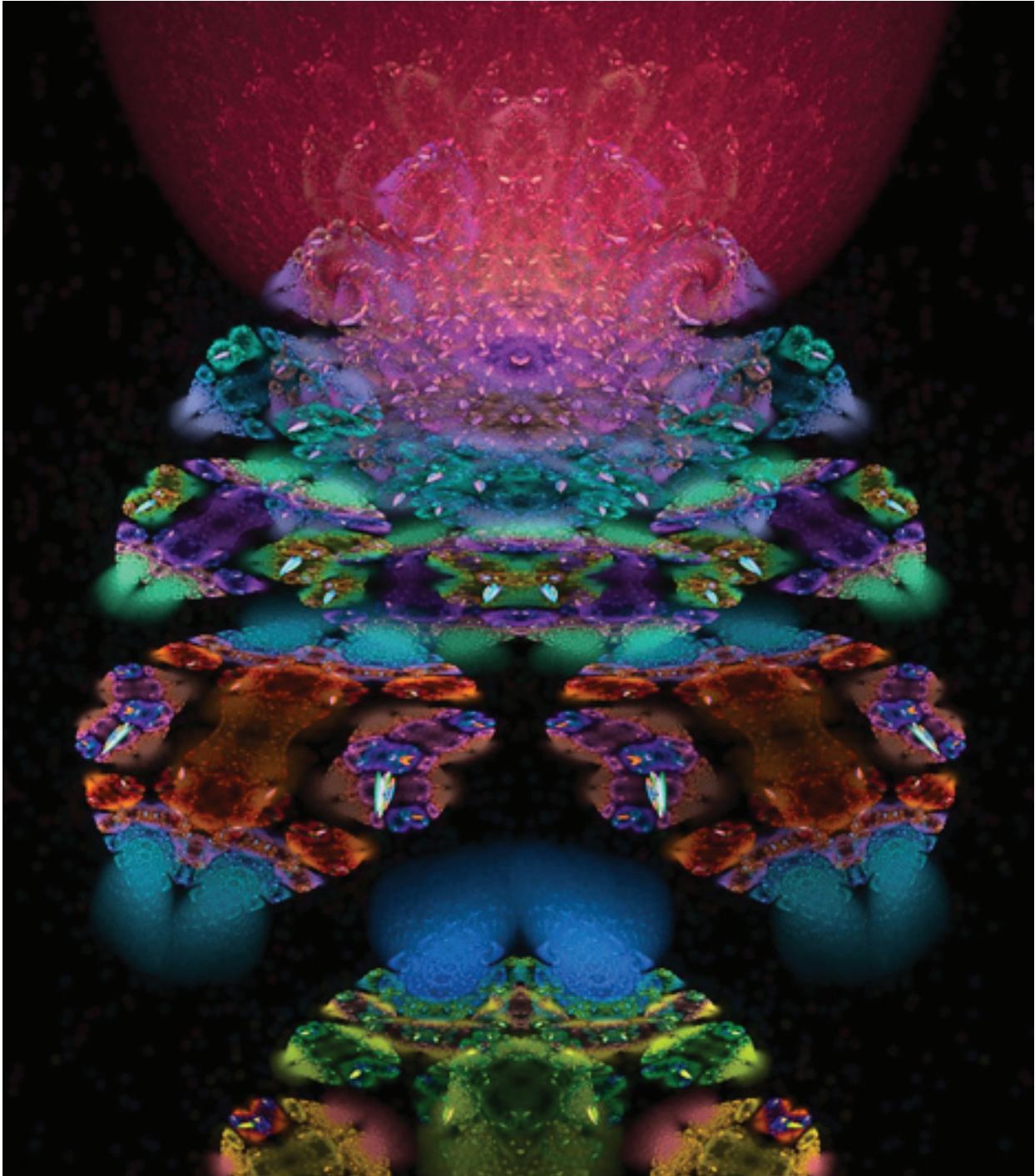




The RPA Journal

A publication of the Repatterning Practitioners Association



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Cover Image

The cover of the August Journal is a visual representation of "process" as reflected in colorful brain patterns. Shirley Lanyi has written an article about the practitioner-client process while Victoria Benoit's article is on the process of transformation.

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LETTER FROM THE PRESIDENT

KAREN KENT

REPATTERNING PRACTITIONERS ASSOCIATION

BOARD PRESIDENT



As a business woman, I look at what my goals are for each year. I consider what new services I can provide and how I can support clients and other business entities using Resonance Repatterning®. In fact, this process organically begins to happen in the fall. I become aware that January is on the horizon and I consider what new tasks I can gear myself for in the upcoming year.

I am frequently amazed at the speed of accomplishing goals. Often I accomplish one of the following year's goals before January begins. For instance, one year I set my goal to be the Board Repatterner for three area boards for a three month period. And before December came, I had started working on one of those goals.

There are also times when I don't know what to work on in the upcoming year. When this happens, I keep in mind that January is on the horizon and I just watch and wait (being patient is not one of my strengths). For example, a few years ago my business was extremely slow at the beginning of the year and the "what to work on" hadn't occurred to me yet. But this "down" time allowed me to do research on a program that had been developing in my mind regarding teens. Granted, there were times during that period where I thought I was going to go out of business, but the Universe provided enough clients to pay my bills. I trusted that I was being guided to get the program written. Staying in the passion and enthusiasm of writing and piloting the program got me through that time.

Being aware of this ebb and flow can be challenging at times, especially if there is too much of one and not enough of the other. The need for the March Board retreat is one example of how the Board needed to focus on

the RPA's vision and goals since we were without a President. We are in the midst of some fabulous change for the Association. In order to do this, we are updating the bylaws, recruiting new Board members (maybe even some who may have never been trained in Resonance Repatterning), and will be updating the Certification policy. One recent new change is the Board-approved ending of the requirement that certified practitioners take a Resonance Repatterning class every two years from the Institute. You are now open to get training from other sources as long as the training complements Resonance Repatterning. The policy is effective July 7, 2010. We hope this change will give practitioners across the globe some relief as they accrue their CEU's. A summary of the change is printed in the box on this page. Read more about the specifics of this policy on the RPA blog (www.rpamembers.wordpress.com) or on page 35 of this edition of the Journal.

A key ingredient in the process of observing and going into action is having a fully-staffed Board and committees. Right now we are held back by time and a lack of key talent to carry out these plans. If we are to progress as a thriving organization that defines our profession, we need more of you to offer your time and talent to a committee of your choosing. So I ask you to consider making a two-year commitment of being on the Board or contacting a Chair of any of the committees. We have so many ideas we expect to implement before this year is out and we would love your support.

January is coming. Hmm...well for the Association that means the Annual Conference is in February and planning has to happen now. Please contact me if you would like to be a part of the production and coordination of this Association event.

Much love and summer blessings~

Karen Kent

RPA, President

Would love to hear your comments! Meet me at the blog www.rpamembers.wordpress.com and share your feedback!

NEW POLICY CHANGE IN CEU'S!

