



The RPA Journal

A publication of the Repatterning Practitioners Association





M A Y 2 0 1 0 A R T I C L E S

RPA Board Retreat: March 2010 3
by Karen Kent

Finding Meaning in Life 6
by Sally Herr, M.A.

What's Mom Got to Do with It? 10
By Laura Frisbie, M.Ed.

Certified Practitioners Links. 12

Gracias, Merci and Thank You to Ellen Shapiro 13
by Victoria Benoit, M.C.

Gracias, Merci and Thank You to Kimberly Rex 16
by Sally Herr, M.A.

Teleseminars in 2010 19
Compiled by the Continuing Education Committee

RPA Journal Themes for the Year 21
by Sally Herr, M.A.

Certification Corner 22
by Meryl Chodosh-Weiss, MA, MSW, LCSW

Practitioner Interview: Robyn Nielsen 24
by Nancy Martin

Practical Advice Column. 27
by Elizabeth Tobin, JD

Great Ideas! Using Our Senses. 31
by Sally Herr, M.A.

World Peace Hologram: On the Move and Taking
 Action 32
by Kimberly Rex

Cover Image

The North Star is what sailors of old used as a guide through the oceans of the world. A fixed point in the night sky, it acts as a reliable compass. Similarly, the Journal cover symbolizes how we can use our own North Star — our own inner compass — to guide us toward our mission or purpose in life, which is the theme of this month's Journal.

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REPATTERNING PRACTITIONERS ASSOCIATION BOARD RETREAT MARCH 2010

KAREN KENT ASSUMES THE ROLE OF RPA BOARD PRESIDENT



The RPA Board of Directors is pleased to announce that Karen Kent is the Board's new President for the 2010 year. Read Karen's article on the retreat to get a glimpse of the direction she is planning to lead the Association toward. Karen will be sharing with us her thoughts in the August RPA Journal Issues and in the Association's blog.

RPA BOARD RETREAT MARCH 2010

By Karen Kent

PROBLEM: Every month the board meets via conference call. We live in diverse parts of the United States and Canada. Month after month we work intimately with people for whom most of us have never seen face to face. To tell you the truth, we long for the opportunity to—just once—come together and work face to face, but alas, for time and money, such a luxury was not going to happen. Honestly, we were losing our spark. Board meetings were not as alive as they had been. We were losing our aliveness. We could not continue with our enthusiasm waning.

SOLUTION: A retreat!! The Board held a virtual retreat on March 27th. All the board members attended as well as a few guests who were invited to support capacity building, visioning and repatterning the goals that would be set forth.

Prior to the retreat, a welcome package was mailed to each Board member. We couldn't be in the same room with each other, therefore having something tangible in our space while we were on the phone with each other for three hours made each member feel special and linked together. The packages contained tea, heart-shaped confetti,

a hand-picked animal card, and a necklace of rose quartz to wear during the call.

Our three guests that we invited to facilitate workshops for the retreat were Gail Glanville, Marcus Padulchick, and Shirley Lanyi. Each of them brought their talents and expertise to this retreat and we are extremely grateful for their time and passion they shared with us. Here's a little more about what came out of their workshops:

Gail Glanville, certified Resonance Repatterning practitioner and Head Changer at Change Bistro, led a visioning exercise for the members to project what the Board would like to focus on over the next year. Essentially, we are committed to: the growth of Resonance Repatterning throughout the world, certification of many new practitioners in the Resonance Repatterning system in the next year, and maintaining our reputation of professionalism. We will share a lot more information on the goals we plan to get going on over the next few months!

Marcus Padulchick, a Doctor of Naturopathy, entrepreneur, and expert in coaching individuals and businesses who are for profit and not for profit. He talked to us about the Board's 'functional' activities. He looked at our bylaws and provided insight on how we function currently with a 'fresh view.' While not trained in Resonance Repatterning, he offered inspiring comments on business aspects for Board operations for the Non Profit sector. His interactions with us helped the Board to see how we need to "grow up," and operate in a more mature manner. For example, cleaning up the bylaws to reflect our name change and making sure the Board reflects and is consistent with what is mandated in the document.

Shirley Lanyi, a certified Resonance Repatterning practitioner from California, led the retreat with an Orientation modality and concluded the retreat with a repatterning so we could resonate with the goals we set forth.

We have many new ideas that will be implemented in the next few months. We now possess so much enthusiasm on the Board and we look forward to sharing our ideas with you over the next few months.

I feel that between Marcus' and Gail's workshops, we pushed our expanding vision so we can lead the Association from a coherent and creative process that provides support and encouragement for our practitioners and students. Stay tuned for more insightful developments as we travel this new path for the Association.

Respectfully submitted,

Karen Kent, NEW JERSEY

RPA Board President

Much love and gratitude goes out to all who participated in the retreat including:

BOARD MEMBERS:

Carolyn Winter, CANADA

Past President RPA Board

Sally Herr, MAINE

Journal Committee

Ellen Shapiro, NEW MEXICO

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Visioning Workshop

Shirley Lanyi, CALIFORNIA

Retreat Repatterner

Marcus Padulchick, NEW JERSEY

Capacity Building Workshop



FINDING MEANING IN LIFE

By Sally Herr, M.A.,

Certified Resonance Repatterning Practitioner, Portland, ME

Your client says to you, "I am so confused! I want to do something very special in my life. I want to make a difference. I want to be doing something that I absolutely love, that I am passionate about. And of course, I want to make plenty of money, I want to be appreciated and loved. I want to live in peace. Help me figure out my life's purpose."

