The HR Journal®

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The HR Journal

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FAREWELL

As we all know, with HR, shifts happen. It is my great joy to transfer managing editor responsibilities into Andrew's capable hands. Thanks to HR I am learning that it is possible to let go with love so that I might pursue my first passion—my HR studies and practice. I am humbled that I was given the opportunity to serve as a member of the *HR Journal* Vision Team during this exciting time of transformation.

—Terry Blakesley,
Outgoing *HR Journal* Managing Editor

The Holographic Repatterning Association is a not-for-profit organization formed to promote, educate and advance the interests of students and followers of the Holographic Repatterning Process for Positive Change. The *HR Journal* is published four times annually at a yearly subscription cost of $35 US. HR Association members receive the *HR Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 505-533-6060 or sign up online at www.holographic.org.

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From the HR Council President

I want to thank everyone for coming to this year's conference. The primary reason we get together is the need to feel part of the HR community. We have that experience in the classes and, in a much broader sense, at the conference where we share a common focus with people from around the world.

In particular, this year's conference gave all of us the left-brain proving that we needed to hear. Because so many of us practice HR, see the amazing results, and operate on faith as we follow our hearts, it was really nice to hear the pragmatic approach of our excellent conference speakers whose individual presentations served as explanations of why what we do in HR works so well. We received validation that HR is powerful, lscientific, and totally creditable. Thanks again to those who came for your wonderful participation. See you at the 2003 Conference!

Ardis Ozborn
President, HR Association,
HR Teacher

Accreditation Process

We are very excited with the response we have received to the changes that have been made to the accreditation process. We are busy getting together the accreditation packets that will be available after August 1st. The fee for the packets for Levels 1, 2, or 3 is $125 (includes annual membership dues).

Each packet will include a Certificate of Completion; a Client Information Intake form for obtaining background information; the HR Code of Ethics document; and the HR logo, for use in producing advertising materials.

Level 1 Practitioners may advertise using the HR name and logo under the following conditions:

a. All advertising must indicate that you are a Level 1 practitioner. You should be aware that you might not yet have the experience to handle highly charged issues with some clients. In this case it is advised that you refer them to a more experienced practitioner.

b. Remain a member in good standing with the HRA, paying your annual dues.

c. Fulfill continuing education requirements. In order to do this you are required to complete ONE of the following within twelve months of when you received your certificate of completion:

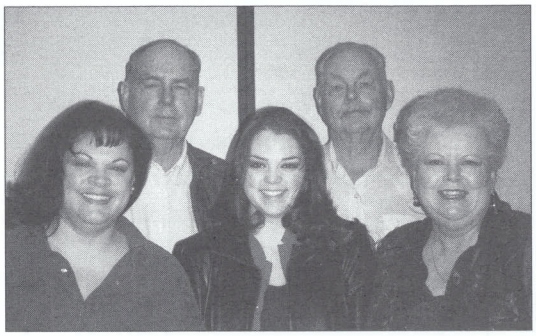
- Retake an HR seminar.
- Take a new HR seminar, Principles of Relationships, Energetics of Relationships or A New Vision.
- Attend the annual HR conference
- Attend any HR endorsed seminar such as Holding the Healing Space or a practitioner development or skills development class

d. Practice HR within the laws of your state.

Empowering Classes

Empowering classes are receiving very positive feedback. People are finding it a very useful tool to bring into their lives as parents, teachers, therapists, and business professionals. Many of them have had HR sessions and want to know how to do a bit more on themselves, which leads them to take the HR training, fulfilling needs on many different levels.

Empowering classes are building awareness of HR in the community, and creating potential clients for existing HR practitioners. We expect the success to continue and to grow, as our intention is to have many more empowering classes scheduled next year. The growing awareness of HR in the community will be out there to support all students and practitioners of Holographic Repatterning. The next issue of the HR Journal will contain more information on these new trainings.