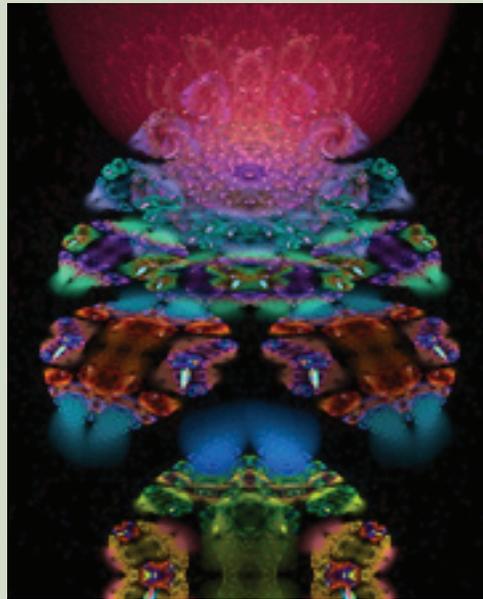
One new change that the Board has approved is to remove the requirement that certified practitioners have to take a Resonance Repatterning Institute class every two years. Therefore, as of July 7th, 2010, the policy has been changed. We hope this change will give practitioners across the globe some relief as they accrue their CEU's. The requirement of 32 CEU's remains the same and all practitioners are expected to record and maintain a list of their classes. If you have any question about a class you would like to take and aren't sure if it meets the requirements, go to the Allied Modalities page or contact Karen Kent. We have a list of approved modalities as well. Once you take a class, it is up to you to post the class on your account page at the RPA website. Eventually, we will be auditing practitioners' accounts so it is important that you maintain your records. Please note that all practitioners are encouraged to take classes from the Institute for continuity of the system and connection and community.

For the Allied Modality policy and to request a modality for approval, please go to:

<http://rpamembers.org/BoardRoom/Policies/proposedmodalities.asp>

In the April 7th meeting of the Repatterning Practitioners Association Board meeting the editorial policy for the RPA Journal was approved.

**[Click Here](#) for a printable pdf
of the 4-page Editorial Policy.**



THOUGHTS ON THE RESONANCE REPATTERNING PRACTITIONER-CLIENT PROCESS

By Shirley Lanyi, Ph.D.

Certified Resonance Repatterning Practitioner, San Diego, CA

As a Resonance Repatterning practitioner, and a psychologist, what follows are some of my thoughts and experiences on the process of Resonance Repatterning, and the practitioner-client process.

I began my process of writing this article by checking the dictionary for the definition of the word "process." I found many definitions. The ones I liked best, in terms of their applicability to Resonance Repatterning, included the following: 1) as a verb – subject to a process or treatment, with the aim of readying for some purpose, improving, or remedying a condition. 2) as a noun – a mental process that you are not directly aware of, and 3) as a noun – (psychology) the performance of some composite, i.e., consisting of separate interconnected parts, cognitive activity. As Resonance Repatterning practitioners, clients seek us out for sessions to address some concern, condition, or way of being they would like to shift.

In this capacity we assist clients in their process, by employing the Resonance Repatterning system, and also by the way we interact with them on multiple levels, e.g., physically, mentally, emotionally and spiritually. As in the 2nd definition, clients may not always be aware of factors impacting their current life situation and preventing them from moving ahead. Even when they do, the Resonance Repatterning process helps them identify earlier experiences and in some cases, other issues, feelings, and attitudes that are also related to this issue. As in definition 3, we often help our clients "connect the dots" in terms of gaining a more complete awareness about themselves, their beliefs systems and behaviors, related to their early patterning which has prevented them from moving ahead and manifesting what they say they want.

As a psychologist or mental health professional, we often talk about the process of the therapeutic relationship, or what occurs just below the radar in the session. This is another way to think about process. It is all that is happening in a session, before and after a session, for clients and often the therapist as well. Both therapist and client have their own unique reaction to each other upon first contact, as well as the ongoing evolution of the therapeutic relationship. This includes the thoughts, feelings, sensations, images, etc., that are evoked by one another. In psychological terms this is known as the transference / countertransference.

Transference can be positive or negative and speaks to a client's reaction to the therapist based upon the client's past. For example, we have all had the experience of meeting someone who reminded us of someone from our past who we liked or disliked. This reaction may contribute to our initial reaction and feelings about that person, even if we are unaware of it. Similarly, countertransference refers to the reactions elicited in the therapist by the client, based upon the therapist's past. While these reactions are often unspoken, unless brought to light, they can impact the effectiveness of treatment and the comfort and/or safety that each feels with "the other." While countertransference reactions would not be discussed in treatment, the therapist who is aware of such reactions has an ethical responsibility to seek a consultation or session to address this issue so that it doesn't interfere with his/her ability to remain neutral and nonjudgmental toward the client. If not, the client's process would be negatively impacted. As Resonance Repatterning practitioners I believe it is equally important for us to be aware of our possible countertransference reactions to our clients and seek consults/sessions with our peers, and/or do self-sessions around the issue that is being activated in

us. At times, it is prudent to refer a client to another practitioner because we are unable to remain impartial regardless of the work we do to neutralize our reactions to a client, his/her behaviors or values.

Further, the process of healing occurs not only due to a therapist's skill level, but also more importantly, due to the process that occurs between client and therapist. When a sacred safe space is created in the therapeutic relationship, the possibilities for healing, connection, and repair can occur. This is no different than what occurs for us in treating our clients with Resonance Repatterning. The space and "holding environment" we create for our clients is equally if not more important than the Resonance Repatterning system.

When a prospective client contacts us for a Resonance Repatterning session, he/she is typically looking for some type of change/growth/relief of some discomfort or problem. This means that this person has already begun their "process." To me this means that the client has begun to engage in thoughts, emotions, and often expectations about what might be discovered, worked on, changed. This can often be a daunting endeavor. Finding the impetus to make that call to contact us is a courageous act, in that the client is taking a risk and reaching out, unaware of what he/she will find or how he/she will be received. I mention this because I believe it is important to take this into consideration from the very start. The groundwork we lay, in terms of how we interact on the phone, the tone of our voices, how welcoming we are, etc. begins the potential healing possibility. For that reason it is vitally important for us as practitioners to be mindful of our internal state before responding to a call, and when interacting with any new client. Whether we are aware of it or not, all of what we do is taken in by that person, consciously or unconsciously. This initial condition will establish a much safer situation for our clients, or create an environment that feels uncertain and unsteady.

As Chloe and other teachers of Resonance Repatterning have often said, as practitioners we hold tremendous power in our potential positive or negative impact upon the clients with whom we work. Regardless of their presentation, they come to us in a vulnerable state. Is it possible, then, for us to appreciate them in whatever way they present, realizing that their stance is always one of self-protection? With this in mind, what can

we do to assist them in their unique process? They may or may not be aware of themselves, even if they sound as if they are.

I have come to know, through many unintentional goofs, that my personal process and continued healing is equally as important as my clients' process. That is to say that I have to do continued work on myself, through self-sessions, trading with other practitioners, etc., to show up for sessions as my best, most coherent self. To me this means being present to clients in a neutral, nonjudgmental way. To not have an agenda, aside from the intention of helping to facilitate their growth in whatever way they are seeking, for their highest and best.