So let's explore what Resonance Repatterning offers in answering this question?

First, I will give a few definitions of terms. There is a difference between life's mission and life's purpose. We have many life's purposes. Personally, my life purpose includes supporting my clients in transforming their lives, supporting my child in his journey, being a caretaker for my loved home and many other roles. Life mission, on the other hand is core. It is that what I came into this world to do, whether or not I know what it is.

A group of people can work on the same mission or it can be done singly. For me, my life mission is—in my own unique way, to make this world a place of peace, love and harmony. I have my own unique way of

accomplishing this mission. And, I have a feeling that many of you have this same mission, each in your own unique way.

Each of us made a choice to come into this world. Consider what Chloe Wordsworth says in the introduction of the *Abundance Repatterning in the Transforming Meridian Patterns* book. There are millions of sperm swimming to the egg and only one sperm penetrates the egg. Fifty percent of all fertilized eggs do not implant in the womb. Fifty to eighty percent of all fertilized eggs produce twins. It is against all odds that we are here, having a body. At any point in that very challenging process of being conceived, implantation, and through the process of being born, we could have left, but we did not. We chose to stay—and for what purpose?

It is an interesting point that each of us comes into this world with unique gifts and has a special purpose. It is as if we forgot what we came here to do. It can take a very long time to figure out what we are meant to do with our gifts. I, for one, am 63 years old and am still acquiring more and more clues as to my mission and life purposes. I am still very impatient with the process. I want it all now. I want all the information, and I want to be doing it all now.

Back to our client. Here are some suggestions on the process of finding and living your life purpose from a Resonance Repatterning point of view:

1. The Lists lead us to the heart of the issue. We have books and books of lists. Using these lists, we zoom into the heart of any issue with the exact right question or identifying the exact right noncoherent belief/emotion/unmet need. It is a brilliant format.
2. Accept what is. Carin Block says that we have very little to do with changing our fate. Fate has to do with our country, our family and all of those with whom we interact. She tells us to bow to fate and say, "I agree. I am only the little one." Resonance Repatterning presents our issues in a way that makes it easy for us to accept what is. What is happening in our clients lives, no matter how much they might resist it, must be part of their purpose and mission.
3. Identify earlier experiences and ancestral beliefs. Freeing our clients from past trauma is certainly necessary for building a happy future. In fact those past

experiences, whether they happened in present lives or are inherited patterns, can be used as building blocks for manifesting. Take Mary, a client who was worried about not making enough money, and afraid she would not survive. She did a Carin Block meditation called "Family Secrets." Her grandfather was a poor man who ran a candy store. His wife died. He could not afford to care for all of his children. He kept his two sons and sent his two daughters to an orphanage, a terrible place where there was not enough of anything and ruthless childhood abuse. Everyone knew how horrible it was for the girls, but no one spoke of it. What was there to say? There could be no greater poverty than to have to place one's children in harm's way. As this story was revealed to my Mary, she discovered that she did not need to repeat her family's pattern of poverty. Furthermore, she discovered that her life's purpose is to support children in being all that they can be by holding support groups for them. Since that session she has done many things to manifest that purpose.

4. The most valuable part of Resonance Repatterning is to be you, the practitioner—you, the witness; you the cheerleader; you the questioner. The protocol is client centered. We don't have the answers; we don't even have the question, actually. Our clients have the questions and the answers within themselves. What we do have is our ears and our hearts. Sometimes our clients know what they want to do in life, but they fear the change and the risks that manifesting what they truly want requires. Again you are there to support that transformation.

As we develop our selves to be clear channels, love and self-confidence can flow easily to our clients and they can more clearly see what is to be released and what is to be embraced. We can show them their brilliance so that they can choose for themselves what they truly want to do out of the myriad choices open to them in their spiritual path. We can help them find the freedom and the courage to do what needs to be done to manifest what belongs to them.

A friend of mine said of her counselor: "She took me firmly by the chin, and looking into my eyes she said, 'Do not play small with your life, the bolder course is better.'" That's our job, showing our clients The Path.



Sally Herr, M.A. 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).

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WHAT'S MOM GOT TO DO WITH IT?

By Laura Frisbie, M.Ed., *Certified Resonance Repatterning Practitioner, Asheville, North Carolina*



I could say that most of my clients have mother issues — but it feels more accurate to say that they had mothers with issues. Mothers with issues are so pervasive that I find myself wanting to shout to the world, “ANY one with a healthy mother out there?”

I mention this because in terms of life mission, I find it to be a crucial element. As in Earth Element. Why is Earth Element important when life mission is predominantly Wood Element? Because Earth is where that wood is planted...and it bears investigation.

Life mission is a daily, multilayered endeavor that brings us face to face with our Earth Element in the form of our inner mother. It is where our existing inner mother (the mother we entrained with) and the unborn inner mother (the one that we need) meet in the mirror of our being.

Life mission is where we give birth to ourselves.

