010

DATE: February 20th, 2010

TIME: 10:00 AM PST/1:00 PM EST

PLACE: By Teleconference call

ORIENTATION/ Victoria Benoit

ANNUAL MEETING: (1 Hour)
Committee Reports

VOLUNTEER RECOGNITION

All current Board members plus
members 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?" (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 CLOSURE/ Victoria Benoit



GROUP REPATTERNING SESSIONS (1 Hour)

(Select one for this time slot.)

**QUANTUM HEALING FOR EXTRAORDINARY
OUTCOMES**

Teri Higbee

**CREATE BALANCE AND JOY IN YOUR LIFE WITH FUN,
RELAXATION AND LAUGHTER**

Kaye Zeiger with Elizabeth Tobin

**HOLDING THE HEALING SPACE WITH WISDOM, LOVE
AND AN OPEN HEART**

Tina Benneman

**QUANTUM LEAP TO GROWING A SUCCESSFUL AND
ABUNDANT PRACTICE**

Gladys Murphy with Joie Jacobsen

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THE QUANTUM MOMENT

By Dorinda Hartson, *Resonance Repatterning Practitioner,*
Phoenix, Arizona

Change is ...the overflowing abundance of the force which perpetually renews itself and for which there is never standstill, nor cessation. It is in constant change and growth alone that life can be grasped at all. If it is interrupted, the result is not death, which is really only an aspect of life, but life's reversal, its perversion...Change is a natural movement rather, development, that can only reverse itself by going against nature.

—Hellmut Wilhelm, *Change/Eight Lectures**

The “gift” of change is that it introduces us to a finer focus of awareness – the *quantum moment*. In this moment we become aware of the “state” of our mind. Does it have the qualities that we want to experience on the external landscape? After all, they can't happen in one place and not the other. Does our state of mind adhere to our own “gold standard” for being in the world?

The *quantum moment* is a time and place when we can use change as the finer sandpaper of experience that brings up the fine-grain detail of our essential self. It can also be used as the resource zone for the “positive intentions” that we want to bring into being in our life.

A wise man once said, "There is always a good side and a bad side to everything that happens, but no matter what happens you can lead a wonderful life or a terrible life." The *quantum moment* is the point of choice for which it is going to be. In order to give a real-life example, I want to tell a story about a trip I made to Glasgow, Scotland.

I am sitting in my attic-shaped room, on the top floor of a "Bread & Breakfast" in Glasgow. The ceiling slants down towards one wall and a large window had been placed in its center. The gray weather is dropping beads of moisture sporadically enough on the glass so that I can't say that it is raining, but I am sufficiently discouraged from wandering outside. The time has escaped me, both literally and figuratively. My watch quit at 7:30AM and prior to quitting it slowly slowed so that I missed the "Full Scottish breakfast" included in my B&B room charge.

I've been reading a book called, *Taking the Quantum Leap* by Fred Alan Wolf. In fact my understanding of quantum physics has taken a quantum leap. The thrill of adventure and discovery has dulled my sensitivity to time increments. It has all become a flow, punctuated with a "YES" here and there as my mind experiences its own satisfaction of understanding something once mysterious.

My stomach has interrupted the flow, but it is not enough motivation to leave this room. Like a squirrel I have stashed some nuts and a protein bar in my carry-on. There's also an electric teapot in the room, one tea bag and some containers of real cream. I decide to have some tea and nuts. I decide to be "English" and add cream. This is starting to feel like fun. I'm starting to see what is "right" with this picture even though so much had gone "wrong." (This story is also about lost luggage and 56 hours in the same clothes.

In the *quantum moment* everything is as it should be. We have everything we need, and relax into our being, breathe and trust that we are supported even when we think we are all alone. If we are lucky, there are moments in our life when time stops, boundaries fade away; we experience reason and heart in a dimensionless relationship and we experience oneness with everything. We are surprised and delighted by the experience; we long for it to happen again.

The *quantum moment* for us is like the spacetime of the quantum universe

– the moment before observation forces potential to actualize; it is a cosmic in-breath before the out-breath of our self-expression. The difference that makes a *quantum moment* not an ordinary moment is our ability to notice and take a positive action.

What's "wrong" with this picture is that upon arrival to London's Gatwick airport, and being about 3 am, Phoenix time, and too excited to have slept on the plane, I find that my suitcase took a wrong turn and went to LaGuardia, New York City. I was exhausted from travel but I wasn't worried the morning before. It was 8:00am London time when I discovered it and a very helpful and thorough airline employee had taken the requisite steps to get it to me. According to the flight schedules, we were hopeful that I would see the suitcase by the end of the same day. But it is 2:00pm the next day. I've spoken twice to the airline. The person who had helped me will be gone all week. The new person referred me to the airline that would deliver it to Glasgow from London, but all attempts to speak with someone only yielded an answering machine. This is the third day in the same linen pants and jacket and I am now outraged. I call the airline and leave another message making it clear that I will get a lawyer and make their life miserable if they don't deliver my suitcase to me immediately.

Suddenly, by the grace of a higher power, showered on a higher self, I realize that I have taken a turn, a fork in the road, in the direction of a new experience: "I am wronged and obviously need to go into battle to defend my rights." I have branched off into a totally different future from the one that would have extended from enjoying myself. Perspective is everything!

This unassuming attic room held the potential for any kind of emotional experience that its inhabitant could choose to create. This choice point is the *quantum moment*, not literally of course, because electrons don't have suitcases; but for us it is the point at which we create the qualities that identify us. Sure we have a name, an age, a gender, a country, other miscellaneous identifying marks, but we also have the ability to constantly recreate ourselves by deciding how we are going to respond in any given interaction. Our story is a history of choices based on our expectations.

I feel justified getting into a snit and threatening the airline with legal action if they don't deliver my suitcase right now. I am feeling hopeless and getting no response to my inquiries, so I rightfully assume that I am in

voice-mail hell – the modern day version of Franz Kafka’s book, *The Castle*. But the real problem is that my expectations don’t match what is happening and the discrepancy is so large and so out of my control that my reaction amounts to extremes of frustration. However, if I continue down that road marked “get them, they deserve it,” I will spoil the flow in which I find myself and I will then have to leave the heavenly adventure I’ve found.

The *quantum moment* is a choice point: the fundamental choice is one of bias – negative or positive; do I want to take a positive action or a negative one? The two realities exist at once, superimposed on the moment, as possible choices – I can go ahead and have a good time or choose to have a really bad time. There is no outside pressure on this choice of mine: my identity isn’t entirely public; hardly anyone knows I am here. Only she or he who takes the messages at the airline office knows that I screamed into their phone, was hysterical and belligerent. So either option – the one with a positive bias or the one with a negative bias – is up to this point relatively private.

Noticing that there is a fork in the road and finding the *quantum moment* – an interval for choice – allows us to see that there is more to this situation than the problem. When we go to extremes, we are not in charge of our attention, and we occlude the infinite possibilities of the present. There is a lightness of being when we realize that in the *quantum moment*, we can laugh at the thin line that divides a problem from a new opportunity and enjoy the power of awareness to choose which side of that line we want to inhabit. I realize that my reactions to my reaction are having a bigger impact on me than on whoever picks up the messages at the airline’s office. I decide to antidote the toxic atmosphere I have induced, so I call back, and in my message I apologize for my over-reaction and state that I really want my clean clothes as soon as possible.

The *quantum moment* is about what we choose to put our attention on: the negative or the positive? Do we go with the inherent new opportunities in the “change” from our expectations; or do we resist the change with all the might of our anger and resentment? What we focus on is what we will experience. The event’s content is irrelevant; everybody has been in these kinds of situations. If, however, we check our bias – negative or positive – and respond from a conscious place, all the details will fall into place, but aligned with the orientation we’ve chosen.

What is true for all of us are the qualities that we radiate out into the universe in response to the events in our lives and the impact that has on us and others. We are responsible for the effect we have on the external landscape.

**Change, Eight Lectures on the I Ching, Harper Torchbooks, 1960, Helmut Wilhelm, pg. 18*



*Dorinda Hartson is a Resonance Repatterning teacher and practitioner. She has just started a new program: **Galactic Tweaking Service (GTS) or the GPS for the internal landscape.** GTS is a 15 minute session to clear the "clutter" on the internal landscape of the heart, mind and body. We use a GPS to find our way on the external landscape and GTS to navigate the internal landscape. For more information, Dorinda can be reached at dorindahartson3@gmail.com. Dorinda will speak with Chloe at the Conference.*

GALACTIC TWEAKING SERVICE (GTS) The GPS for the Internal Landscape

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CHLOE WORDSWORTH ON POSITIVE ACTION

Editor's Note: What follows are the original notes of Chloe Wordsworth for her article on Positive Actions in the October-November 2009 Resonance Repatterning Newsletter.