Necessary conditions require creating a safe space where a client can be who he/she is, while being encouraged and applauded in expressing him/herself freely, even when it is in disagreement with us. The use of active listening, reflecting back what the client says, providing education when appropriate, and eliciting open ended questions, i.e., requiring non-yes/no answers, allow our clients to examine their own thoughts and perceptions more clearly. When we use their words in forming the statements that we ask them to recite when doing a Resonance Repatterning session, we are validating and valuing their process.

In conclusion, the Resonance Repatterning system provides us with an incredible vehicle that is structured and, at the same time, flexible and individualized, affording each client expression of his/her own pace and process of healing. We are part of our clients' process. Our ability to act with loving kindness, on the physical, mental, emotional and spiritual planes, via our responses and reactions, conscious and unconscious, facilitates our clients' process, healing and growth, as well as our own.



Shirley J. Lanyi, Ph.D. is a Resonance Repatterning practitioner, a Somatic Experiencing Practitioner, and a practitioner of Clinical, Energy & Educational Psychology. She is also EMDR Certified. Shirley Lanyi can be reached at dr.sjlanyi@me.com

THE PROCESS OF TRANSFORMATION

By Victoria Benoit, *Certified Resonance Repatterning Practitioner, Phoenix, AZ*



Process is a continuing development involving many changes. What a great definition of life! If we can come from this point of view, life can be an experience of growth, opportunities and transformation, like one big adventure. This is inspiring! We can achieve this point of view from the inside out. This is where Resonance Repatterning comes into play. What an opportunity we have to help ourselves and those we serve. When we change our resonance with out-dated beliefs, unresolved feelings and generational patterns, we are transforming into the people we know ourselves to be but haven't been able to be that way consistently.

Who we are is whole and complete AND we have patterns. There is nothing wrong with us. We are innately kind, warm, loving, and generous people. Resonance Repatterning is the most effective way I know to help put our unresolved past in the past where it belongs. Most of us know that our unresolved issues are projected into our current reality. We see this when we get reactivated when a situation occurs that is similar to something that occurred many years ago. However, not only do these unresolved patterns get projected into our present, but they actually get projected into our future. So it is difficult, if not impossible, to create a fabulous new future when our unresolved past is in it. Resonance Repatterning helps us put the past in the past where it belongs. Now we have the space and breath to create what we want



Victoria Benoit, MC, LPC

in our relationships and in our life. Can you feel the possibilities?

One of the many wonderful things Chloe Faith Wordsworth has added to the new version of her books is to muscle check our resonance with the new point of choice. "Yes, I want, choose and am ready for my new possibility." It is profound. It is one thing to say we are ready but to actually resonate with it brings us to a whole new level of manifestation. I also love how we find and resonate with what the new possibility intention will provide for us that we need. For example, what would winning the lottery provide for us? Let's say, financial security. However, if we do not resonate with financial security, the law of attraction, which I think is the law of resonance, can't find us and once we do resonate with financial security, we would be limiting ourselves by thinking that the answer to all our money problems would be to win the lottery. We would be keeping from us the many other ways money could come to us.

To live life full on takes courage and trust that we are always provided for. Once we resonate with this, can you feel the adventure that is possible? Can you see that life's ups and downs can be a crucial process in the continuing development of who we are? The process of transformation can be as simple as saying to ourselves, What is the message here? What are you trying to tell me that I am unaware of in my way of being or doing that by knowing it could change my experience of the problem and move me to a higher level of consciousness? Remember the Holographic Mirage...our problems feel real but they are actually a frequency that we can change as easily as changing the radio dial. I have used the "Integration for Growth Repatterning" to transform the lows and smooth out the frequency of what previously appeared as challenges.

One of the most important things to remember is to be gentle with ourselves during our process of transformation and to remind our clients to do the same. It took Michelangelo three years to chip away what wasn't David. For example, the Repatterning Practitioners Association Certification process chips away at everything that

is not in alignment with being a Certified Resonance Repatterning Practitioner. Within the student practitioner is already a certified practitioner. The process helps to clear the unconscious patterns that may get in the way of being totally present for another in their healing process and much more. What an opportunity!

We are responsible for the quality of our life. We get to say how the process of life is for us. Everyday we are creating the years and space between the dash....what would you like it to be????

Victoria Benoit, MC, LPC, has been a Certified Resonance Repatterning® Practitioner since 1994 and a Certified Resonance Repatterning® Teacher since 1996. She has her Masters Degree in Counseling and is a Licensed Professional Counselor in the state of Arizona. She has used Resonance Repatterning®, rather than psychotherapy, with her clients for the past 16 years. 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 two years on the Certification Committee for the Repatterning Practitioners Association and five years on the Board of Directors providing Repatternings for the Board members.

Victoria 'Specializes in Results' and 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 is available for workshops and in-person & phone sessions for individuals, couples, groups and businesses. She is also available to teach Resonance Repatterning from 'Empowering through Chakras' and loves to travel.

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The Mexican Resonance Repatterning® Association's TENTH BIRTHDAY

By María Teresa Diericx and Alicia Balderrama, *Certified Practitioners, Cuernavaca, Mexico*

In 1996, Karine Bourcart brought Resonance Repatterning® (then called Holographic Repatterning®) to Mexico. Enthused by the healing power of the method she gave many sessions to her friends and family before she began teaching Fundamentals. By the year 2000, there were many students and a few Certified Practitioners in Mexico. Karine had the vision to create a Mexican Holographic Repatterning Association. She put together a group of her closest collaborators, the by-laws were drawn-up, and our Association was legally registered the 1st of June, 2000. According to our by-laws, we needed an elected volunteer President, a Treasurer and a Secretary, and as many committee members as possible for renewable one year periods. In the by-laws of the Mexican Association, Karine Bourcart holds the nomination by Chloe Wordsworth as her representative with full powers. She is now Chloe's representative for all of Latin America.

Our first President was Carin Block who was in charge of most of the administrative tasks. Soon the Board saw the need to appoint someone else to create and keep the database updated, a huge task due to the growth of students and seminars, plus other administrative work and thus, Alicia Balderrama (Lichi) became our Executive Director. We would like to honor our former Presidents and thank them for their volunteer work and their contributions to our community. Thank you Carin Block, Lourdes Fernández, Ana Signoret, Lupita Martínez, María Teresa Diericx and welcome to our present President, Verónica Maldonado.

Our by-laws also established that we should have an Annual General Assembly in which the financial statements were approved, the on-going Board was reinstated or elections for a new Board took place, and the annual membership fees got voted on, among other important matters. As a high



Maria Teresa Diericx's lovely garden

percentage of active members attend the Annual General Assembly, the Board decided to extend its activities to two or three days in order to include presentations and workshops, conducted by Mexican and international lecturers, like the one in 2004 featuring Stephen Lindsteadt, the author of the Quantum Healing Codes. Our annual meetings have included many Resonance Repatterning community bonding experiences modeled on the annual conferences held sometime ago in Scottsdale, Arizona, by our sister Association in the US. In Mexico, most of our assembly/conferences have taken place at Maria Teresa Diericx's home, which was a dream entourage for attendants.