In order to give birth to our life mission, and to our Self, we must first birth the inner mother who guides, nurtures, and holds us through our personal untraveled path, our hero's journey.

It begins with a moment of truth, an illuminating flash of recognition; “I am my mother/ I am not my mother.” It is a paradoxical moment.



Laura Frisbie, M.Ed.

First acceptance of/surrender to the mother residing within which is paired with recognition of/commitment to the necessity of separating from that woman who is you/not you/your mother.

It can be a tough place to navigate. Mom is IN THERE. She has ALWAYS been in there. She has issues. Her issues leave deep marks. Surrendering, forgiving, and appreciating the truth of her marks are only the beginning. This is the **conception** (if you will) **of the new you**.

Eventually your work with her allows you to form a healthy bond of detachment and to kiss her goodbye. Now you stand alone, a stranger in a strange land. Now you are only your core: a will to live, the fire of life shining in the watery dark, a divine spark of life's mystery. You are essence; flowing, undefined source, feeling your way along.

In this dark unknowable place, we take the first step of our life mission. We find a place to stand where we practice trusting — on our own terms. We feel our needs and hold them in compassion. We learn that we are safe in change and transition, in not knowing and in knowing. We stop judging and start growing.

We nurture our dreams with small steps. We feed ourselves with process and explore. We discover that transition and process work better with good daily habits that build strong foundations. We give ourselves healthy doses of disciplined personal care. Before we know it, there WE are and we are doing it! We are living our life mission. There is a new inner mother IN THERE and she is so loving it.

Be it ever so humble, there is no place like home.

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abandonment
holding you
back?**

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**Laura Frisbie, M.Ed., Certified since 2000
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Please [click on this link](#) to see an
online listing of
Certified Resonance Repatterning Practitioners.



GRACIAS, MERCI AND THANK YOU TO ELLEN SHAPIRO

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

After six years on the RPA Board of Directors, Ellen Shapiro is moving on from her position as Board Treasurer, transitioning fully by the end of May 2010, and succeeded by Priscilla Campbell. Ellen has participated in many aspects of the Association and given amazing service. I have greatly appreciated Ellen's professionalism and willingness to serve when needed.

Victoria: What has serving on the Board been like for you?

Ellen: It has been a great learning experience and, in some ways, being Board Treasurer has been like a repatterning for me. It's helped me release trauma from the competitive, uncooperative corporate work environment to one where we truly work together as a team. I've enjoyed watching and being part of creating an organized Association with a solid business foundation. And now, I am happy to see a new generation of leaders on the Board stepping forth to take the association wherever it is going next.

I've been able to contribute in areas needing support in the marketing arena, helping practitioners see themselves as business owners and learning how to communicate the value of the work. Helping develop the ethics policy was especially rewarding, since it establishes professional standards, thus creating safety for practitioners and for the clients receiving sessions. This helps us take our place in the world of helping professionals and also protects our right to practice.

Best of all, it's been fun. It's been one of the best experiences of teamwork I've had in my life. There is such joy and ease when people work together in a spirit of friendship and mutual support and even more when supported and uplifted by the energy of Resonance Repatterning. I feel grateful to have

been able to work with an amazing and talented group of women with great hearts, and to help move our work forward.

Victoria: Will you continue to serve the RPA Community?

Ellen: Of course, Victoria! I'll be continuing to serve as a practitioner for the World Peace Hologram project. I plan to do more educating and spreading the world about the repatterning process through my blog and other writing, plus tele-classes that I offer. I also plan to write some repatternings around prosperity consciousness and money issues.

Victoria: What's next in your life?

Ellen: I recently bought a house in sunny Santa Fe, New Mexico where I'll be doing more gardening and entertaining and holding some small group events. I am currently refocusing my business more to support women business owners to nourish themselves while growing their business where I can bring my expertise in marketing, business, money issues and energy work. I will continue to do a certain amount of private sessions and proxy work, but see myself moving more in teaching and group work.

I am in the process of manifesting a great relationship with a man, and plan to do more traveling for both work and pleasure. I continue to open up my creativity by dancing and having a lot more fun with my new tribe in Santa Fe and will be teaching some creative dance classes, and plan to write my book.

Victoria: What is something no one knows about you?

Ellen: Did you know I can spell backwards? Growing up I'd say, "Please pass the puhctek" (that's ketchup backwards, don't you know!). Victoria, your name is airotciv and mine is nelle.

I am a poet. I spent four months in an Ashram in India in 1990. I am a wild and crazy dancer and am a regular at the Embody Dance Five Rhythms Dance Community in Santa Fe.

Victoria: Ellen has served in many aspects of the Association. She began by serving on the Board of Directors in 2004. Her MBA and CPA came in quite handy as Treasurer. Besides providing financial reports and tax returns for the Association, Ellen hired a bookkeeper to do the monthly accounting, for a number of reasons. One important reason was because there is a need to segregate financial functions. The people who have access to the bank accounts or other funds are not supposed to be the ones doing the recordkeeping. This insures a needed check and balance

for the financial functions and helps the organization function more professionally. She has contributed substantially to the Ethics Document for which we are very grateful.

She has done a lot for Continuing Education and for practitioners wanting to grow their businesses, through teaching three marketing courses to our members.