Let's look at a second question in relation to our peaks and valleys image. A student wrote, "I have noticed that a lot of the positive actions are not cost effective: colonics, Swedish bitters, massage, gemstones, to name just a few. How do we do the positive actions that require money? And what if a client does not take the positive action? Do the statements shift back? Does the session become null and void? Also, do we recheck the statements that didn't shift when we see our clients again after they have done their positive action?"

Let's go deeper into what positive actions are all about: When we change our resonance we are actually creating new neural pathways in our brain and body. Dendrites (the little finger-like projections from neurons, which are nerve cells) literally shift their position and connect to other axons (of other neurons). Gradually, as the old neural pathways are used less and less, there will be fewer and fewer dendrite connections activating that pathway, until finally our old patterns simply don't get reactivated any more. As the new neural pathways are reinforced through our new coherent actions, they become our new way of being.

Coherent actions are an essential part of reinforcing new and positive responses, behaviors, and these new neural pathways. Often, just by looking at the session, you will see the kinds of positive actions that will reinforce new neural pathways. These are actions that support the new way of being and usually don't cost any, or much, money: things like communicating, listening, doing fun things with a spouse and family members, etc. However, if as a practitioner you are coming up with expensive actions for yourself, like the gemstones for the ColorYourWorld torch, you can either

muscle check a substitute, or decide if this is a modality/positive action you want to invest in anyway for yourself and your clients.

Strategic Actions

Strategic actions are those that may be needed when there is a particular goal. For instance, if the client has back pain, they may need to see a chiropractor or attend an Egoscue class for re-aligning their joints and spine (see "Pain Free—a revolutionary method for stopping chronic pain" by Pete Egoscue—worth knowing about this important work); If someone has arthritis or other physical health issue they may need to look at what they are eating. For instance, I once worked with a high-powered executive from New York whose hands were crippled with arthritis. Food was the positive action. I suggested that she go on a raw fruit and salad diet for three weeks —no dairy, meat, fish, coffee, soft drinks, alcohol, etc—and see what happened. I didn't think there was any way she would agree to this radical strategic action, considering her work and career pressures. But she applied the same focus and determination that had made her successful to this strategic action, and when she came back her fingers were moving freely and she had no pain at all. No surprise; this is a common cure for arthritis!

The same applies if you have a client with digestive problems or a sluggish liver: their strategic action may be to take Swedish Bitters — a wonderful strategic action. You can have terrible gas pains and indigestion, take a teaspoon of Swedish Bitters in a glass of warm water and bingo! you begin to feel better, sometimes within seconds. It's always good to have a bottle of Swedish Bitters in your fridge — it's worth the money!

So yes, some strategic actions do cost money. But the client, or you, need to see a logical connection between the goal and the action. Strategic actions need to make sense if you are going to spend money doing them. Specific actions may not make logical sense: for example, you are having trouble with a sore toe and your specific action is to do a vision modality or a calming breath.

Actions That Are Not Completed

If a client isn't interested in the action, or they can't afford it, muscle check or talk about something else they can do; or if the action is particularly important, talk about what it is bringing up, or why it feels difficult. This

may bring up other issues that may need to be included in your sessions in order to be resolved.

If a client doesn't do a positive action, they probably don't resonate with it (a session may be needed for this too). For instance, some people simply won't exercise. Our body needs movement for its health. Like water that doesn't move, we too become sluggish physically, emotionally and mentally when we don't move. Many of us could do some significant sessions around this positive action that we tend to avoid!

Null and Void

The session doesn't become null and void if we don't do our positive actions. We have simply missed an opportunity to reinforce a wonderful new coherent neural pathway!

Rechecking Statements that Need A Positive Action

When I had a full time practice I would note the statements from a session that had not shifted their resonance, and the positive action that was needed in order for that change to happen. The next time the client came for a session I would then recheck that statement. If it still hadn't shifted I would then include the statement in the present session.

Clients really appreciate you being on top of things and taking care of these kinds of details. It tells them that you are going the extra mile for them and that you care. (Similarly, I would spend a few minutes looking through a client's records before they arrived for their session. This would often help me make some deeply meaningful connections, perhaps to a dream they once had, or to an earlier problem. Naturally, clients are impressed when you remember pertinent information and are able to use it to bring them a new insight.)

Everything we do is preparation for our own next peak—as a practitioner, as a teacher, and of course, most important, as a human being.

Chloe Faith Wordsworth is the Founder of Resonance Repatterning.



Positive Action Made 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

Welcome to the New Year, 2010. Is this the year you have an intention to complete your Certification? Was it last year and you just didn't quite make the mark?? Good news, you have all the time in the world!

It is never too late! Integrity with oneself is making a plan and working the plan. And when we don't keep a commitment to our selves, say for instance doing a self session today, acknowledge it, and re-commit to another time and stick to it. If this happens quite frequently, you know you have a pattern and the good news about patterns is that you can change them as easily as changing the radio dial. "I have the perfect transformational process for you!" Reach out, ask for help. There are people out there who care and would love to help.

Resonating with positive intentions may align your frequencies, however, to activate the full potential of your intentions, right action is needed. When you resonate both with positive intentions and actions your intentions quickly become your reality. Action maintains the coherence of your frequencies so that, with intention anything can be accomplished. Positive action is about being habituated to a higher energy state, like a new groove in which to think or behave from. Remember the "Butterfly Effect," every action, however small, counts more than you realize and create a system wide effect of great significance.

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Be sure to acknowledge your progress and the actions you have taken. It will help to keep you motivated and on track.

You may also want to re-evaluate your time line for your Certification Journey. Perhaps you expected too much from yourself. Remember, it is a transformational process. It is within the nature of your commitment for "things to come up." Let them. Ask for help. Have sessions. Give sessions. When you are finished with the process, Resonance Repatterning will be a lifestyle to support your coherence for a life time. How cool is that?

It has been a privilege and honor to impart wisdom, knowledge, expertise and inspiration over the last couple years. I am passing the baton to Meryl Chodosh-Weiss, Chairperson for the "certification committee", who will share the responsibility among the committee to write this column. I wish each of you much ease and joy in your Journey, and remember, there is already a Resonance Repatterning® Certified Practitioner within you and you are chipping away everything not that. Have fun!

Editor's Note: Victoria has been writing this column since October 2007 and has chosen to move forward by writing articles for the RPA Journal on other topics. The Editor and RPA Journal Committee thank Victoria for her years of service and contribution to the Certification members. Victoria's encouragement and enthusiasm has definitely made a difference. Please also see the article "Merci Victoria" in this issue.



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"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

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Three Steps to Attracting What You Most Want

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



Everybody talks about the Law of Attraction. You have no doubt heard a friend say “I don’t get it! I have been thinking positively and for a very long time about attracting a guy, who loves me completely and takes care of me..... so why isn’t he here!!!!” Well that’s not the Law of Attraction. Here is the true Law of Attraction: **How I treat myself (and others) is what I get.** If I love myself and take care of myself, that is what I will attract. All of the Wise Ones of the world say the same thing, in one way or another.

Three steps to treating yourself well and attracting what you want include:

1. **Let go.** When you are feeling unhappy, allow the discomfort to be. Allow the feelings to be. Give yourself space. Acknowledge what is happening. Tell the truth. If you try to push those feelings away, if you go numb, and ignore the problem, you will get more of the same. What you resist persists. Appreciate whatever you feel. Grief can be sweet. Anger can be empowering. Welcome your feelings. When you allow yourself to be with

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what you feel, you realize that you don't have to do anything. You can just be. In that way you can let go.

2. **Give yourself permission.** Give yourself permission to do what brings pleasure. Give yourself permission to say no to what feels uncomfortable. We often want to cling on to the old and familiar out of love, loyalty, and wanting to be safe, and wanting to please others. The truth is it makes other people unhappy if we do things just to please them. Things are changing very rapidly now. Now is the time to do something really meaningful with your life. Give yourself permission to do something very good with your life.
3. **Bless yourself.** Give to yourself those qualities and blessings that you want others to give you. If you want to be respected, cared for, and loved, first of all you must give yourself respect, care and love. No one can give you anything unless and until you first give it to yourself.