Multi-Generations of

by Kama Jeffries

My name is Kama Jeffries and this is the story of how I got involved in HR. Like most stories, this one is quite simple. The quantum effects that have been set into motion since then, on the other hand, are a completely different matter. So I will do my best to explain.

I am the oldest of four children (three girls and a boy). My brother is next to me and then my two sisters. My mother home-schooled all of us from the very beginning. My brother and I had an easy time learning and doing our schoolwork. But when my sister came along it was not very easy, or fun, for anyone involved. The days would usually end in frustration, with my mother and sister going to their neutral corners at opposite ends of the house. The next day it would all start over again.

Now my mother has never been the kind of person to believe that just because something is hard you must accept it and live with it, especially when it came to her children. So she constantly looked for ways to make learning easier for my sister. One day while giving a man a massage (she gives massages for a living), she was telling him about my sister. Without any hesitation the man said he could help her. He was an HR Practitioner.

My mom needed no further explanation. She set up an appointment for her right then. My sister was nine years old at the time, so my mom went with her and sat in on the first session. It was a BIG session. Her whole issue with learning wasn't just about learning; it was more about her survivor's guilt. It all went back to when my mother was pregnant with her.

During the fourth month of the pregnancy, my mom miscarried my sister's twin. My sister, who was carried to term and perfect from birth, was living with the guilt of being the only survivor of the pregnancy. As you might imagine, she had the belief that she shouldn't have been the one to live. She had huge self-worth issues that were so deep that she didn't feel that she deserved to learn anything or be anything or even exist. She also had resentment issues toward my mother for "letting the other baby die," which made my mom's teaching her all the more challenging. But not for long.

When they came home that night, my mom sat down and told my dad about her most eventful day, while my two sisters played in the next room. As my mom and dad talked they were struck completely silent by the noise coming from the next room. For the first time that either of them could recall, they heard my sister laugh, full of life and light. She was finally able to let herself be a child. They both cried, joyfully and gratefully.

Thus began the HR explosion. Anyone and everyone that came within ten feet of my mother heard about HR. My sister went from struggling with one page of schoolwork a day to doing ten pages a day with no problems. From then on, we all had regular HR sessions.

> For the first time that either of them could recall, they heard my sister laugh, full of life and light.

That fall we attended the Fundamentals Class, Unconscious Patterns, and the Meridian Chakra Class. Three generations of my family attended: my paternal grandparents, my dad's brother, his wife and daughter, my mother, and I. The profound effects of having three generations there were awesome. Let me explain why.

Colorado Family Study HR

When my grandparents were first married, they had two sons. When the oldest was 18 months old and the younger boy was six months old, the family lived by an interstate highway. One day when they came home from the store, my grandma took the youngest boy inside and my grandpa started washing the car. Both of them were thinking that the oldest boy—the eighteen-month old—was with the other parent. When they heard the sound of screeching brakes, they both instinctually panicked. My grandpa ran to the road and when he came to the top of the hill he looked down to see that a farm truck had hit and killed his oldest son. They think the boy had let go of a balloon they bought him in town and followed it out to the road.

That day began over 20 years of alcohol abuse, followed by 23 years and counting of recovery. They have been through A.A., A.C.O.A., and about every form of counseling you can think of. I have a lot of respect for the fact that their main focus and concern was their children, how they were affected and what could be done to help. So HR was a natural step forward. Without hesitation my mother and I started doing group sessions on the whole family, my grandparents, their six kids, and their families, not to mention the individual sessions that most of the family members were receiving. The changes in the dynamics of the family have been wonderful.

The most exciting experience for me, from a practitioner's standpoint, concerned my brother. When he began getting migraines a few years ago, my mom started giving him sessions for them. The migraines all went back to his eyes, two generations back, on his father's side. Interestingly enough, my dad has also had migraines and a lot of trouble with his eyes. Through HR sessions and inner child work, he learned that he had no vision of himself; while doing his inner child work, when he would see himself as a child, he would have no eyes. There was a place for them, but no eyes.