She has assisted Carolyn Winter (past President) with her editing skills in helping to make member communications clearer, and has been passionate about translating repatterning language into plain English. She contributed to the writing that may be found at our Association website.

Ellen has written articles on marketing and abundance for the RPA Journal. She participated in the RPA Virtual Conference facilitating one of the repatternings.

She has participated as a facilitator in the World Peace Hologram Project for the past four years. Ellen has also led Board meetings this past year. This is only part of the things that she has done.

Ellen, 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.

BIO



Ellen Shapiro, Prosperity Coach, Resonance Repatterner and workshop and group leader, has a BA in psychology and over 20 years in the healing arts. Her certifications include Resonance Repatterning®, Polarity therapy (RPP), Reiki Master, Compassionate Body-Centered Gestalt therapy, Sedona method coaching and Kripalu Danskinetics®.

Her practice, Joyful Manifesting, serves people who are feeling stuck or ready to move to the next level of well-being, abundance and success. She works with women business owners in growing their businesses, and also with women in transition, who may be reinventing their lives at midlife, after divorce, career or spiritual shifts. The journey may include healing ancestral, birth and early childhood issues at a deep soul/energetic level.

Ellen's prosperity work is based on years of facilitating groups on money and deservability, and a 15-year financial background as a practicing accountant (MBA/CPA) helping healers and women of all ages clear their blocks to prosperity and success, using a combination of prosperity coaching and Resonance Repatterning.



GRACIAS, MERCI AND THANK YOU TO KIMBERLY REX

Sally Herr Certified Resonance Repatterning Practitioner, Designated Observer, Teacher



Kimberly Rex has served as a member of the Repatterning Practitioners Association Board for the past two years, and now is resigning from that capacity. During that time, Kimberly also served on two very demanding committees—the World Peace Hologram Project and the Journal Committee. I had the honor of working with her on the Board and the Journal Committee. She is amazing! On the Journal Committee, her ideas were stellar whether we were needing ideas for articles or a theme for the year. She accepted more than I thought she could do, and did it! She is well connected, and gave great ideas for people to write articles for us. At the same time, Kimberly was keeping the World Peace Hologram afloat and moving. She spent enough hours on this project to have been a part time job. All this, of course, without pay. Thank you Kimberly.

Sally: How have you served in Resonance Repatterning--as a member, a practitioner and a board member?

Kimberly:

- 1) Chair of World Peace Hologram Project.
- 2) Board of Directors member for Repatterning Practitioners Association
- 3) Repatterning presenter at Virtual Conference for 2008 and 2009.
- 4) RPA Journal Committee member and contributing quarterly author.

Sally: Tell me about your work with World Peace Hologram.

Kimberly: I continue to serve as the Chair and Liaison for World Peace Hologram to establish and expand its presence through its programming and communication. This includes web update newsletter communications with participants, practitioners and social media venues on Twitter, Facebook and Wordpress.com. It also means working with practitioners to assist them with

posting and protocols as they arise as well as working with Carolyn Winter, our web designer/administrator, in this project. I will continue to post to the RPA Journal.

- 2009: World Peace Hologram was organized to provide 6 months of personal topics and 6 months of world peace topics. The program included a calendar with 49 sessions including practitioners from Australia, New Zealand, South Africa, United Kingdom, Canada, Mexico and the United States. A team approach with leader and monthly groups with Practitioner's Manual was created including guidelines for blogging, teleconferences and team collaboration. A photographic calendar was created with solicited photos from photographers and practitioners. Online monthly Peace Café's were recorded that evolved into recorded peace meditations for 2010. Survey of practitioners and participants in April 2009 gave overall response to need for streamlined program and website. I worked with beta testers during the summer including a marketing person and practitioners for web formatting/language to enhance streamlining along with Carolyn Winter.
- Web presence expanded to Twitter, Facebook and Wordpress.com
- World Peace Hologram was registered with the UN as a peace project working with the goal of international peace.
- I applied and received a free press release based on our status and vision for calendar launch in 2009.
- 2010: The program is a 12-month program based on Maslow's Pyramid and Integral Psychology with recorded peace reflections and Journey to Peace Journal. I created the journal to integrate personal goals. Impromptu sessions such as those done for earth events from the beginning of 2010 are still in progress/process with the potential for practitioners to respond to global issues.

Sally: Working with you in the Journal Committee, you were very connected with other practitioners and brought to the committee great ideas.

Kimberly: It has been an honor to work with the board in the transition to the web for the Journal and web classes. I appreciated the collaboration with teams, and the ability to think outside of the box. I enjoyed writing articles and providing content for the journal for the themed topics and World Peace Hologram. I have had the opportunity to connect with practitioners all over the world through World Peace Hologram, sometimes in the middle of the night for scheduling purposes or questions.

Sally: What is the secret of your success?

Kimberly: I have a deep respect for this work and what it has to offer the world. Personally and professionally, I feel great devotion and passion for its expansion.

Sally: How is your life changing and what is attracting you now?

Kimberly: I continue to be attracted to peace projects. This past year I took classes with a focus on communication and conflict resolution. I am drawn to the work of Marshall Rosenberg. I have had an outline for a book for a few years now with peace as a topic, and am hoping to flesh it out in the coming year.