Recently, I went to a workshop in which the teacher was very critical toward me. She didn't like the way I dressed; she accused me of trying to show off. She repeatedly let me know that she had doubts about my abilities. I took her criticism very personally, I believed her every word. I assumed that she, the teacher, was right and I, her student, was obviously wrong. When I tried to do the work, I had no idea how to improve, in spite of (or because of) all her criticism. I felt useless.

When I returned home, at first I felt insecure and discouraged. I wanted to stop doing this type of work because I was so poor at it. I went to a counselor who told me to stop blaming myself for everything that goes wrong. She helped me realize that I did not have to be so hard on myself. The teacher had a very specific protocol for doing the work. That approach did not always work for me. I was not trying to show off; I was wanting to be of support. I had been abusing myself by accepting all blame, therefore I attracted abuse. Clearly I had not been taking care of myself. My counselor gave me the following statement to read:

Whenever I have uncomfortable feelings from a group of people, or a particular person, supplement, water, place, product, food, I know that I am starting to take bad energy from them.

Whenever I feel uncomfortable with a group of people, or with an individual person, a particular food, supplement, water, place, product, then I will not use or expose myself to that anymore.

I really don't like to feel uncomfortable. I need to face my fears and discomforts and sometimes I run away—to my detriment. This statement was not giving me permission to avoid my pain, rather it gave me permission to give myself space to notice and decide what is best for me and to stop blaming myself—or anyone else, for that matter.

Recently I noticed that some nuts tasted a little rancid. Before, I would have continued eating—out of poverty consciousness. I stopped eating them, giving myself more prosperity. Also, recently I was really angry at a friend. Before I would have been nicey-nice polite on the outside, livid under the surface. Our time together would have been unpleasant for everyone. I gave myself a break to do personal processing, and when I came back, I enjoyed my time with her.

These statements gave me space; space to look what was true for me rather than to take on what I thought my teacher wanted me to be and feel. I gave myself permission to feel all my feelings. I gave myself permission to look at what I really wanted. I decided that I had learned what I needed to learn and did not need to take any more classes from her.

With my newfound sense of space, I was able to realize that she was serving as a mirror for me. Whatever I disliked in her was also something within me that I was not willing to see. I, too, was judgmental—toward myself as well as her. I didn't like her style of clothing, just as she did not like mine. I did not always like her work. I was angry at her for her judgments of me, but I was just as judgmental.

This teacher was giving me the opportunity to see what was hiding within my shadow—the part of me that I do not see. I believed her judgments of me only because I doubted myself first. I wanted her to give me confidence, but only I could give me that. I wanted her to make me whole. I am whole already; that recognition has to come from me. Therefore I decided to practice experiencing myself as complete and whole. It's profound. When I treat myself as complete and whole, I can feel a powerful healing take place. With this little paradigm shift, I walk and feel differently. I say yes and no to what life has to offer from a place of wholeness.

By using my experiences to see into my shadow, it is easier for me to let go of bad guy/good guy judgments. I can't see in someone else something that I don't already know. If I saw her as judgmental toward me, how can I be gentler with myself? If she did not give me support, what do I

need to learn about giving myself support? When I own my shadow, I can experience my true wholeness. I can now bless her and be grateful for what she has taught me. I celebrate her being in my life and showing me where I need to grow. I won't be going back to her classes, however, she taught me a great deal about self respect and I am grateful for her lessons.

Initially I was afraid that if I give myself permission to choose to say yes or no to what is uncomfortable, I would say no to everything and that I would be very lonely. The opposite is true. I am not suggesting that it's OK to run away from your feelings. But sometimes I "run away" by blaming myself, staying busy, and trying to accommodate. Last year I had a job that I really did not like, but I thought that I had to have it to survive. The job has been cut in half this year. I spent a day worrying and crying about it, then I became quite happy. I thought that I had to work a whole lot in order to live. What I learned was to say no to what did not work for me, gave me the space to attract what I did want.

I know that in order to be in a relationship with another person, I must first be in a relationship with what is inside me. True abundance is in giving me time and space to celebrate what I am, what I have learned and what I have created. If I stay busy all the time, trying to be sure I have enough, I am living from a place of poverty and fear. I need time to be nurtured by what I have manifested. Giving myself time to relax and to reflect brings me the wealth of enjoying the fruits of my labors. From that place of abundance, my friendships and enjoyment of what life has to offer flourishes.

It is paradoxical. By letting go of what I most wanted (in this case approval) I was able to give it to myself. I attracted what I most wanted by being willing to let it go.

Where in your life are you not getting what you want? Let go of struggle of fighting against it by being with your sensations and feelings. If you hate your job, feel what that feels like. Give yourself the freedom to say yes to what gives you pleasure and no to what does not serve you. Look for what fills you with joy and gives meaning in your life and invite more of that in your working situation. If you loose that job that you didn't like, recognize your blessings. Celebrate. Let go of fear. The fear will only hold you back from attracting new opportunities.

Allow the true power of attraction to manifest in your life by giving to yourself what you want and deserve. Do this in small ways each day.

Embrace what serves you. Now is the time for all of us to find our path.

Take Care of Yourself. Happy Manifesting!

Sally Herr MA is the owner of New Era Therapies in Portland, Maine. She is a Certified Speech-Language Pathologist, Registered CranioSacral Therapist®, Polarity Practitioner, a Kinesiology Practitioner and Resonance Repatterning® Practitioner. Sally is a Repatterning Practitioners Association board member. For the past 16 years Sally has guided people like you safely and easily into the life of their dreams. Call today for your free 15-minute phone consultation. Start now towards the life you want. Sessions are given in person, or by phone (from the comfort of your home).

Professional Organization Seeks New President and Board Members

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

Board Positions: President and Treasurer

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

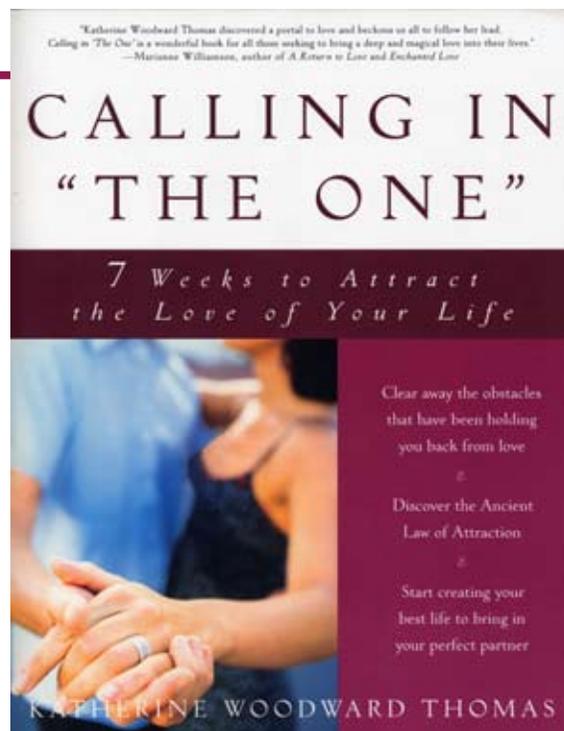
Are you looking for an excellent opportunity to:

- 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 (Eastern time)



CALLING IN “THE ONE” 7 Weeks to Attract the Love of Your Life

BOOK REVIEW

by **Marilyn Hager Adleman**, *Certified Calling in “The One” Coach and Facilitator and Resonance Repatterning Student, Redondo Beach, CA*

What could be a more positive action than to fall in love with yourself as you attract great love into your life? Whether you are single or already in a relationship, *Calling in “The One”: 7 Weeks to Attract the Love of Your Life* is a uniquely powerful approach to deepening your relationship with love.

Much like Chloe’s eclectic scientific and esoteric approach to healing, author Katherine Woodward Thomas presents a rich conversation that melds her many years as a Marriage and Family Therapist with a lifetime of spiritual inquiry. Being a true self-help manual, this book can provide a great adjunct to Resonance Repatterning practices both for ourselves and for our clients. The course work was developed as a direct offshoot of the actual regime that the very determined author used to magnetize her own husband. At age 40 and never having been married, the author realized that if she wanted to have a family of her own, she had better create a new relationship with love.