For 10 years we have continued organizing our cherished annual assemblies, the last of which took place during three days in February 2010 with Chloe Wordsworth attending our Tenth Anniversary Celebration. We loved having Chloe among us for the duration of this event, where we had a gala dinner and offered lectures in a wide variety of subjects, all relevant to furthering the quality and extension of our practice. Among other memorable meetings was one where we had photographs of our auras taken with a Kirlian camera. We chose a proxy for the whole association and took a Kirlian picture of our proxy before and after a session. The results were amazing! The first picture reflected in an aura full of reds and yellows, the anger and discomfort of the members. After the session, the colors of the proxy's aura were pale greens, horizon blues and a golden halo — beautiful in comparison to the first picture, the power of a session demonstrated visually to all present.

INFORME SOBRE EL AURA

PARA: ROSARIO



The Association's proxy
before the session

In 2001 we created our website including general information, our practitioners' directory with their curriculum, seminar schedules and the Journal in Spanish.

In September 2004, the Mexican Resonance Repatterning community hosted the last International HR Annual Conference in the City of Puebla. We had a large attendance including Chloe Wordsworth, and members and teachers from the United States. It was a great success and we had lots of fun during five days of presentations, workshops, concerts and city tours.

Each year, our community has increased and, as Karine began teaching Resonance Repatterning in Spain and

Chile, students
and Certified

Practitioners from those countries also became members of our association, until Spain created its own.

At present, our Board is working mainly in updating our website, creating a unified image for our printed brochures and presentation cards, as well as introducing Resonance Repatterning to companies and universities.

Throughout the years, Karine has prepared and certified nine teachers in Mexico, though currently only five are active. She also has trained two teachers in Spain and one in Chile. By 2010, more than 3500 students from Spanish speaking countries have studied at least one seminar. Mexico has 130 Certified Practitioners, though only 78 have constantly updated their membership. Since Karine first brought Holographic Repatterning to Mexico in 1996, 680 seminars have been taught.

Thank you Chloe for creating this wonderful, life changing method, and for your continuous support to our community. Thank you Karine for introducing Resonance Repatterning to Mexico, for manifesting your vision.



Puebla Conference. Nestor Kornblum and Michelle Averard during Harmonic Overtones concert

BIOGRAPHIES



Alicia Balderrama, better known to the community as Lichi, is a Certified Practitioner, was co-founder of the Mexican Association, Executive Director for 4 years and editor of the *Journal in Spanish* since 1998. At present she is the RRI's secretary and has a private practice in Resonance Repatterning.



María Teresa Diericx
Certified Resonance Repatterning Practitioner, Former Treasurer and President of the Mexican Resonance Repatterning Association

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Karine Boucart

Certified Resonance Repatterning Practitioner, Founder of the Mexican Association and Director of the Resonance Repatterning Institute for Spanish-speaking Countries.

In honor of the Mexican Resonance Repatterning Association's Tenth Anniversary

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

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

Karine Boucart: I was born in Geneva, Switzerland, studied interior architecture in Paris and came to Mexico in 1964. Since 1995, I have made my living doing Resonance Repatterning®, giving sessions, teaching, training teachers, observing practitioners for certification, training observers and now instructors to teach anyone how to use “Quantum Change Made Easy” by Chloe F. Wordsworth in a five-hour seminar which can be given anywhere—public libraries, homes, schools, etc. In 1995 I began supervising translations of the Resonance Repatterning books. Currently I am responsible for publication and the sales of these books in Mexico. My titles are Founder of the Mexican Association and Director of the Resonance Repatterning Institute for Spanish-speaking Countries.

How did you learn about Resonance Repatterning?

I met Chloe in 1995 in upstate New York through a homemade video that was sent to a friend of mine. I was rebuilding my life at age 50 and found that Chloe's work was exactly what I needed at that time.



What does Resonance Repatterning mean to you?

It has been the heart of my work for the past 15 years. It is my Latin child. I have dedicated a lot of time structuring a whole system of Resonance Repatterning community support, especially in Mexico, Chile and Spain.

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

It's hard for me to give examples after receiving hundreds of sessions myself and giving thousands. What is amazing is that people always have results—sometimes brilliant, explosive and magical and sometimes subtle—but always noticeable. I see great results in general, especially if the client has regular sessions. Regarding sessions dealing with depression, I have seen whole families change for three generations—parents, children and grandparents. It works with everyone, so I've seen no need for a client to spend years in treatment. Besides, for the practitioner it is never boring. Every session is a gift, a surprise, and it always gives me energy. Giving sessions or teaching is for me a source of joy and replenishment.

How has your work expanded in influence in your communities?

With a lot of work—supporting people, enhancing their power, helping them to trust themselves, to go beyond their limits—I built a system of communities and structures for training people from certification to teaching, thanks to lots of good will, love, tolerance and patience. Basically, everyone gives support to the ones with less knowledge. We create chains of love between people without needing to be friends but to just learn to support one another.

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

I am not aware of the situation in the USA because I teach only once or twice a year in New York, where my teacher and friend Meryl works hard to support a community spirit. Years ago I made the decision to focus on Spanish communities, as they were in need of a lot of attention. Now everything is very much in place, and I could start teaching off-shore again. However, I imagine that it is the member's responsibility to ask for what she or he needs. We do not have sponsors to finance big projects, so we need the community to be responsible, to collaborate and give time. This has been difficult. I believe in human connection, so I am not a fan of Internet meetings. I do not feel the Internet is a way to bond—I am more Latin.

It may be a good way in the USA, but it will not work on this side of the world. We need hugs and laughter.

Do you have a motto?

If something cures madness, love does it.

What five words describe you?

Enthusiasm, perseverance, attention, laughter and love

Do you have a website?

I have no website at this time because I have not yet found the time to get it together. I do have a curriculum on the Mexican Association website.

Of course, we are eager for any additional information or aspects you think would be helpful.

My eternal dream is doing sessions on TV where people accept that by seeing the program they accept changing themselves. Chloe will present her book in Spanish August 24th at Casa Lamm, a very nice cultural center. We hope to find the right people for the roundtable discussion and have TV, newspapers and other media attending the big opening. Cooperation of the Association and the Institute is making this possible.

We have been waiting to go public. Now we have well-trained practitioners and by August will have about 40 instructors to teach Chloe's book. We're ready to go BIG! I hope the Universe will support us in this adventure. You need to choose what is important for your community and drop the rest of it.

In my personal realm, I have designed a Tarot Card game based on Resonance Repatterning that is almost ready to go to the light. In October I will present it to the public in general.

Thank you so much for sharing your considerable accomplishments and excitement for your new horizons.

TEACHING RESONANCE REPATTERNING AT A MEXICAN BUSINESS SCHOOL

Interview with Karine Boucart

This was a new kind of Resonance Repatterning® course in a unique setting — an established business school in Mexico City. A top administrator wanted his students to be educated in matters of the heart in addition to the standard left-brain, linear approach to learning and contacted Karine Bourcart, founder of the Mexican Association of Resonance Repatterning. The school's regulations and legal considerations prohibited teaching the material as in previous classes (for example, muscle checking couldn't be presented). However, Karine creatively altered the system using "felt sense" instead. She kindly responded to my questions about her experience.