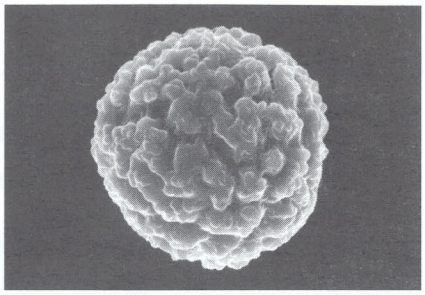
As we were telling my grandpa this he became very uncomfortable. When we were done, he told us that when he walked up and stood over his son after the accident, he saw that the boy had literally lost his eyes in the accident. We started muscle checking and discovered that both my brother's and my dad's migraines went back generationally to that experience. The following night my grandpa did a session on that specific experience and proxied in all of his children and grandchildren. Thanks to that session my brother has stopped getting migraines and my dad has his eyes.

To bring things up to date, when I took the first three HR classes, I was 15 years old. Before that, I had had a year of receiving sessions. I am now 21, and have continued to give sessions and take classes. I have found that it truly helps me to maintain my balance and keep myself grounded in my life.

Three Generations of Jeffries Family. Photo by Brandy Reich. Front (l to r) Crystal (Mother), Kama, Joyce (Grandmother) Back (l to r) Keith (Grandfather) Ron (Uncle)

Editor's Note: Those mentioned in this article have given permission for their names and information to be printed. Please always be aware of confidentiality when talking about HR sessions and avoid using client's names unless they give their permission to do so.

In Holographic Repatterning, we use muscle checking to provide physical, mental, and emotional feedback regarding areas of coherence or incoherence. Yet, we may not fully appreciate the remarkable functionality of the body's



energetic field and holographic characteristics that are producing these positive or negative energetic feedback responses. Deepening our understanding of how the coherence of energy is determined on a cellular level can be fascinating as well as beneficial to HR students and practitioners.

Frequency Fields at the Cellular Level

by Stephen Lindsteadt, ND

By expanding our awareness of the components underlying coherence, such as the absorption of light into our cells, we can take steps to move into more complete coherence, with resultant benefits to our physical, mental, emotional, and spiritual well-being.

For example, Dr. Kikuo Chishima, a Japanese professor whose credentials and work will be examined in more detail below, theorized that the energetic or frequency information in the food we eat is even more important than the nutrients. Food contains molecular compounds of amino acids, complex carbohydrate chains and various chemical elements, each having their own unique frequency or vibration. It is the vibrations of the nutrients that raise the vibrations of the body's tissue. Pesticide and chemical laden fruits and vegetables, as well as animal protein contaminated with antibiotics and growth hormones, have chaotic vibratory oscillations that act to derail the high coherence of our nutritional energy needs. Thus, our food has to be in the utmost coherent energy state because that is what is taken into our cells in the form of biophoton energy. In addition, our mental state creates an energy field around us that affects the vibration of the food we are preparing or putting into our mouths.

This article also describes the exciting research of German biophysicist Fritz Albert Popp, Ph.D., a Nobel Prize winner in physics, who investigated the relationship between coherence and the biophoton energy in our cells. Popp used highly sensitive light-measuring equipment to monitor the light emitted by living cells. He was able to confirm that living cells emit small bursts of light. He determined that cells do not just radiate light, they also absorb light. In fact, the storage time is relative to the quality of the cell. Therefore, a healthy cell will store light the longest, while an unhealthy cell will give off the light in a shorter time. He also discovered that the dying process of a cell is identical to that of a star. Shortly before its death, it will change into a supernova, whereby its radiation increases a thousand-fold. He further discovered that a healthy cell radiates coherent light, while a diseased cell radiates chaotic light.