Pulling from many avenues of popular psychol/spiritual protocol that you may be somewhat familiar with, the structure and rhythm of the presentation offers a compelling approach that is quite accessible, very inspirational, engaging and offers as deep a dive as one is willing to take into transformative self inquiry.

The core principles of the curriculum are based upon three main premises quoted here from the book:

Premise #1. Life is a creative process and our thoughts, beliefs, assumptions, choices, actions, and words are tools that we use to invent our experiences and circumstances.

Premise #2. We have the ability to create circumstances and opportunities in our lives by setting clear intentions and by committing to and living in alignment with these intentions.

Premise #3. When you alter your relationship with yourself, your external world will alter accordingly.

Centered around the format of a weekly theme, 49 daily lectures, sprinkled with candid personal revelations from the author, case studies and inspirational quotes are accompanied by a daily experiential exercise that is intended to deepen each concept through our own personal inquiry.

The process begins with the first week's theme of "Preparing for Love." Week one instills a sense of possibility. Intended outcomes include:

- Opening our hearts, envisioning love fulfilled and putting practices into place that support the vision.
- Generating love everywhere through shifting focus from love as something to get to love as something to awaken to.
- Identifying our needs in relationship with others.
- Embracing the ability to identify how the relationship with ourselves has been mirrored in relationship with others.
- Learning to vision as an experience in the body of what it is to have deep love in life.
- Identifying how we might need to shift our home environment to create a physical space to receive love.

The second and third weeks offer the most intense opportunity for self-examination, as they build the momentum of the course. Week two is centered around "Completions." The exploration includes exercises that have us let go of things that are in the way of love as we:

- Practice forgiveness.
- Break toxic ties with relationships where we give our power away.
- Notice and rethink old agreements and relationship patterns.
- Realize the possibility that emotional wounds might be blocking us from loving as deeply as we can.

During week three we focus on "Healing Core" Wounds by:

- Completing our past in order to manifest the miracle of love in the present.
- Exploring the impact of early childhood experiences on today's relationships.
- Identifying core beliefs.
- Practice taking contrary and generative action when we find ourselves relating from a core false belief.

A nice Release Ceremony ritual is introduced at the end of all of the hard inner work done during these two weeks.

Once we make it through the quagmire of our protective defenses, we are directed to "Set Our Course" in week four. During this week's practices we:

- Envision love abundantly realized from a spiritual and intuitive perspective.
- Create an intention aligned with our life purpose.
- Establish or deepen our relationship with our inner guidance.

The final three weeks fine tune our ability to put new practices into place. In week five we look at "First Things First" by:

- Making a fundamental commitment to ourselves to empower our intention.
- Examining our ability to receive love.
- Looking at our relationship with our bodies and sexual self.
- Exploring emotional intimacy with ourselves to enhance our ability to be intimate with another.

- Checking in on our ability to be comfortable alone.

The focus of week six is "A Life Worth Living." During this week we:

- Practice generosity and forgiveness.
- Examine key elements that make life happy.
- Challenge fears that are blocking love by understanding how attachment is in the way.
- Take responsibility for the quality of our relationships.
- Learn to communicate with the intention of connecting deeply with others by listening with an open heart and speaking from our inner truth.
- See how to grow comfortable with inquiry.

The final week's work wraps up the experience with a flourish as we explore "Living Love Fulfilled." In order to feel a sense of cohesion we:

- Explore the qualities of an enchanted life.
- Examine how to increase the magical experiences we effortlessly draw toward us.
- Allow the forces of love to move through us more and more in ordinary activities of our daily lives.
- Begin the transformation from a "me"-centered to a "we"-centered life.
- Focus on enhancing gratitude as the absolute best way to attract goodness and wonder.
- Begin taking bold risks to actively create more possibilities for love.
- Center and anchor ourselves fully in the vision of love fulfilled in our lives.

In the end, the goal is to have us walk away deeply in love with ourselves, anchored by the realization that the course never really ends, that we have the rest of our lives to further deepen our ability to give and receive love by using the many insights and tools we have gained over the previous weeks.

Although it is possible to garner break-throughs by reading and doing the exercises in this book alone, through readership feedback, the author has discovered the true power of popular transpersonal teacher, Andrew Cohen's, concept of the intersubjective field, and advocates doing the course with a bonded group of others holding a similar intention for love fulfilled or by partnering with a certified *Calling in "The One"* coach.

Just as the Resonance Repatterning process keeps practitioners in constant transformation and growth while it is shared with clients, in the role of a Certified *Calling In "The One"* coach and group facilitator, I have opened and softened as I have guided many through this book, ever expanding my own ability to give and receive love, as well as magnetize goodness in all parts of my life. You can contact me at: <http://www.callingintheLove.com>, 310.844.7548



Calling in "THE LOVE"

How to release your
hidden barriers to love and
become magnetic to your soulmate



Marilyn Hager Adleman
Certified Coach
and Group Facilitator

ARE YOU READY TO EXPERIENCE THE GREAT LOVE YOU HAVE YEARNED FOR?

Whether you are single or in a relationship,
this course offers wisdom and insightful
tools for deepening your ability to love and be loved.

Calling in "The One": 7 Weeks to Attract the Love of Your Life is a uniquely powerful approach to finding love. As a certified coach, I will expertly guide you through this nationally acclaimed 7-week course and support you in identifying and releasing the inner obstacles that have kept love from taking root in your life.

CALL 310.844.7548
or visit www.CallingInTheLove.com



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: Do you have any suggestions about working with groups in a corporate setting?

A: Working in a business setting is different than working with a group on the personal level. While we all know that it's impossible for one to truly leave their personal problems at home—the state of your energy field influences every aspect of your life—there is a certain level of distance and decorum that people expect in the corporate world. As you know, the Repatterning process has the uncanny ability to uncover and transform deeply personal and sometimes very painful life issues. While this may be welcome in a group that wants to do personal healing, a group of corporate executives may not feel comfortable revealing their personal lives in such an intimate way, especially if they've never experienced the Repatterning process. For your first session with this group set the intention to keep the focus on professional issues.

Establish credibility and trust. Have the person who engaged your services introduce you and tell the group why she invited you and how your services can add value to what they are doing. This will help the group

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“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

Certified Resonance Repatterning® Practitioner

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understand what your role is and why you are there. Having their colleague relate this info will reinforce that the company trusts you and this will boost your credibility in the group's eyes.

Introduce yourself, your credentials, how the Repatterning process works and how you can help their team. Make your explanation brief and then as each step of the process unfolds, give just enough information to keep people oriented to the process without overwhelming them with too much technical information. You may want to ask the group if they've ever heard of the principle of resonance or the Law of Attraction, just to gauge how frequency-savvy the group is.

As for the muscle checking, you can be the proxy for the group, rather than having a member of the group be the proxy. This way you can get right into the process and you won't have to spend too much time teaching the use of the muscle checking indicator tool.

Get yourself ON for keeping the session simple, practical and relevant to what the group wants to accomplish. Once you get the basic information on what the team is working on then you can focus the Repatterning process to switch them ON for their vision and goals. Rather than doing a straight-up traditionally structured Mandala process, use the elements of the Resonance Repatterning® process to help the group create the Repatterning that they need. For example, if the group has three specific goals that they want to accomplish focus the Repatterning process on one or more of these goals. Then do modalities to bring the group into resonance with their goals.

Continue by using a modified version of the Intention for a New Possibility. Ask the group why this goal is important. What will happen that's positive for the group, for the corporation as a whole, and for their customers once this goal is achieved? What are some of the challenges the group might face in achieving this goal? How do these challenges make them feel? What resources and skills will the group

need? What are some of the things they will need to do to overcome these challenges?

Use the group's answers to create positive intentions and negative projections and then do more modalities to turn their resonance ON for the positive and OFF for the negative. Rather than saving all of the modalities until the end of the session you can intersperse them throughout the session so that the group stays energized and engaged.

Certified practitioner Gail Glanville says, "You can easily do these steps with a group, and don't have to carry in all the Repatterning books. I've found this is a great Repatterning exercise in any group situation." Gail has extensive experience using the Repatterning process in corporate settings and founded www.ChangeBistro.com (gglanville@cox.net).

Choose in advance which modalities you want to use with the group. Make sure that the modalities are easy for you to teach, easy for them to understand, and that everyone in the group can do them. This way you will have a focused list of possibilities and you will be prepared to give a short explanation of why the modality works.