Sally: What is something no one knows about you?

Kimberly: What comes to mind is that people might not know that I am a Person-Centered Expressive Therapist. They also might not know that I specialize in working with children with special needs as an educator, counselor and consultant. I've taught at the university level on these topics, and have worked for more than two decades with families and children.

Sally: What could help World Peace Hologram continue to grow?

Kimberly: The web work and visioning/organization of Carolyn Winter and myself who spend significant hours in web design and programming speaks to the continued need for support of time and energy as the program moves forward. The need for more help and expansion of web updates and communication through different venues is needed to enhance the program.



Teleseminars in 2010

Compiled by the Continuing Education Committee

The 2010 Teleseminars are well underway. Carolyn Winter has just concluded the Practitioners' Toolbox class that offers lots of information and hands-on experience with social technology. The class even offered two repatterning classes via the RPA members website in April to work on teleconference skills and group repatterning classes. It was an awesome experience and seems like everyone involved became more coherent with technology, speaking in groups, advertising via blogging, Twitter, Facebook and LinkedIn. It's daunting how much was learned in six weeks. You can order this teleseminar as a product at the RPA website. It is recommended for all practitioners for ease and comfort level in this new venue of marketing.

We also had a great response to Stephen Linsteadt's Quantum Healing Codes. This teleseminar CD will be a great product to support your understanding of the codes. Stephen does a repatterning using the codes and shares the development of the codes. He is an engaging speaker and listening to the CD will no doubt expand your awareness of the beauty of these codes in an Energy Constriction release or a Diffusion.

The class Pentatonic Modes is cancelled for now unfortunately. But, we have much more to come this year!

Health: Resonance Repatterning modalities change resonance at the electron level of physiology.

Increase your knowledge database of how repatternings work at the cellular level which thus makes room for new brain-nerve pathways of greater coherence.

Facilitated by: April Smith-Gonzalez.

Number of CEU's: 2

Date: 6/26/10 3pm-5pm EST

Cost: \$75.00

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.

Facilitated by: Gail Glanville

Number of CEU's: 4

Date: September 11th and October 2nd 12pm-2pm EST

Cost: \$150.00

Restoring Balance and Harmony Before the First Breath of Life:

Clear womb issues, trauma, perceived or actual events in your prenatal months. Clearing these early experiences create tremendous shifts for clients! Create greater coherence for your clients by clearing your own womb resonance.

Facilitated by: Victoria Benoit

Number of CEU's: 2

Date: Date to be announced 10am-12pm MTN

Cost: \$75.00

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

Register for all teleseminars at the RPA website: www.rpamembers.org

Sincerely,

Karen Kent, Chair,

Continuing Education Committee

The RPA Journal

The Journal Committee is pleased to announce the themes for this and the next three RPA Journals. As you read the themes, we hope you will consider contributing your story or experience to the Journal in the form of an article.

The overall theme for the coming year of the RPA Journal is "Living the Light." This theme is inspired by a meditation in Carin Block's book, *Healing the Systems — Family, Groups and Organizations*. In this meditation, we are guided to receive nurturance from our ancestors through every generation until we reach the beginning of life. This life flows from the source through our ancestors and through us on to our offspring and our service. As an Association, this life can also be perceived to flow to us through our teachers, our founder, Chloe Wordsworth, from their teacher backward to the beginning of life.

The four issues of the 2010 Journal have the following themes:

- **May: Mission/Purpose**
- **August: Process**
- **November: Connection to Source**
- **February: Transformation**

On the Journal Committee, we feel that this year's overall theme and the individual themes of the separate issues reflect the time of transition that we are experiencing both as an association, as nations, and as people of the world.

Old, familiar, comfortable ways of doing things now appear to be disintegrating. At times we desperately cling to the old — for our lives. Yet there are less and less of the old ways to hang on to as those parts of a previous order of life which are worn out crumble within our hands. Witnessing this disintegration can be frightening. Yet rising up from the ashes are new possibilities, new ways of being, which are finer than what we could have ever imagined. Being present during this process takes courage. We felt that the themes of each of the quarterly issues reflect steps which can lead to the manifestation of that bright future which is surely ours.

How do you perceive this process? Please support us by contributing your words.

Sincerely,

Sally Herr

Chair of the Journal Committee



■ CERTIFICATION CORNER ■



By Meryl Chodosh-Weiss, MA, MSW, LCSW,
Certified Resonance Repatterning Practitioner, New York, New York

Certification Corner is a regularly appearing column in the RPA Journal. Written by the members of the Certification Board, Meryl Chodosh-Weiss, Shirley Lanyi, Mary Cameris and Paula Caplan, each issue will focus on information about the Resonance Repatterning Certification process. If you have a question that you would like to be answered in the RPA Journal you can email Meryl at meryl@beyourbliss.info.

Happy Spring everyone! In tune with the new season, the season of the Wood element and new beginnings, the Certification Board is now writing this column in every forthcoming issue of the RPA Journal.

We would like to begin by acknowledging the tremendous efforts and accomplishments of all of the Certified Practitioners who completed their certification journeys.

CONGRATULATIONS NEW CERTIFIED PRACTITIONERS!