According to Popp, every cell in our body receives coherent light, stores coherent light, and emits coherent light.[1] The most basic sub-molecular component of our body is made up of particles of light called biophotons. These biophotons, traveling at the speed of light, make up the electromagnetic frequency patterns that are found in every living organism. This matrix or field of frequency oscillations or resonance specificity provides the energetic switchboarding behind every cellular function, including DNA/RNA messengering. Cell membranes scan and convert signals into electromagnetic events as proteins within the cell's bi-layer change shape to vibrations of specific resonant frequencies.[2] Every biochemical reaction is preceded by

an electromagnetic signal. Cells communicate both electromagnetically and chemically and create biochemical pathways that interconnect with all functions of the body.

Dr. Kikuo Chishima, Professor of the Nagoya Commercial University, Japan, and author of a nine volume collection of his research and scientific studies called "Revolution of Biology and Medicine: A New Theory on the Life Science and Its Practical Application to Health & Disease," is best known for his studies demonstrating that the origin of red blood corpuscles is not the bone marrow but the intestinal villus, and that red blood corpuscles differentiate into all kinds of somatic cells and germ cells in accordance with their cellular resonant environmental conditions.

Dr. Chishima theorized that the intestinal villi act like small antennae that absorb both nutrients as well as energetic or frequency information from the food we eat. He concluded from his research that it is within the intestinal villi that the body produces red blood cells in a manner similar to how plant roots uptake nutrients from the soil and synthesize them into plant cells. These red blood cells, or erythrocytes, respond to specific biophoton oscillations and then aggregate, fuse, synthesize DNA and differentiate into lymphocyte or mesenchymal cells.[3] The capillary system, which is over 90,000 miles long, is basically an open-ended system that allows erythrocytes to migrate to any area of the body where they are needed. This open-ended system—that connects to the lymphatic system, the meridian system and the connective tissue—provides communication pathways for the flow of information and cellular instructions from the electromagnetic energy matrix.

Dr. Chishima's work offers some insight into current day quantum physics theories that remind us that at the sub-atomic level matter does not exist. There is only energy: bits of photons with lots of empty space around them. DNA has been thought to be the center of the definition of life. At closer inspection we find that DNA is made up of molecules, which are made up of sub-atomic particles, and we again end up back at the level of biophotons. DNA is found to be nothing more than loose strands of deoxyribonucleic acid, a cluster of molecules attached to proteins that make up the cell's chromatin nucleus. It is interesting to note that, although DNA goes under the name of an acid, it is actually a salt (sodium).[4] Sodium, as we know, is one of the body's important electrolytes and a conductor of electromagnetism. A DNA molecule is negatively charged, with the magnitude of the charge being proportional to the chain's length. It is a linear, one-dimensional crystal.[3]

The cell's inner-most center is made up of ribonucleic acid and proteins (all molecules). The antenna, or a filament strand-like configuration of DNA, allows the molecules to receive and transmit electromagnetic frequency information along its nucleotide bases, creating resonance reactions within targeted genetic or nucleotide triplets that create the template for the formation of messenger RNA (mRNA). Once mRNA has formed, it leaves the cell nucleus and attaches to structures known as ribosomes. Using raw material from the cell, the ribosomes produce proteins by following the sequence as instructed by the mRNA. The proteins in turn go about doing their jobs inside or outside the cell based on the original instructions passed down from the electromagnetic coding to DNA, to RNA, and finally to the ribosomes. This process is known as transcription and provides the means for electromagnetic frequency oscillations, the body's master conductor, to interact with the cell's command center to instruct what notes to play—when, how loud, how long, etc.—in order to maintain the precision and harmony of the whole body's vibratory and cellular orchestra.