Steer clear of some of the more esoteric modalities. For example placing a tuning fork on a point on a meridian chart, or having one person wear the Color Filter Lenses for the group opens up questions about the proxy process and this may be too "mysterious" for their first session. In contrast, most anyone can do cross-crawls and you can tell the group that when they do this movement they are integrating their two brain hemispheres and creating new neural connections, which helps to bring clarity. This is something that they can do even while sitting at their desks when they need to boost their energy or clear their minds.

These are just some suggestions for you to consider. Ultimately you, as the practitioner, will gauge the group and proceed according to their needs, what they want to accomplish and the time allotted. In

future sessions you can take them deeper into the Repatterning process. They will be amazed at the positive changes they experience in their professional lives — and in their personal lives!



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



GRACIAS, MERCI AND THANK YOU TO VICTORIA BENOIT

By Sally Herr, Resonance Repatterning Practitioner, Portland, Maine

After five and a half years on the RPA Board of Directors, Victoria Benoit announced last meeting that she has decided to resign from her position as Board Repatterner. Victoria has given amazing service to the Association. She has participated in many aspects of our association. I have greatly appreciated Victoria's enthusiasm and willingness to serve when needed. Many a time the board felt stuck around an issue and Victoria led us through a repatterning and the problem was miraculously solved.

Sally: Victoria, what has serving on the Board been like for you?

Victoria: I felt I really made a difference in a cause greater than myself. I knew I was making a contribution in an area so dear to my heart, the Resonance Repatterning® community. My ideas were heard and very often implemented. The connections I developed over the years with the other powerful, dedicated, committed and supportive women have greatly enriched my life. I felt part of a team. I am proud of and am honored to have led the Repatternings for the Board for the past five years. The Repatterning Practitioners Association is possibly the only organization in the entire world

that does Repatternings to support their Board members to do their job efficiently and coherently. I felt I was really helping. It's been very fulfilling. I am also pleased that during my time on the Board, I have been the only Board member that is also a teacher. I feel that it is highly important to have a representative of the Resonance Repatterning Institute on the Board and am hopeful one of the other teachers will come forward for this opportunity to make a difference.

Sally: What's next in your life?

Victoria: I plan to expand my practice and create workshops on healing families. I am taking my "Heal Your Birth Journey-Heal Your Life" healing workshop to others parts of the country so I can go to the RPA members in order for them to receive CEU's, rather than them having to come to me. The workshops have been extremely healing for those attending and very rewarding for me. I will also continue to teach Resonance Repatterning from Empowering through Chakras.

On a more personal note, I plan to join the choir at church, play my flute, and continue to dance. I am considering doing country dance competitions and do some belly dancing. Travel is a part of my lifestyle and this year I plan to go to Fiji and back to Belize. What makes this all possible is that Resonance Repatterning has become a part of my life style, which I am eternally grateful for.

Sally: Will you continue to serve the RPA Community?

Victoria: Yes. I plan to continue to write articles for the Journal every quarter, and will remain serving on the Branding Committee and World Peace Hologram Project. On February 27, 2010, I will be facilitating a Tele-class on "Restoring Balance and Harmony Before the First Breath of Life", for members of the RPA for CEU's. I will thoroughly train the next Board Repatterner so the transition is smooth and flawless. I always like leaving places better than when I came. It's a part of my nature.

Sally: What is something no one knows about you?

Victoria: Before doing Resonance Repatterning, I worked for eighteen years doing ultrasound scanning on pregnant women. Then one day, I completely lost the use of my right arm and even had to learn to write left handed. I lost my career and was on workman's compensation for many years. Then I went to Chloe and, through Resonance Repatterning, I got the courage to stand up for myself. I asked for what I needed and wanted and through

Vocational Rehab eventually became the first person in the state of Arizona to get a master's degree paid for. I got my masters degree in counseling in 1993 and while I was doing that I was taking Chloe's seminars. I was so impressed with the results I was getting both personally and with clients that I became certified as a practitioner in 1994 and in 1996 I became a teacher and opened the "Center for Extraordinary Outcomes." Once I chose to take my injured arm with me in life rather than my arm 'being' my life, I could move forward with my dreams and goals. I found the gift in the problem. I now have full range of motion with my arm and no pain!

Sally to reader: Victoria has served in many aspects of the Association. She began by serving on the Certification Committee in 2004. During that year, the committee met every week to create the current certification manual. She then became a member of the Board of Directors in 2005. She became the first and only Repatterner for the Board. In that capacity, she has lead orientations and closings for each meeting, and does monthly repatternings between meetings for the Board members. She is currently on the Branding Committee and is doing the final proof reading for the Ethics Document. She was on the Virtual Conference Committee last year and this year is the chair person and is hosting our annual conference. She has done a lot for the Continuing Education Committee. She facilitated two tele-study groups for students moving forward in their certification journey. The first one was in the spring of 2006 for eight weeks and the other one in the summer of 2006 for 10 weeks. She then facilitated a 10 week 'Practitioner Mentoring' series in 2007. Also in October of 2007, she started writing articles for the RPA Journal's "Certification Corner" and will now hand over this responsibility to the "Certification Committee." She was interviewed for one of our Radio Casts in 2008. She has participated as a facilitator in the World Peace Hologram Project for the past 3 years. Victoria has also led several Board meetings this past year. This is only a portion what she has contributed to the organization. Victoria, it has been a pleasure to have served with you on the board. I and all of the board members are very grateful for all that you have done. I look forward to our continued collaborations.

Sally Herr MA is the owner of New Era Therapies in Portland, Maine. She is a Certified Speech-Language Pathologist, Registered CranioSacral Therapist®, Polarity Practitioner, a Kinesiology Practitioner and Resonance Repatterning® Practitioner. Sally is a Repatterning Practitioners Association board member.



Nifty Websites for Your Resonance Repatterning® Business

By **Sally Herr**, Resonance Repatterning Practitioner, Portland, MA
with website additions by Marilyn Hager Adleman, Redondo Beach, CA

Want to have more skills and resources for free? You don't even have to leave your home. The internet is full of information. That is an understatement! Here are some of my favorite sites:

Advertisizing:

www.helpmybusiness.com. Andrew Lock gives weekly web TV shows in which he describes how to "get more done and have more fun." He has very helpful marketing ideas each week.

<http://www.gotbiz.tv/> is also created by Andrew Lock. There are a variety Web TV shows presented by a number of marketing advisors. The episodes stopped being produced in in November, 2009; however, the ideas are great. I especially liked the funny, "Bad for Business" series.

Education in the Field:

RadioCasts, Web TV, Webinars are a great free way of learning the latest research and getting to see and hear interviews with the great minds in our field.

Some of my favorites are:

<http://www.consciousmedianetwork.com/home.htm>. Their mission is "To educate the global community with crucial information that will develop empowered and responsible individuals." Regina Cantina interviews with innovative thinkers. She also offers a list of various resources including blogs, movie trailers, YouTube videos, etc. Although there is a \$5.00 membership fee, most of the site is free.

Want to learn more about Five Elements Acupuncture? Acupuncture Webinars are a great place to learn. One Acupuncture website is TCM TV, or <http://healthstream.tv/>. Not all of the webinars are on Five Elements, however many are. The target audience is acupuncturists. For me, it was like listening to French, I don't understand everything that they said, but I enjoy listening to it.

Some of Marilyn's favorites are:

Women on the Edge of Evolution

Join Claire Zammit and Katherine Woodward Thomas (<http://www.NewFemininePower.com>) who are hosting a free conversation series with leading international female spiritual luminaries, thinkers, artists and agents of change, as they discuss the role of women in creating the future of our world at: <http://www.WomenOnTheEdgeOfEvolution.com>. Archives of previous lectures are also included on the site.

Integral Enlightenment

Craig Hamilton, founder of Integral Enlightenment, an organization that explores living life through the viewpoint of Ken Wilber's Spiral Dynamics, is presenting an 18-part free teleseries featuring a vibrant group of luminaries who are helping to usher in the dynamic new spiritual worldview known as "evolutionary spirituality." Entitled "Awakening the Impulse to Evolve: The Birth of Evolutionary Spirituality," presenters include Brian Swimme, Ken Wilber, Jean Houston, Andrew Cohen, Deepak Chopra, Peter Russell, Barbara Marx Hubbard, Michael Dowd, Duane Elgin, Terry Patten, Connie Barlow, Claire Zammit, Marc Gafni, Elisabet Sahtouris, John Stewart, Michael Beckwith, and others. Archived lectures will be available to download after the lecture is presented. <http://evolutionaryspirituality.com/>

Resonance Repatterning Tools:

Want to know what the latest trends are so that you can create a repatterning on what's current? Go to Google Trends, <http://www.google.com/trends> for the latest trends.