Was this course for just one semester?

I taught over a two-year period to two different groups, averaging 10–12 students. One was a 27-hour seminar for three hours at night twice a week. The other group met for four hours over six Saturdays and for five hours over two Saturdays.

Were the students open to the Resonance Repatterning concepts?

Mostly. Some were resistant at the beginning, but as soon as they saw results they started changing.

Did they work with each other?

Yes, they worked with one another.

Did they become proficient in recognizing their 'felt sense'?

Absolutely. I taught them, after they 'got it,' to recognize their resonance with their whole body. Standing and thinking in the problem, they would move their body forward or backward, some with an ON response for a forward motion and OFF for a backward motion, or the reverse meaning for the motion. Following the MC for coherence after doing the modality, they could see how all of them had the same ON or OFF response at the end of the session.

Did they feel the shift after doing the modalities?

Yes, they all had huge shifts in their work and relationships, depending on the issue being addressed.

Did you hear how they were able to apply the learning in their professional and personal life?

As long as they were into the process, they all reported success.

What was the school administrator's response to your teaching and success?

The second year I received recognition from the university as one of the best teachers of that segment.

How did this commitment affect you?

I had hoped to open some space in the business world, but the type of executives in my classes, mostly medium-range employees, lacked the power to establish it. However, they acknowledged that the seminar was the most helpful in their lives. Unfortunately, with the financial crisis that followed the next year, no students registered for the course.

As for me, I learned a lot from the experience. I created other ways to approach the work, such as using cards (YES/NO) instead of muscle checking. They understood that when you work with the intention of manifesting energy, the energy responds. I also used cards with numbers for limiting beliefs and, choosing randomly, the results surprised them. I taught them the basic concepts of *Empowering Yourself with Resonance Repatterning*, just as we are now teaching *Quantum Change Made Easy* with our new instructors. The students receive a student booklet for practicing their exercises.

Thank you so very much, Karine, for telling us of your creativity, commitment and accomplishments. You are a most effective model for openness to limitless possibilities.

Interviewed by Nancy Martin, Certified Practitioner, Providence, RI

DR. HARRY SIROTA AND CHLOE'S VISION WORKSHOP

By Sally Herr, M.A., *Certified Practitioner*



Optometrist Dr. Harry Sirota, the inspiration behind Chloe's Repatterning workshop, Vision, died on Saturday, February 27, 2010.

Dr. Harry Sirota was interested in making the process of being fitted with glasses a process of enlightenment—"insight" as he would say. He stated that the reason that the words "eye" and "I" sounded the same was because the "eye" provided the sense of who we are. In order to empower the process of becoming enlightenment, he provided all the

rods and cones of the eye with their rightful amount of light, not just the part of the eye that gives us sharp vision. By giving attention to the peripheral vision, the lucky person fitted with his glasses had more depth of perception, colors were brighter, visual tasks such as reading and driving became easier. More importantly, his patients found that with his glasses one's ability to relate to the world became easier, happier, more delightful.

In order to properly fit glasses, Dr. Sirota studied how a person moved. He had learned that with standard glasses, people often become more rigid in the way they walked, moved and related to the world. He attributed the decline of architecture to the use of glasses which reduced the sense of three dimensionality.

Dr. Sirota was interested in knowing how the glasses felt. He had found that with standard fitting of glasses, the patient often complained that the glasses "did not feel right." The glasses were often put in a drawer and not used. Worse yet, the patient eventually got used to the glasses, but their vision got worse in the process. One of the most empowering parts of his work is that he fitted the glasses with the patient's eyes closed. He said that with eyes closed, the light falls on the eyelids, and a tiny amount of light passes through the lids. "With the eyes closed, you can focus on your response to the lenses with less distraction."

My experience:

Three times, I had the great blessing of being his patient. During each visit, he gave me before and after exercises. These exercises were the same, or similar to the ones that are in Chloe's Vision book. On my visits, he would give me a



Dr Sirota giving a treatment to patient, M. Cornelli

process to do: One exercise was to close my eyes, turn in a circle, attempting to stop exactly where I had started. Another exercise was to walk down a hall and through a door, then walk backwards back to where I had started, noticing the emotions of these movements. On the surface these were innocent tasks, but they brought up great emotion for me. One exercise was to walk outside of

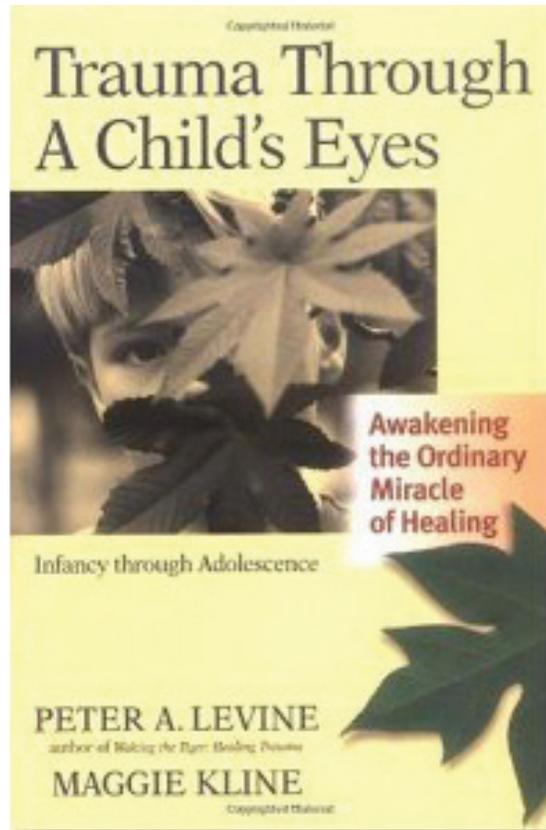
his office on South Shore Avenue in Chicago and notice how it felt. Before I had my new lenses, I felt unsafe and could hardly wait to return to the safety of his office.

Toward the end of each visit, as all eye doctors do, he would place an "E" on a screen in front of me. Then he would then say, "Close your eyes and keep them closed." As he switched the lenses, he would say: "Which one feels better? This one? Or this one?"

This process was much easier for me (and felt much more appropriate) than the standard practice of optometrists asking me to identify which looked clearer. On my first visit, after going through a series of choices, I described one as, "I feel a little bit out there (meaning more vulnerable), but I think I can handle it." That is the pair that I got.

Wearing my new lenses, he took me through the same tests that he did at first. I could not believe what I experienced. The busy street, which had been initially scary, felt like an enchanting place to be. I felt as if I was on psychedelic drugs when looking at his potted plant—it's colors were beautiful and its three dimensionality was fascinating and rich—unlike anything I had ever seen. I loved my glasses because wearing them made me I feel empowered, balanced, joyous.

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).



Through a Child's Eyes

By Laura Frisbie, M.Ed.

Certified Resonance Repatterning Practitioner, Asheville, North Carolina

In 2007, Peter Levine and Maggie Kline published *Trauma Through a Child's Eyes*, a five hundred page "step by step outline of the practical application of emotional first aid to children in the aftermath of injury and emotional overwhelm." This article is about four of those pages.