Certified in 2009:

Alisa Calhoun, Greencastle, IN,

Donna Gustin, Bellingham, WA

Michel Friedman, South Africa,

Robyn Nielsen, San Diego, CA

Stacy Dorius, San Diego, CA

Susan Bruce, San Diego, CA

Jennifer Foster, Austin, TX

Betsy Ryszkowski, Northglenn, CO

Donna Bruschi, New Paltz, NY

Jane Hurley, Greencastle, IN

Certified in 2010:

Dana Long Zenobi, Austin, TX

Clare O'Brien Doyle, Pennington, NJ

Elizabeth Polito, Lynbrook, NY

Have you visited the I-Declare section of the website recently? One new feature is that we are posting the date of the next monthly Certification Board meeting there so you can know when you need to get your Certification package paperwork to Meryl.

Also new is the creation of the Designated Observers Information Center where Designated Observers receive information about meetings, policy changes and where they have access to all of the forms needed in the Certification process.

The current RPA Designated Observers are:

Josephine Airns, Langollen, North Wales, UK; Victoria Benoit, Phoenix, AZ; Mary Cameris, Tulsa, OK; Meryl Chodosh-Weiss, New York, NY; Michael Fisher, Vancouver, B.C., Canada; Jennifer Johnson, Bellingham, WA; Bobbie Martin, Kansas City, MO; Ardis Ozborn, Scottsdale, AZ; and Chloe Faith Wordsworth, Scottsdale, AZ.

Please know that we have volunteered so that each Student Practitioner's Certification journey can be as harmonious as possible. If there is any way that we can assist you, please do not hesitate to contact us either by calling 1.800.685.2811, option #3, by writing to us at Certification@RPAMembers.org and by attending the Student Practitioner/Certification Board Teleconferences which are held four times a year.

Meryl Chodosh-Weiss, MA, MSW, LCSW, a Certified Practitioner of Resonance Repatterning® since 1996, has worked in the health and education field for over 40 years. You can email Meryl at meryl@beyourbliss.info



*Heal Your Birth Journey
Heal Your LifeSM*

*2010 Classes
Phoenix, San Diego &
Colorado Springs
24 CEU's*

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

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

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

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

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

www.ExtraordinaryOutcomes.com
Victoria Benoit, M.C.
Certified Practitioner/Designated Observer/Teacher
602-864-7662
Victoria@ExtraordinaryOutcomes.com



Welcome to Robyn Nielsen,

Certified Resonance Repatterning Practitioner, San Diego, CA

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



Nancy: Congratulations on successfully completing all the requirements for certification! Please tell us about yourself. What you do for a living and what is your background and education?

Robyn: I was born in 1947 and raised in Anaheim, California, the second of four children. I attended parochial schools taught by nuns and I was a sensitive, unhappy and difficult child. I received a good education but never the really important answers I was looking for from a religious point of view. After completing high school, I wanted to attend college and major in Philosophy. My mother wouldn't hear of it. She wanted me to become a singer and actress and felt very strongly that philosophy would pollute my religious upbringing. (As if being an actress wouldn't!) So instead, four months after graduation and turning 18 I got married and shortly after joined the Hippie Movement. That was quite an education, although a dangerous one. During that time I divorced, remarried and had two children in my second marriage. Sometime later I took a college course in accounting, which enabled me to have the means to support myself through the services of accounting and bookkeeping when needed.

How did you learn about Resonance Repatterning®?

In my early fifties a lot of negative emotions began surfacing. I did a training called Bad Cluster Elimination that identified hidden abuses. I relived the trauma of Satanic Ritual Cult Abuse at age seven and eight as well as sexual abuse at an earlier age. My unhappy and difficult life made much more sense, except now the trauma was releasing and interfering with my quality of life all the more. After trying to get relief through several different modalities and practitioners, I still couldn't get resolution, especially with

the ritual abuse programming. At age 59 I came into contact with a young woman of my same faith who had moved here to San Diego from Indiana and told me about Resonance Repatterning. I was on the website all day absorbing everything I could until I believed that this was the work I wanted to do and learn. There was only one practitioner in San Diego, Shirley Lanyi. I called her and made an appointment and asked if they would be doing a training here in San Diego. She told me that they were trying to put one together. Between then and the beginning of my training in August 2007 I had received 13 sessions with Shirley and read Chloe's book twice.

What does Resonance Repatterning mean to you?

My heart is stirred with appreciation first of all to my Heavenly Father for creating us so that given the right circumstances and environment our bodies and minds can heal themselves like a wound on the hand. I also appreciate and am in awe of the genius, love, determination, dedication and empathy that Chloe demonstrates in being able to come up with this amazing process that identifies and transforms unconscious patterns that made my life so tormented and now has brought relief from the programming of one of the worst possible abuses. I honor her and send her love and abundant blessings. I was certified on August 31, 2009 and feel privileged to be able to share this work with others so they can connect to their own power and help create positive change for themselves and others.

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

The sessions that have stood out for me are the ones that have directly brought me relief from the cult and sexual abuse in my childhood. I also had the privilege of receiving the Birth Process Repatterning with Chloe and several other participants that created new neural pathways of a perfect birth experience that is embedded in my brain. I am so thankful to all of you who helped create that with me.