You have given your client a positive action but they are not sure that they will be consistent with their goal? Go to <http://habitforge.com/account>. For free your client will get a reminder regarding their goal.

Speaking of goals, Barbara Sher, author of *Wishcraft* and *I Could Do Anything if Only I Knew What It Was*, has a website called <http://www.shersuccesssteams.com/>. The focus of that website is idea parties. It is a group meeting which focuses on goal setting. I have interwoven this technique with Resonance Repatterning to support people in not only setting goals, but to resonate with them also.

Want to know how to better support the distressed client? Chloe talks about a "Felt Sense" in her book, *Quantum Change Made Easy*. Eugene Genlin was the philosopher who came up with that concept in his work called Focusing. His techniques are straightforward and easy to incorporate into any session in which you want to support the client in embodying their process. Although there are several good websites on Focusing, I suggest going to www.focusing.org. The webpage that describes the six steps of the technique is: <http://www.focusing.org/sixsteps.html>.

Because Chloe uses Astrology in her work, I will also add a website that discusses Astrological Trends. In the website, <http://blog.beliefnet.com/astrologicalmusings/>, the author, Lynne Hayes, in plain English, Lynne describes current events from an astrologer's view point. She talks about the effects of current astrological transits and how one can use them to empower one's life. When I am asking myself what challenges my clients might be experiencing, her insights give me clues.

What websites help you get your business done? This is your opportunity to share with others what works for you. Contact me at sally@sallyherr.com.

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



Depression and the Five Elements

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

The following article is part of a series discussing depression and the five elements. This Journal has Water Element. Wood Element was covered in the May 2009 issue and Metal Element was in the November 2009 issue.

Depression in today's modern society is all too common. Even among people who have a rich spiritual life, and may normally be very happy, this state of dis-ease can occur sometimes without warning. Depression is defined in Dorland's Illustrated Medical Dictionary 30th ed.(2007) as "a mental state of altered mood characterized by feelings of sadness, discouragement, and despair." This entry goes on to describe medical conditions such as major depressive disorder, and schizophrenia that may include depressed mood as part of the diagnosis. This definition accurately represents the basic idea of depression and helps us understand why the modern health care community seeks to find solutions to this sometimes crippling disorder.

Many people who have "depression" often have physical manifestations of pain as if their emotional pain becomes physical pain. Many of the solutions such as medication, or traditional talk therapy are somewhat limited in how much

they help the clients we meet. People often say that medication only takes the edge off, only helping them be a bit more functional while others state that therapy only drags to the surface whatever the problem may be and doesn't really resolve it. All forms of the healing arts have their place and the intent of most health care practitioners is to benefit the client, thus many have received great benefit from medicine and therapy. As Resonance Repatterning® Practitioners though, we are excited that we have a more lasting solution and a way to resolve these issues in a quick and painless way. Often in actuality, a combination of Repatterning with modern medicine and traditional therapy can yield phenomenal results that exceed what any single healing modality could accomplish alone. For some, Repatterning is the therapeutic modality that unifies all other therapies and provides relief and resolution to past issues in a lasting, noninvasive way.

As Repatterning Practitioners, we see depression through the eyes of frequency and energetics, and from a variety of perspectives not only addressing the chemical makeup or anatomical structure. Our Transforming Meridian Patterns book gives us huge insight into the patterns behind different elemental types of depression. This series of articles will discuss the basic type of depression caused by a specific elemental imbalance. While these articles will discuss each element separately, keep in mind that rarely is one element out of balance alone. Clients will typically have a combination of elements either controlling (K'ō cycle) or feeding (Shen cycle) the primary imbalance. These other elements may also need to be addressed to effect lasting change in your client. Any suggestions as to how to support the given element are also just that, suggestions, and as usual, we will muscle check for what is most appropriate in providing for the unique needs of our clients. In addition, since depression is typically a disorder of the system that comes on gradually over sometimes a long period of time, it may take some time and daily modalities to maintain an uplifted mood and sense of well being.

Water Element and Depression

When astronauts are in space and look down on our earth they are awed by what they call the "jewel" – our earth. The brilliant blue color they see is due to the fact that the earth is predominantly water on the surface. In fact scientists agree that water is a characteristic that makes our planet unique. In nature water exists in three states – solid, liquid, and vapor. This

illustrates the positive quality of adaptability associated with the water element. In the solid form we see water in the form of ice and snow. When we think about solid water from the standpoint of the five elements, we see the positive qualities of crystallization and preservation. Scientists have found animals and primitive humans perfectly preserved in glaciers and blocks of ice that are thousands of years old. In the book *The Hidden Messages in Water* we see the beauty and structure created when water freezes. Power can also be seen by what glaciers have created such as the fjords in Norway – deep crevices where ice cut through rock formations. In the winter, after snow has covered the ground, there is often a sense of profound stillness and waiting. Winter is also the time for hibernation – recharging energy – in the animal world.

Water's power can also be seen in the liquid state in the form of rivers and oceans. Rivers have so much vital energy in their constant flow that electric companies sometimes use this power to create electrical current that helps power cities. Oceans also reveal the positive qualities of depth and clarity. When water's power manifests in the liquid form, massive destruction can occur in its wake if it is uncontained. This immense power can be seen in the form of an oceanic tidal wave. All primitive cultures recognize this power in that they all tell a tale about water and the destruction of the world at some point in history similar to the Biblical Flood. Water generally stays within clear geological boundaries.

On the molecular level, water is considered a "universal solvent." Clarity can be lost as water tries to dilute and dissolve anything it comes in contact with. Liquid water, due to the molecular structure and how the hydrogens want to bond to the oxygens in other water molecules, forms a tight network on its surface and actually holds the molecules together. This surface tension is seen in how a drop of water holds together as it falls, thus another coherent water quality is cohesiveness.

Water exists in a third state – vapor. This state is what makes up our atmosphere and forms clouds. Water vapor acts as an insulator in clouds so that electrical charge can be contained. Steam is very hot water vapor that happens when water is at its boiling point. Water vapor is important in maintaining moisture in the respiratory tree so that oxygen can be absorbed and carbon dioxide released.

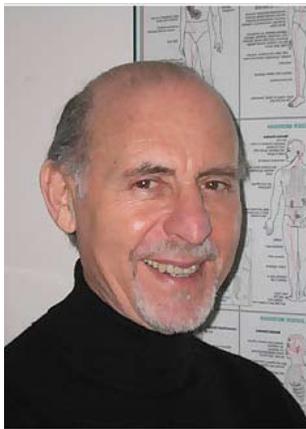
When it comes to Water Element type depression, this can be a very deep state of sadness. Fear and disempowerment hold this type of depression in place and may make it incredibly difficult for the client to seek and receive help. These clients can literally become frozen in their lives unable to see a way up from the deep dark hole they are living in. With these clients, close watch is necessary since there is a strong tendency toward suicide when the water element is so out of balance. These clients may feel completely depleted in their energetic reserves and also their financial reserves. Honesty and truthfulness also define the water element and in its depressed state, there may be something the client is not facing that they need to be completely honest about.

When balancing this type of depression, it may be helpful to provide the client with support for the kidney and bladder meridians. In a physical way, the client needs to be aware that they must consume enough pure water to help replenish this element and keep the kidneys and bladder free and clear. Since metal feeds water, working on the metal element may provide support and stimulation to the water element. Since water is the universal solvent, if water is depleted, the client may need to ensure adequate mineral intake, including salt, since these reserves can also be depleted if water is. Modalities to increase lymphatic flow may be beneficial to help increase flow. Essential oils such as Lavender, lemon, orange, sandalwood, and wintergreen may offer some support particularly if used in conjunction with daily high energy water element statements.

IT'S NOT YOUR FAULT

by Michael Fisher

In the movie *Goodwill Hunting* Matt Damon plays a brilliant angry young man who has a history of violence and has been bound over by the court to a psychotherapist played by Robin Williams. In the pivotal scene towards the end of the movie the psychologist and the boy are standing, facing each other, and the psychologist says, "It's not your fault." After a pause, the boy responds and the following conversation ensues:



"I know"

"It's not your fault....."