Peter Levine, PhD, is probably the foremost authority on healing trauma. He originated the concept of shaking off mobilized survival energy after a perceived threat (like our un-traumatized animal friends.) Chloe cites Levine's book, *Waking the Tiger*, in the Reptilian Brain Repatterning and I recognize his influence in the Energy Constriction Release, Earlier Experience, and Breath Repatterning.

“Whenever There Is Trauma, There is Also Grief”

The four pages I mentioned are about the relationship between trauma and grief. I have provided the information in detail below. However, before we go there, I'd like to tell you how this information made a big difference in the life of a client.

We had already done three or four sessions and it had been many months since I'd heard from him. I felt discouraged about his results, his voice and energy were still very heavy even though the sessions had gone well and he expressed appreciation for our work together. I'm so accustomed to that clear bright lift/shift after a session and things felt so heavy with him that I wondered if I should continue marketing to “depressed” people.

He was back in contact with me because he was now ready to work on his deepest issue. His brother had sexually abused him. He had memories of being small and feeling stalked and being chased (they were latchkey kids). He had memory fragments of fighting his brother off.

Because of what I had learned about trauma and grief, I recognized that his heaviness was decades old unresolved grief. Unresolved because it was intertwined and bound with unresolved trauma.

Because I understood the need to discharge mobilized survival energy, I encouraged him (in the context of either an Earlier Experience or Energy Constriction Release) to “rewrite the movie” and to have his body run in place. I coached him to “run, run, run, run to safety,” while he sat in his chair and ran his legs or stood and ran in place. As he ran, I coached him to look through his child's eyes and to see his brother chasing him, to see himself vanquishing his brother. “Imagine you are the kid in the movie Home Alone,” I said. “Get him! Be clever! Find your way out to safety.” At the end of the session, he felt (and muscle checked as) complete with the issue. He said he had expected to do many sessions to heal this and ended up only needing this one. And I got my payoff, his heaviness was gone and there was the sure sound of light and lift/shift in his voice. Jubilation even.

Symptoms of Grief versus Trauma

Levine and Kline explain that trauma, by its nature, results from situations that happen suddenly and unexpectedly. In contrast, "Grief is the emotion that accompanies loss." Unlike trauma, loss can occur either over the course of time, as in divorce or illness, or unexpectedly, as in accidental death. However, "shock and loss are inextricably woven together" and it is essential to know the difference.

Why is it important to know the difference?

1. "The physiological after-effects on a child whose nervous system has been jolted into shock typically either go undetected or are misdiagnosed as something else, such as depression or behavioral problems."
2. "Guiding a child through the initial traumatic (shock) reaction first is necessary to then enable the grieving process to move freely through its normal course. When the state of shock is ignored, grief remains unresolved."
3. "A prolonged state of shock leaves "a lingering sense of powerlessness and heightened vulnerability to post-traumatic stress disorder."
4. Unresolved, trauma can "so easily leave a child stuck in the fantasy of how it was then—before the 'terrible thing' happened—rather than how it is now. The result is a failure to develop emotionally. Denial and lack of acceptance become the rule and the grief process is impeded by the traumatic reaction to a divorce, death, or separation."¹

"Grief Feels **Real**, Shock Feels **Surreal**"

"An example to help understand the difference is the death of a family pet. For an old, ill pet, it is usually easier to talk about. With a sudden, accidental death of a young pet, often there are no words. The grief becomes complicated by trauma. If the shock of it is not worked out, the grief is more likely to be disowned. The event seems surreal.

A Comparison of Grief vs. Trauma Reactions

GRIEF

SADNESS

Grief reactions stand alone

Grief reactions are known to most professionals and some lay people

In grief, talking can be a real relief

In grief, anger is generally non-violent

In grief, guilt says, "I wish I would/would not have..."

Grief generally does not attack nor "disfigure" our self-image and confidence

In grief, dreams tend to be of the deceased

Grief is healed through emotional release

Grief reactions diminish naturally over time

TRAUMA

TERROR

Trauma generally includes grief reactions

Trauma reactions, especially in children, are unknown to many professionals

In trauma, pain triggers terror, a sense of loss, of overwhelming helplessness, and loss of safety.

In trauma, anger often becomes violent to others or self (substance, spousal & child abuse)

Trauma guilt says, "It was my fault. I could have prevented it" and/or "It should have been me instead"

Trauma generally attacks, distorts, and "disfigures" our self-image and confidence

In trauma, dreams are about self as potential victim with nightmarish images

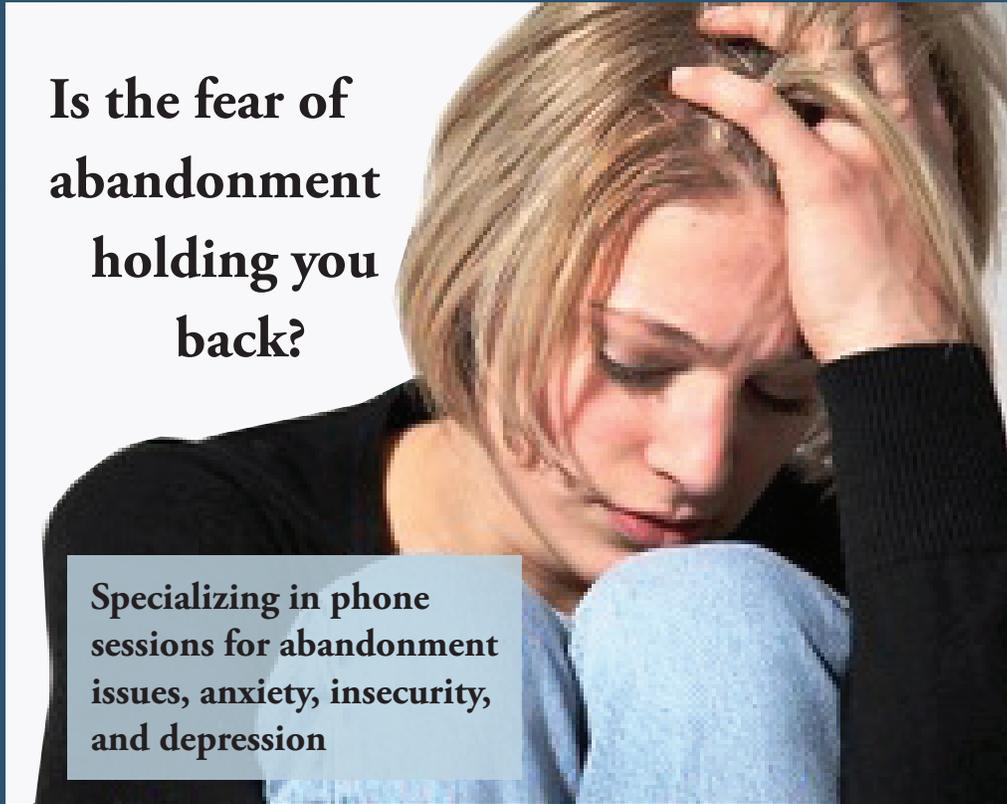
Trauma is released through discharge and self-regulation

Trauma symptoms may worsen over time and develop into PTSD and/or health problems ²

Through my personal window on the world, I see most of us as ghosts of unmet needs. *Trauma Through a Child's Eyes* clearly demonstrates how much of childhood—even a fairly healthy, benign childhood—can be rife with traumatic events. We knew that. Now we know, for those stuck in grief, to look for unresolved trauma.