To reduce our DNA to the point of sub-atomic particles of energy may leave us wondering what is left. Our bodies have now totally disappeared into a sea of energy that is seemingly under the control of a superconscious energy field. From this vantage point we begin to see how we are interconnected with everything else. We also can begin to understand how it is possible for red blood cells to transform into tissue cells and—with enough interference from poor food, stress, environmental toxins, and inner conflicts—into cancerous cells. It also begins to explain how it is possible for human limb regeneration to occur without the aid of cellular mitosis.[5]

An interruption or distortion in the range, strength and coherency of the body's electromagnetic energy system leads to a breakdown in the body's self-healing mechanisms. Our thoughts and emotions are also frequency patterns and have a direct relationship on the integrity of our energy field. A disruption in our consciousness can create an area of stagnation or incoherence in our bodies that can derail DNA transcription, suppress T-cell and NK-cell activity, and other

(continued on page 15)

QUESTIONS & ANSWERS

BY CHLOE FAITH WORDSWORTH

In Part 1 of this article, which appeared in the May 2002 HR Journal, Chloe discussed the power of orientation. In Part 2, Chloe provides more input on how take sessions deeper though power of silence and energy constriction release.

Q: Dear Chloe: Could you give me some input on how to take my sessions deeper?

A: You know that feelings are your life energy of joy, ecstasy and laughter. You know that life-needs that were not met and resolved lead to intense pain for the infant or child. You numbed the intensity of this painful feeling and simultaneously numbed your ability to feel joy, enthusiasm, pleasure and feeling uplifted. The original pain is disguised as anger, grief and fear. HR is not about re-experiencing the original painful feelings. Once is enough. HR is about identifying the pain so that we can transform it and feel our powerful life energy once more.

All of us must break through certain automatic responses if we want to go deeper into our own or another's process. What are these automatic responses? Someone's anger makes us afraid; someone's tears or intense grief make us want to console; someone's fear makes us want to reassure. To go deeper in a session, it may be more powerful to hold a loving space and simply acknowledge the feeling with your heart, rather than feel afraid, console or reassure. For example, rather than experiencing fear in the face of a person's anger, just acknowledge it: "What I am hearing is that you are angry that (__)." Or, "You were frightened when (__)." Or, "There's a great sadness." How often are our feelings acknowledged, and especially acknowledged with love and no attempt to fix or remove them, or to criticize us for having them? This is the beginning of going deeper, and it is something that we can practice in our everyday lives.

Appropriate silence at the right moment in time, with or without eye contact, is another way of creating depth in your relationship with your client, or anyone else you are in relationship with. So often we are immersed in being efficient, in identifying the next statement, or we are hurried, concerned about how long the session is taking. We may be uncomfortable with eye contact, stillness and silence. When a statement is identified that strikes a cord in your client, allow for silence. Or you may want to acknowledge its power: "That is bringing something up for you." A simple statement, followed by understanding and gentleness in the way you make eye contact, immediately takes the session to a whole different level.

In the Energy Constriction Release, while representing the ideal mother or father, say a few simple, loving words, and allow for a little silence. Let the words sink in. Feel connected to your heart. Allow love to flow through your eyes in that silence. This is depth, not only for your client, but for you! In addition, loving silence, after a statement has struck a cord for your client, is often enough to allow a hidden energy constriction to surface. This allows you to facilitate a client's core place for healing.

A great place of growth, that usually takes years of practice to recognize, is being able to differentiate feelings that are a discharge against feelings that need to be expressed and released. When a client is in a discharge—usually with tears, anger or movement—your client is generally letting you know that there is an energy constriction. The greatest gift at this moment in time is for you as the practitioner to help your client stay at the edge of the vortex. Rather than "dive into it," help the client move into the parasympathetic nervous system through nose breathing. This makes it possible to resolve the deep-seated unmet life need, non-communication, and the blocked movement of the life energy that underlies the energy constriction.