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

Please continue the encouragement and direction that you are providing in these journals. They have such an empowering effect on us and take us through other doors of exciting growth. They offer many gems; for instance, the article and DVD "The Living Matrix". Thank you.

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

Love for God and neighbor, and willingness to change and grow.

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

Needless to say we're eager to hear.

Remember all the important answers I was looking for from a religious point of view? Well, I received them and more than I ever thought possible. When I was 23 two people came to my door and asked me if I wanted to study the Bible at no charge in my own home. I said yes. Every question I asked they would open the Bible and show me the answer. When I questioned the translation they were using they brought other translations and showed me the same answers. I was so excited with what was being revealed to me and wanted to tell everyone I knew so I was baptized at age 25. For the past 37 years I have voluntarily and consistently studied, preached and taught Bible truths of the good news of God's Kingdom Government that will soon bring an end to all suffering and replace the negative system of things with a Peaceful New World.

Thank you for sharing your story of tremendous challenge and healing. It surely speaks to the amazing changes that are made manifest through the process of Resonance Repatterning and we rejoice with you in the work you can provide for others' well-being.



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

Q: I recently heard the saying, "The money is in the list." In terms of marketing can you elaborate on this?

A: "The List" is your mailing list of clients and potential clients and it is one of your business's most important assets. Whether you send out email or snail mail, keep growing your list. But make sure you do it in a responsible way. If you're building an email list, gone are the days when you could just put people on your mailing list. Not only is this bad "netiquette" but it's also against the Federal CAN Spam Act which sets requirements for sending commercial email. The Federal Trade Commission's website at: <http://www.ftc.gov/bcp/edu/pubs/business/ecommerce/bus61.shtm> outlines what you need to do to be in compliance with CAN Spam.

It's not difficult to comply with these regs and doing so will make you a reputable business person in the eyes of the public. A couple of the basic requirements are that you need to get people's permission and always have a way for them to unsubscribe from your list. Don't assume that because you are on someone's list that it's ok for you to put them on your list without their permission.

Join these On-going
Monthly Proxy Sessions

"Clearing Family
Patterns" &
"Ultimate Well-Being"

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

Thank you!
~ Carol Ann Ciocco, PA
~ proxy group participant



Elizabeth Tobin, JD
Certified Resonance Repatterning®
Practitioner

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Getting people's permission is good for your practice, too. From a marketing perspective, bigger is not always better when it comes to mailing lists. A small list of responsive people who are interested in your services is likely to bring in more sales than unsolicited mailings to a large list of cold prospects.

Think of your mailing list as a way to build relationships with people. Send people valuable information that they can use. Use your mailing list to educate people about the benefits they can get from your work. Let people know what services you offer. If you use your list to develop relationships with people they will get to know you, like you, and trust you, and ultimately buy from you.

Q: What would you say to practitioners who are experiencing hopelessness and struggle right now regarding growing their practices?

A: I would say do not get sucked into the mass consciousness' limiting belief that the economy is bad and nobody has any money to spend on your services. In a July, 2009 newsletter, the National Center for Complementary and Alternative Medicine cited data that shows a very bright picture for practitioners of complementary and alternative medicine (CAM). Studies show that you are at the forefront of a growing field and that this trend will continue.

If you need proof, take a look at these numbers: Approximately 38 percent of all American adults use some form of CAM. According to a 2007 government survey, Americans spent \$33.9 billion on complementary and alternative medicine. In the U.S. alone, adults made an estimated 354.2 million visits to CAM practitioners (that's you!). Here's a quote from the study's lead author, "These data indicate that the U.S. public makes millions of visits to CAM providers each year and spends billions of dollars for these services.... While these expenditures represent just a small fraction of total health care spending in the United States, they constitute

a substantial part of out-of-pocket health care costs.” <http://nccam.nih.gov/news/2009/073009.htm>

I can attest from own experience that Resonance Repatterning is a viable career choice. When I took my first seminar, I knew virtually nobody who believed in energy healing. I had zero contacts in this field and no idea how I was going to meet the certification requirements of giving 75 sessions -- never mind finding people who would be willing to pay me for sessions on a regular basis. But the fact is my practice has grown every year since I started doing this work. Last year in the depths of the “Great Recession” my practice brought in more money than I have ever earned in any year in my previous careers, including law. And I expect this to continue. I say this not to brag, but to show you that with commitment and perseverance success can be yours, too.

Make the commitment and don’t give up. This is a great time to be building your practice because the energy is supporting new models and new ways of doing business. You are at the forefront of the new consciousness and the new economy. There are successful full-time practitioners supporting a nice living through their practices. If you feel like you need some guidance find one whose business model matches the way you want to practice and hire them to mentor you.

Unplug from the mass fear about the economy. Connect with your vision and purpose in why you are doing this work. This will help to keep you motivated. While it’s true that a lot of people are struggling, it’s also true that you have an important and unique service that can shift people out of this mess. Right now, more and more people are awakening to the possibilities of energy healing and they are looking for alternatives to help them navigate through the crumbling status quo. People are more

open, receptive and ready for your work than they've ever been before.

Here's a great quote from Abraham-Hicks that I have on my wall: "I expect that I will prosper even more during these economic times. These are boom times for me!" Get ON for this. The world needs you and you can create the kind of practice that supports you on every level. Resonance Repatterning is the perfect tool to help you do it. Use it! And don't give up.