"I know....."

"It's not your fault....."

"I know....."

"It's not your fault....."

"I know....."

"It's not your fault....."

The boy suddenly pushes the psychologist. "Look man, don't Fxxx with me!"

"It's not your fault..... It's not your fault....."

With this the boy breaks down and grabs hold of the psychologist and sobs in his arms. Again the psychologist says, "It's not your fault."

This scene never fails to create an emotional response from the audience, because they know there has been a breakthrough in what the character has been resonating with all his life, "It's my fault."

In the crucial formative years during a child's growth at a physical, mental, emotional, spirit level, from in utero, the birth process, and up to the age of eight, whatever positive or negative influence the child has learned will stay with him/her for the rest of his/her life. Up to the age of eight everything is related to "self." The child is more attuned to the right hemisphere of the brain. After the age of eight we learn to integrate the left/right hemispheres of the brain and learn how to discriminate and become more analytical (an ability only given to the human specie as sentient beings).

This early preoccupation with "self" has profound implications in our

relationships, especially with our parents. If a small child sees his/her parents having an argument or worse, it immediately becomes "my fault" because everything is about self. This is followed almost automatically by "I'm not worthwhile" or "I'm not lovable."

This will play out in a number of scenarios. If parents go out for a couple of hours without explanation and leave the child on his or her own, there is separation anxiety and what follows is "it's my fault," "I'm not worthwhile," "I'm not lovable." There are many other scenarios and, during the course of a session of Resonance Repatterning, they come up over and over again. The child in the adult still resonates with these messages and it plays out in his life with an inability to bond appropriately with the opposite sex, health issues, anxiety, abandonment issues, in fact right across the whole spectrum of human behaviour, often with disastrous results; for example: drug and alcohol abuse, or sexual addiction, as a result of low self-esteem, all in an attempt to anesthetize themselves against life.

In his article "The Power of Belief," Peter Sheppard states, "Our beliefs strongly influence our behaviour. They motivate us and shape what we do. Beliefs are our guiding principles, the inner maps we use to make sense of the world."

This can of course be a double-edged sword.

He goes on to say: "Beliefs come from many sources – upbringing, imitation of significant others, conclusions as a result of past traumas and repetitive experiences."

Chloe Wordsworth, in her Introduction to Belief Repatterning, writes:

"It is not necessarily the painful past experience itself that creates your present pain or difficulties. Resonance with old life-depleting beliefs that are associated with highly charged feelings, create much of the pain and limitation experienced in the present."

This becomes apparent when we are witness to the scene described above in Goodwill Hunting.

Wordsworth goes on to say, "The beliefs that are identified may not make logical sense to you. In fact you may not even be conscious that you have such life depleting beliefs. This is because such beliefs are responses to specific situations from your infancy and childhood. What is important is to identify your resonance with the infant or childhood beliefs, so that this resonance can be transformed."

"It's not your fault." "I know." "It's not your fault."

"It is also possible that a life-depleting belief is a generational pattern that has been inherited."

Peter Sheppard states: "When we believe something we act as if it is true..... this makes it difficult to disprove; beliefs act as perceptual filters. ... Unless we can truly forgive ourselves, we can never really move on and be free of the past."

That is why it is essential that we erase the program that we have resonated with for so long.

It's my fault – I'm not worthwhile –I'm not lovable.

It's not your fault.

Michael Fisher is a longstanding certified practitioner and teacher of Resonance Repatterning. In order to experience a session of Resonance Repatterning. Currently, Michael is doing phone-in sessions with clients in England, Switzerland, United States, and Canada. More information at: www.healthy-life.ca.

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



Teleseminars in 2010

Compiled by the Continuing Education Committee

Practitioner Marketing Toolbox: Web Tools to Support Your Healing Business

Description: This class will focus on “How to” create structure 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 position you nicely to expand your practice this way! Six session class will meet bi weekly. Up to 8 CEU’s available for marketing.

Number of CEU’s: 8

Note new start date for class!

Classes: 6 Wed’s, Feb. 3rd, 17th, March 3rd, 17th, 31st and April 14th
7:00PM - 9:00PM EST

Cost: \$225.00

About Carolyn

Past President and active volunteer behind the scenes since 2004; full time practitioner since 1997; driven to make Resonance Repatterning accessible via the web; loves serving groups with custom online interactive

group repatterning. Collaborated on the open source www.NunKarma.com repatterning. Suffers an inner conflict between serving others and quilting.

Email: carolyn@lighttravels.com

Phone: 416.763.6306

Restoring Balance and Harmony Before the First Breath of Life

Description: If you are interested in learning more about what happens at each trimester within the nine month gestational period, this teleseminar is for you. This information can assist you when you are doing the Earlier Experience Repatterning or the Birth Process Repatterning with your clients so balance and harmony can be restored 'Before the First Breath of Life'. We will do a short repatterning. To prepare for it, take some time to think about how you would have liked your birth to have been.

Number of CEU's: 2

Cost: \$75.00

Dates: Saturday, Feb. 27th, 12pm–2pm EST

About Victoria:

Victoria is committed to helping you live a life you love - a life where you can hardly wait to get up and one that is overflowing with love, joy, passion and fulfillment. She has been a Certified Resonance Repatterning® Practitioner since 1994 and Teacher since 1996. She is a Professional Counselor and has used Resonance Repatterning®, rather than psychotherapy, with her clients for the past 16 years. She is available for in-person and phone sessions for individuals, couples & groups.

She opened the "Center for Extraordinary Outcomes" in 1996 and has a successful fulltime practice and teaching schedule which continually inspires and fulfills her. She has served on the Certification Committee for the Repatterning Practitioners Association and is currently on the Board of Directors providing Repatterning for the Board members as well as writing the "Certification Corner" articles for the Journal.

Out of her passion and commitment to help people achieve their goals

and dreams, she developed her 'Heal Your Birth Journey-Heal Your Life' Workshop, which clears unconscious patterns from conception, through the gestation and during the birth journey. She has been leading this workshop for over two years and has made a huge difference in the lives of many.

Victoria is available for in-person and phone sessions for individuals, couples, groups, families and businesses.

Contact Information:

Victoria@ExtraordinaryOutcomes.com • www.ExtraordinaryOutcomes.com

Phone: 602.864.7662

Quantum Healing Codes

Description: The Quantum Healing Codes are based on the idea that there exists a predictable geometric pattern behind all matter, reflecting the principle of sacred geometry that mathematical ratios are related to musical and harmonic laws governing the universe. Psychologist Carl Jung believed that the contemplation of such symbols or primal archetypes, specifically the mandala image, have a significant impact upon consciousness. During Stephen's teleconference, he will approach the explanation of sacred geometry through the ancient Chinese cosmic patterns of the 'Lo Shu' taken from the tortoise that emerged from the Yellow River with a strange array of patterns displayed on its shell. This pattern is similar to the magic squares found in Albrecht Dürer's famous etching, Melencolia I, and popularized by Dan Brown's The Lost Symbol. Stephen will show how these patterns create the interlaced tetrahedron or the Star of David and how the harmonics of the Quantum Healing Code emerge to create this identical pattern, which is the fundamental construct of matter and thought. The understanding of the dynamic relationships between sound frequency and their equivalent geometries will enhance the Resonance Repatterning practitioner's use of the Quantum Healing Codes within the context of a session and beyond.

Number of CEU's: 2

Cost: \$75.00

Date: Saturday, March 6th 12pm-2pm PST

About Stephen M. Linsteadt

Stephen M. Linsteadt is a painter, writer, and scholar of ontology and consciousness. He has studied Eastern philosophy for over thirty years and has traveled to India to learn and gain experience about the spiritual path. Stephen is the co-author of *The Heart of Health; the Principles of Physical Health and Vitality* (Truth Publishing Co.). He has published articles on health, consciousness, and emotional well-being in various health related magazines and is a contributing writer for an international spiritual magazine.

Stephen is a past member of the Resonance Repatterning Council, and has studied and practiced Resonance Repatterning since about 1994. He is the developer of the Quantum Healing Codes and the Scalar Heart Connection CDs as well as the founder of NaturalHealingHouse.com and GlobalAlchemyForum.com.