¹ Peter A. Levine and Maggie Kline, *Trauma Through a Child's Eyes, Awakening the Ordinary Miracle of Healing* (Berkeley: North Atlantic Books and ERGOS Institute Press, Lyons, CO, 2007), 203-206.

² Ibid, 204-205



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Welcome to Stacy Dorius,

Certified Resonance Repatterning Practitioner, San Diego, CA

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



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

Stacy Dorius: I was born in Taipei, Taiwan to parents who were missionaries at that time. We moved to the U.S. just before I turned two. I have two older sisters and a younger sister and brother. My upbringing consisted of the good, the bad and, unfortunately, sometimes the ugly. That produced a version of me that manifested each of these in different areas of my life. All of which has been part of my journey to create the

life I love today. I dropped out of high school after 11th grade—later getting my GED. Beginning at 16, I entered the corporate world and worked for a management consulting company. This, to me, was my college education. For seven years I was introduced to multiple positions and responsibilities. In addition, I worked closely with business psychologists who “diagnosed” the health of a company and then made them healthier through specialized training programs. Needless to say, I read my first self-help book at 17 and soon recognized my own interest in understanding myself and others better. From there I went into Sales & Marketing and Meeting Planning in the spa industry, and then onto Professional Development in the music products industry where I traveled around the U.S. with top trainers in their fields who taught our members how to run a successful business. In 1999 I took a different direction and became a self-employed insurance agent building my own business over five years before “retiring” to redirect my energies inward. Today, I co-own a business with my husband and have a growing practice as a Resonance Repatterning Practitioner.

How did you learn about Resonance Repatterning?

I was introduced to Resonance Repatterning through Robyn Nielsen in May 2007. After Robyn had shared a few things about the work, my interest was definitely peaked. She gave me a copy of Chloe's book, *Quantum Change Made Easy*, which I read. I also scheduled a few appointments with the only Certified Practitioner in San Diego at that time, Shirley Lanyi. Between reading *Quantum Change Made Easy* and having sessions, I immediately noticed positive shifts within myself, far more profound and tangible than from other energy-based modalities I had used in previous years. Coincidentally, the Resonance Repatterning classes were coming to San Diego later that year. Robyn had suggested I take the classes with her. I thought, "Why not? I deserve investing in myself." Plus, I was ready to take my understanding of "energy work" to another level. With only the intention of attending the first three days of training, I was surprised when it became so clear that it would be unthinkable for me to stop there. I continued with the remaining four classes. After those classes, I continued with the Practitioner Certification program, recognizing my desire to take this education and self-healing to others.

What does Resonance Repatterning mean to you?

Resonance Repatterning supports and empowers me to love myself whole-souled; thus, I'm better able to love my Creator and others with a complete heart. It also means, to me, that there is a loving, dedicated, intelligent woman named Chloe who has given and still gives so much through this amazing system. My deepest gratitude to her and to the Source of this dynamic, abundant energy that is available to all of us.

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

After some sessions the results of my shifts are very tangible and evident. Other times the connection isn't as clear. However, always in hindsight I can see how even those sessions that appeared, at the time, to be less significant were absolutely necessary for me to heal and grow. Along those lines, a recent session that stands out to me was one I received from Ardis Ozborn during a Primary Patterns training class we held in San Diego June 2010. It was the Appreciation Repatterning. I had received this Repatterning

before, done my own self-sessions using it, and had even given it at least a dozen times to clients. So then, what could be so new for me? Time will tell, but I think the setting made a huge difference. Ardis was holding the healing space. I was surrounded by a group of supportive, eager-to-learn new students – ones that included my clients, dear friends, mother-in-law and mom. Something about that setting allowed me to process through an ECR where I literally forgot 14 other people were in the room. I experienced such a sense of freeness and inner-joy. I'm still not sure how my shift will play out in my life. But now I have come to trust that knowing the "how" just doesn't matter. What I do know for sure is the elements that were in place at that moment was exactly what I needed to move to another level of healing and extraordinary possibilities. The fun part, now, is awaiting the surprise. And when that surprise arrives – whenever that is – it will be exciting to say, "Yup, it was 'that' session that made the difference." I'm so glad I raised my hand in class.

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

Keep doing what you're doing. I really enjoy the journals and the variety of topics it includes.

Do you have a motto?

If I don't take care of my body, mind and spirit...where am I going to live?

If there is something special about you that you'd like to share, needless to say, we're eager to hear.

I love, love, love to dance! I feel such a sense of freedom when I'm moving to music...not just any music, but Hip Hop music. Shake ya tail featha'!

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



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

Q: What are your top ten nuggets for creating a successful practice?

A: This is a 2-part series. I will cover nuggets 6-10 in the November 2010 volume of the RPA Journal.

1. Make the commitment to building your practice. When I decided to get certified in Resonance Repatterning® and make it my profession, I had a job with an Internet company where I could have worked 12+ hours a day, seven days a week, without end. But after I made that decision to get certified, I made a commitment to myself to work only forty hours a week so I would have the time and energy to complete my certification and build my practice. I still went to my job five days a week and I gave them the best of my talent and skill, but I disengaged emotionally from that job and I stopped putting in 10-12 hour days and working weekends. I made sure that I kept enough of myself available for Resonance Repatterning.

Once I made that commitment my priorities became clear. From then on when faced with conflicting demands on my time, I asked myself, "Will doing this further me toward my goal

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(sugar and refined flours)!"

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



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of being a Certified Resonance Repatterning Practitioner?" This made the choice clear; if it wasn't in alignment with my goal, I declined. I had to make some tough decisions, but as I honored my commitment, synchronicities happened that accelerated my process. When the Internet company folded six months later, I was glad that I honored my commitment to myself because I was pretty far along in my Resonance Repatterning certification process. Had my "day job" been my top priority I would have still been unemployed but no closer to being a full-time practitioner. It was the biggest blessing to get laid off from that job!

2. Write a mission statement and vision for your practice. Write down why you are doing this work and what you want your practice to look like. Whether it's to support you and your family or help people make a smooth transition into their higher consciousness. Whatever it is, write it down. Get clear on why you are doing this work and what is unique about what you have to offer.

3. Set Goals and write them down. Set goals about how many clients you want to serve. How much money you want to make. How many hours a week you want to work. Who is your ideal client? What is your ideal working environment? Make your goals measurable and realistic, and do something every day that will bring you closer to achieving your goals. Putting things in writing helps you to clarify them and it is also a powerful first step in manifesting. It takes your vision from the mental and emotional levels and anchors it into the physical level. Remember: Success is rarely due to one big positive action; it's the accumulation of many small steps taken over time, on a consistent basis.