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.





USING OUR SENSES

By **Sally Herr, MA** Certified Resonance Repatterning Practitioner, Portland, MA

How many senses do we have? Everybody knows—five senses, right? We have a sense of smell, touch, taste, sight, and hearing. Oh yes, we also talk about the sixth sense—intuition. But even more basic than these is the sense of balance. We can function pretty well without sight, but we cannot function without a sense of balance/gravity. According to the various websites that I Googled on this topic, we have even more senses—heat/cold, pain, body awareness, thirst, hunger and time. All of these senses have a metaphoric connotation as well as a physical aspect which can be used very effectively with our work

We also talk about many more senses than these: A sense of humor, a sense of place, a sense of community, a sense of duty, a sense of mystery, a sense of beauty, a sense of aliveness and on it goes. These senses can also be used in our work. Sometimes my muscle checking has identified even other senses—e.g. a sense of a given emotion—a sense of aloneness, for example, or a sense of loss. responsible individuals.” Regina Cantina interviews with innovative thinkers. She



WORLD PEACE HOLOGRAM

ON THE MOVE AND TAKING ACTION

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

From the beginning of 2010, there have been over 40 reported earthquakes around the world. World Peace Hologram rallied to offer sessions with the purpose of offering energetic support to the people, agencies, relief efforts and land of Haiti, Chile and Uganda. The rich material of each session spanned the Chakra and Five Element Systems in a concerted effort to support emergency response, emotional needs, proactive action and the earth itself. It is clear that each session took personal, community and global perspectives. Working directly with articles, newscasts, Red Cross and UN briefs proved helpful and enlightening for the historical perspective of the political, social, spiritual and world view, and to inform specific repatterning needs. Take some time to look at the sessions at <http://www.worldpeacehologram.wordpress.com> to see the elements at work.

EARTH ELEMENT: The need for nurturance and support from others as well as finding the support to move through a situation fraught with overwhelming challenges is apparent. Haiti accepted help from global teams. Rivals became comrades.

METAL ELEMENT: Family Systems entered in regards to exclusion on the planet of particular groups who over time historically have fought for freedom, sovereignty and dignity. The separation from World Markets or opportunity for voice certainly speak loudly in these cases. Grieving and great loss experienced was given space in repatterning. In this place, valuing support from spirit shifted so that there could be resonance with greater access to that which allows for clarity and ability to vision the future .

WATER ELEMENT: When the tsunamis after the Chile earthquake expanded across the Pacific, the message of Water Element's potential for non-coherence took the air waves for a day. They were prepared and took action when warned ahead of time. The ability to initiate, move through and persevere with requests from participants in regards to help in Chile opened the process to move forward with focusing on relief and rescue in tsunami areas on the coast of Chile.

WOOD ELEMENT: Anger and frustration in the face of these challenging experiences accessed internal resonance in moving from the inability to see into optimism and hope as they moved out of the first response. As sessions progressed, they worked with support for long term solutions.

FIRE ELEMENT: I heard a few people say, "It's just the Earth going through menopause." The Earth is going through a number of changes in regards to warming and shifting ecologically, socially and globally. The thought doesn't escape either that in Chinese Medicine, Triple Heater gets involved with the issues of temperature of the body and concerns itself in the areas of connection to groups. The loss of friends, family, leaders, and meaningful relationships cannot be underestimated. Sessions built on connection of friends, family and community worked with the purpose of resonating with inner home.

THANK YOU to the following for your response and contribution to sessions for Haiti, Chile and Uganda: Carolyn Winter, Kimberly Rex, Gail Glanville, Karen Kent, Ellen Shapiro, Elizabeth Tobin, Laura Frisbie, Niki Kritsos, Nina Frank, Alicia Balderrama, Sharon Mayo, Nina Frank, and Kathy Halay for giving sessions and submitting notes to the World Peace Hologram blog.

THANK YOU to the practitioners of January, February, March and April for sessions at World Peace Hologram in The Journey to Peace process.

Thank you to Laura Frisbie, Sally Herr, Gail Glanville and Carolyn Winter.

The personal peace process creates a real foundation for deepening the process. Take advantage of this program with its recorded Peace Reflections, recordings and notes of sessions. You can always retro-intend to receive its benefit. Make use of The Journey to Peace Journal to record your insights and track your progress on the journey. You can get the journal with a \$15.00 purchase that helps World Peace Hologram meet its financial needs for web design, updates and programming. Peace deserves a budget. :)

Purchase the journal here: <http://rpamembers.org/wphjournal.htm>



Kimberly Rex, MS is the Chair for the World Peace Hologram Committee for the Repatterning Practitioner Association program. She is a certified Resonance Repatterning and Person-Centered Therapist.

She offers personal and group sessions by phone, in-person and Skype at <http://www.windowstotheheart.net>

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.



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!

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.**
- **Community Blogger** – someone who would like to write about the features of the new RPA community section, help orientate members, and encourage participation with a regular weekly blog post. Would prefer someone who would also like to be a board member. Interested. Let's talk!
- **World Peace Hologram Committee** – Members need to help develop the program, and the way we market it.

Contact President Karen Kent at 609-716-8700 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**

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