Stephen's latest book, *The Book of (St.) Stephen: Jung's Secret Quaternio for the Modern Living Alchemical Myth*, embraces Carl Jung's concept of the living alchemical myth as the fundamental stepping-stone that will lead us to the imperative recognition that there is one earth and one global community – where West meets East. This book is the foundation for The Alchemy Project (www.TheAlchemyProject.com), whose mission is to share those stories, poems, random thoughts, inspirations, and images that bring greater awareness and insight to the rediscovery of our unity with each other and with the animating Spirit of Nature.

Stephen holds a doctorate degree in Natural Medicine – the subject of his dissertation was psycho-neuro-immunology. He has a bachelor of fine arts degree and studied painting at the Massachusetts College of Art (www.StephenLinsteadtStudio.com). Stephen's artwork has incorporated his study of Cosmology, Quantum Physics, Gnosticism and the archetypal symbolism of Carl Jung. He has exhibited in galleries around the country. Stephen has lectured extensively on the subject and created and conducted workshops in the area of physical health and emotional/psychological well-being.

Email: rpa@RPAMembers.org

Phone: 866-300-5243

**AND COMING UP NEXT IN THE SPRING AND FALL!
(see next page)**

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.*

Date: April 10th, 1pm-3pm EST

Cost: \$75.00 2 CEU's

Health

Resonance Repatterning modalities change resonance at the electron level of physiology. Increase your knowledge database of how repatterning works at the cellular level which thus makes room for new brain-nerve pathways of greater coherence. *Facilitated by April Smith-Gonzalez.*

Date: May 1st 3pm-5pm EST

Cost: \$75.00 2 CEU's

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.*

Dates: September 11th and October 2nd 12pm-2pm

Cost: \$150.00 4 CEU's

All teleseminars will be recorded and sold at the RPA webstore.

Register for all teleseminars at the RPA website:

www.rpamembers.org

Contact Karen Kent, Chair CEU committee 609-716-8700



WORLD PEACE HOLOGRAM

ON THE MOVE AND TAKING ACTION

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

If you haven't taken a look at <http://www.worldpeacehologram.org> you are missing some moving and shaking positive action for creating inner peace on the planet. Responding to immediate need for intervention at the energetic level in regards to the earthquake in Haiti, a response team was rallied to work daily for two months with volunteer Resonance Repatterning sessions.

In the wee hours of the morning of January 16th, Carolyn Winter lit the fire setting up web pages on the site. Still in our pajamas, we started working to get people on board with Wordpress pages, letters to participants, social media announcements, and protocol. Gail Glanville created a resource statement list for updating by participating practitioners as news broke regarding the situation in Haiti. In this time of shock, grief and traumatic aftermath, World Peace Hologram is supporting individuals, groups and collaborative efforts.

Add your name to the participant list here:

<http://www.worldpeacehologram.org/RepatterningHaiti.asp>

The project is underway with a goal of two months of sessions from certified practitioners to help rebuild and support Haiti through the end of February. We invite you to take part, if you are moved to give a session, and share session notes at the Wordpress blog.

Sign up here: <http://worldpeacehologram.org/Practitioner/eventlist.asp>

Keep the conversation going at <http://www.worldpeacehologram.wordpress.com> to report where you are seeing subtle energy change matches from repatterning statements. Please add your input.

The first quarter of **The Journey to Peace Project** begins on January 26th with the inspired work of practitioners including Laura Frisbie in January, Sally Herr in February, Gail Glanville in March and Carolyn Winter in April. Check out the calendar to see topic details here: <http://www.worldpeacehologram.org/Feature.asp>

Take a look at the monthly pages with recorded peace reflections with modality activations, session notes and positive actions. The website has literally been reinvented through months of restructuring.

Take action to support this project's continuing journey through purchasing **The Journey to Peace Journal** for a personal, reflective peace journey. By recording shifts from inner conflict to inner peace, this journal will help expand and deepen your awareness, personal and relationship coherence.

Your purchase of the journal does more than strengthen internal harmony, it also helps the continuing efforts of volunteers on this project who spend countless hours per month.

Purchase the Journey to Peace Journal here: <http://rpamembers.org/wphjournal.htm>

Want to join World Peace Hologram's Lead Team?

We need a Web Administrator to help with updates into the upcoming years, ongoing customer service people to help practitioners with web skills, and people savvy with blogging and social media venues to keep conversations continuing into the future. We are looking for people who are inspired and dedicated to keep the journey going!

Write to Kimberly Rex, World Peace Hologram Chair at kimberlyrex@worldpeacehologram.org with your interest, or questions regarding Help for Haiti, Impromptu sessions, or The Journey to Peace. Journal and Project.



Kimberly Rex, MS is a Certified Resonance Repatterning and Person-Centered Expressive Therapist. She serves as the Board Chair for the World Peace Hologram program. She works with clients by phone and in-person at <http://windowstotheheart.net> and can be reached at (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.

2010 WORLD PEACE HOLOGRAM PRACTITIONERS

JANUARY: Personal Creativity, Sustainability and Resilience /
Global Creative Initiative for heart centered outcomes.
(Example on the global sphere: Doctors without Borders)

Laura Frisbie laurafrisbie@charter.net (828) 337-5845

FEBRUARY: Relationship Issues/Coherent Relationships
among Countries

Sally Herr sallyy@maine.rr.com (207) 879-6007

MARCH: Life and Career Purpose/ Global Economy
based on humanity's collective needs

Gail Glanville gglanville@cox.net (401) 423-2480

APRIL: Managing Life with personal balance/Managing World
Resources (water, food, trees, fuel): Earth Day

Carolyn Winter carolyn@lighttravels.com

MAY: Personal Abundance & Money/World Economy:

Ellen Shapiro: ProsperityCoachLN@gmail.com (505) 473-0969

Victoria Benoit: Victoria@ExtraordinaryOutcomes.com
(602) 864-7662

JUNE: Belonging & Family Ties/Tolerance

Carin Block: carinblock@gmail.com 52 77 73 11 24 96/

Alicia Balderrama: aliciabc@prodigy.net.mx

52 77 73 26 03 78

JULY: Self-Esteem/ Cultural Unity within Diversity:
respect for all cultures and religions

Sharon Mayo: icanrun19@msn.com (505) 238-9750

AUGUST: Four Agreements: Don Miguel Ruiz/
World Code of Ethics

Kathy Joblin: kathiejoblin@rogers.com tel: +44-1463-236498

SEPTEMBER: Safety and Security/International Conflict
Resolution and Peace Initiatives

Kimberly Rex: krexinbell@aol.com (360) 739-0162

OCTOBER: Gender/Child/Elder/Human and Species Rights

Victoria Benoit: Victoria@ExtraordinaryOutcomes.com
(602) 864-7662

NOVEMBER: World Legacies: What are we personally creating
for our children and our families? What are we creating for our
planet and future generations?

Karen Kent: windsorholistichealth@gmail.com
(609) 443-8039

Quiana Grace Frost: iliveingrace@yahoo.com
(612) 910-4454

DECEMBER: Personal Community/World Interdependence

Ray Iasiello: ray@rayiasiello.com (617) 739-8455

SAVE THE DATE

2010 Virtual Conference

February 20 & 21

Key Note Speaker: Chloe Faith Wordsworth

Current Topic: What Makes Extraordinary Change Possible



The World Peace Hologram Journey to Peace Journal Take the journey of a lifetime in 2010 at World Peace Hologram.

With fourteen (14) Resonance Repatterning© sessions designed to deepen and expand the horizons for your experience in the world, you'll travel to inner landscapes while expanding the experience of peace in the world.

The Journey to Peace Journal is your transformational travel guide for 2010 to process and integrate new awareness and intentions for peace.

Your journal includes guided activities for 14 Resonance Repatterning© sessions offered by practitioners from all over the world. The peace reflections, meditations, and integration process in this journal will support you.

Easy to download as **pdf file** from your computer, you can simply hole-punch to keep in a binder. Display the beautiful poster cover painted by internationally acclaimed artist, **Rob Schouten** as a reminder of your journey. Spend time with the sessions at World Peace Hologram in the comfort of your own home to expand and deepen your personal process.

Get The Journey to Peace Journal for only \$15.00 here:

The Journey To Peace Journal
\$15.00

Purchase securely with



Click here for secure credit card payment form

volunteer efforts at World Peace Hologram
(<http://www.WorldPeaceHologram.org>) Thank You!



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