4. Take a Leap of Faith. Don't wait until you feel confident. Don't wait for that quantum leap to catapult you to the next level of skill, confidence or security. Sometimes it's a leap of faith, not a quantum leap that's needed. Get used to the fact that you are going to have to act in spite of your doubts and fears. You gain confidence by doing. You learn by doing. You overcome fear by doing the very thing that you are afraid of. Act in spite of your fear. When I started my practice I had the luxury of being unemployed and I say it was a luxury because I had to succeed at building my practice. I had nothing to fall back on. Failure was not an option. I

chose not to look for another job to tide me over because I knew that every minute I spent job hunting was time that I could be using to build my practice. Not everyone is in a position to do what I did, but once you make the commitment and you take a leap of faith then the Universe moves to support you. If you're waiting for the support to show up first, it may never happen. Things don't usually work that way. Along these same lines, don't be afraid to experiment and try different approaches. Let go of perfectionism. If you get an idea, try it and see what happens. You can adjust and correct as you go along.

5. Get Yourself Out There. Make a list of all of the places where you can give a demonstration of your work. Possibilities include healing centers, yoga centers, the YMCA, the local library, the Rotary Club, etc. Start contacting people to book your demonstrations. Getting out in front of people sends a big I'M READY! message to the Universe. You will build your confidence in talking about Resonance Repatterning and your services and it will build your practice. Do expos, fairs and teleconferences. Be a volunteer practitioner for the World Peace Hologram. Become a Board Member of the RPA. Collaborate with other healers whose work complements Resonance Repatterning.

In the next issue I'll cover tips 6-10.

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



CEU POLICY CHANGE

SOME HISTORY BEHIND THE JULY 7TH, 2010 CHANGE IN THE CEU POLICY FOR CERTIFIED PRACTITIONERS.

by Karen Kent, RPA President

In mid-2004, as a result of a review by a long-established board of directors the Association transitioned from a business operated by teachers for the purpose of promoting Resonance Repatterning and its classes to a trade association operated by elected members promoting sessions with certified practitioners.

The Repatterning Practitioners Association is incorporated in the USA as a not-for-profit trade association serving members who serve the public with the Resonance Repatterning® process and specialized applications. Our status as a trade association is set by the IRS and gives the association a tax exempt status as it provides a regulatory role in the setting of standards for members aimed at protecting the public.

As a trade association our unique role in the Resonance Repatterning Community then is to:

- Set standards for certification of our members
- Maintain a registry of certified practitioners in good standing
- Adopt and maintain a code of ethics
- Provide members with continuing education opportunities as opposed to required training provided through approved training programs.
- Evaluate and accredit training programs that can be recommended for the certification requirements of its members (for example-all classes listed at the institute).
- Actively promote the value of Resonance Repatterning sessions with certified practitioners as a means of creating higher coherence, health and well-being for individuals and groups.
- Create a positive business environment for our trade.

Requirements and restrictions of the association governed by the tax requirements of a trade association to remain Not For Profit and tax free include:

- That every certified member is equal in terms of dues, benefits and opportunities; student practitioner and student memberships are aimed at supporting their path towards becoming a certified member.
- All members are empowered to participate in the setting of standards and programs as per the adopted by-laws.
- Governance by an elected board of directors, that meets monthly
- Providing an annual Meeting and financial report ensuring all RPA business is transparent to membership
- *Not promoting the work of one person for their personal financial gain;*
- *Not supporting any one individual through the direct sale of their licensed classes or products. (We can recommend programs as part of training, etc. but not sell them or provide financial benefit by organizing them.)*

It is by these last two italicized statements that the Board must make the policy change in the CEU requirements. Legally, we cannot promote anyone's work as you see in the statement. Thus, we can only recommend practitioners to take classes from the Institute or other organizations. If you think about it, for any of you who may have a License or Certification from other professions this most likely occurs for you as well. For instance, a doctor or a social worker is trained by their college but never are they required to go back to that training program to obtain their certification requirements.

The Board has struggled for years on how to satisfy practitioners who are not able to attend Institute courses to satisfy their CEU requirements. This policy change will hopefully maintain practitioners who have travelled extensively in the past for coursework.

Please contact Karen Kent if you have any questions. I look forward to hearing your responses on the blog <http://rpamembers.wordpress.com>.



Teleseminars in 2010

Compiled by the Continuing Education Committee

The 2010 Teleseminars are well underway. Here are a few of this year's final offerings:

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 . Facilitated by Gail Glanville.

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

Cost: \$150.00 4 CEU's

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.

Date: November 6th 10am-12pm MTN or 1-3pm EST

Cost: \$75.00 2 CEU's

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

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

The RPA Board has approved next year's teleseminar. It will be a Skills Development teleseminar and the CEU committee will begin a search for a facilitator in the early fall. More to come on this topic! Stay tuned at the blog!

Contact Karen Kent, CEU chair for more information



WORLD PEACE HOLOGRAM

THE FIFTH AGREEMENT

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

In a year that continues to process many Earth changes, World Peace Hologram continues to work with the essential underpinnings of peace within. Weathering earthquakes, floods, fires, war, oil spills, volcanoes, and economic downturns is more than working at the survival level on the physical level. In a weave of involvement directly with the Earth, the “revelations” continues to communicate that we are in integral relationship. What we do to another, we do to ourselves. What we do to the Earth affects everyone.

These events have motivated internal search for what it is that sustains us through these challenges personally and globally, and given pause for inventory of choices stretching into the wisdom of the triangle of perpetrator, victim and rescuer.

Accessing greater wisdom heals the places where we have been shaken and pierced, lost the ability to find a place to stand in the present, and been torn by inner conflict.

In Don Miguel and Jose Ruiz' book, ***The Fifth Agreement***, the question is asked "What kind of messenger are you? Are you kind to yourself? What kind of message do you give yourself and to the ones you love? Are you choosing heaven or hell?" Everyone is watching a movie in the world based on perceptions and imprints.

Fifth Agreement: "Be skeptical, but learn to listen." This is a direct message to look within.

The first time you learn how to dream, your belief system creates millions of little barriers to the truth. When the structure of your belief system is no longer there, you take away the barriers, and you no longer see one point of view. There are many points of view you can see at the same time. You see yourself not just from the point of being human, but from the point of view of a force. You see yourself not just as a force, but as a manifestation of that force. (From ***The Fifth Agreement***)

Looking at the world through the eyes of the observer where the symbols of the victim, warrior or master have internally resided, can you begin to hear where they speak? These are the places of reaction through fear, anger, and judgment. Can you see, love, and listen to them? Through the process of healing these aspects, the seer becomes the peacemaker.

When you leave symbols aside, what remains is the bare truth, pure and simple. You don't need to know who you are, and this is a huge revelation! You don't need to pretend to be what you are not. You can be completely authentic. And because of that, you can deliver a message. (From ***The Fifth Agreement***)

This message is one of truth and integrity. This message is a message of love. For love is who you truly are!

Thank you, Alicia Balderrama, Carin Block, Sharon Mayo and Kathie Joblin for offering your illuminating gifts to this integral process. Topics of tolerance, healing family ties, working with self-esteem and cultural diversity, and The Four Agreements in this quarter worked with the roots of these issues.

Watch a 3 ½ minute video on the 5th Agreement:
<http://www.youtube.com/watch?v=yrKfUm7bcMw>

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

- 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