In another situation, feelings may not be an energy constriction. They may simply be the expression of appropriate feelings! If you are talking about something sad, it is appropriate for tears to come to your eyes. If you are talking about something funny, it is appropriate to laugh. Often we suppress the appropriate expression of our feelings. We may need to learn that we are lovable and acceptable along with our feelings. Consider this example of a mother who had lost her

child. She hadn't allowed herself to feel her grief. For her, crying was part of her healing, and she needed a practitioner who could be with her, accept her and love her as she wept. Her tears didn't need to be fixed, consoled or removed. They needed to be acknowledged and witnessed with love and understanding.

Another mother who had been in consistent grief for many years knew that she needed to get on with her life; she knew that her tears were a discharge, that there was an unresolved pattern that needed to be addressed. Consoling or encouraging this expression of grief may not be in the client's best interest. Usually the Energy Constriction Release and other work is what is being asked for by the client.

Often the simplest way to take a session to a deeper level is to ask questions at the appropriate moment during the session. Perhaps you are unclear; perhaps the client has mentioned something, and instead of passing it by, you say to yourself, "Wait a moment, that is big," and you ask a question that reveals much depth for both you and the client. Questions aren't asked so the whole session becomes an intellectual talking session. If the question leads to more understanding about the session and what is being identified, or clarifies what is being identified, it can be very useful—especially in giving you a greater understanding about what is going on energetically. Again, with practice and experience, through reading, learning and understanding the information in your Meridian and Five Elements book, you will soon begin to recognize your client's elements and meridians that are asking for support or balancing. With more practice, you will begin to offer a particular element or meridian quality in the tone of your voice, in the way you make eye contact, or in the manner in which you talk and respond. In this way you become a modality in your own right!

Everything you are, say, think and do can support your client in moving to a higher energy state of coherence. Learning to take our sessions to this level of depth may be a life-long process, but it brings great rewards to us as practitioners because we feel deeply fulfilled in our work. It is also rewarding for our clients—who feel touched and connected to—in ways that are rare in this world.

Note to all HR students, practitioners, and practitioners in training:

It is occasionally brought to our attention that we hear of someone doing an HR session on another person without permission from that person.

IT IS A CARDINAL PRINCIPLE OF HR
THAT WE NEVER MUSCLE CHECK ANYONE WITHOUT PRIOR PERMISSION.

This is taught in every seminar! It is unethical to do this, and is a violation of that person, regardless of how caring or loving the original intent may be.

HR TESTIMONIAL

Ffiona Morgan, a new student who recently took Fundamentals & Transforming Primary Patterns in Sydney, Australia, received the following testimonial after doing a "practice" session on a friend.

"I woke up the next morning in a good mood and have been doing great ever since. It is astonishing. I am working efficiently and am enjoying life again. It's as if my mind was covered in cobwebs, and they got blown away, and I got a gift of confidence and competence out of seemingly nowhere. I can't thank you enough. I really would like to pay you for the session. In fact, just send me your address please. It's like a miracle. I'm laughing at the wondrous absurdity of it right now. My mind has new clarity, new perspective, and I do have the hope I was asking for... Thanks Ffiona!"

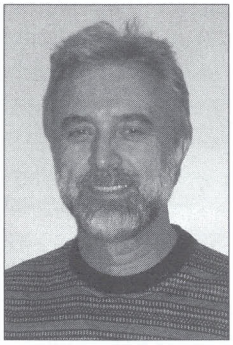
—ER

Special thanks to all 2002 Conference Presenters

Audiotapes of the 2002 HR Conference are available through the HR website (www.holographic.org) or by calling Naneen at the HR office (505-533-6060)

PRACTITIONER INTERVIEW

Michael Gunko, South Africa



"HR is an ongoing process for me and always will be!"

HRJ (HR Journal): How did you hear about HR?

MG (Michael Gunko): Seven years ago I was working my own process using a pendulum, when a client of mine, who was responsible for bringing Chloe to South Africa at that time, invited me to attend an introduction to HR. Chloe replaced my pendulum with muscle checking and introduced me to a more complete process. Now I never stop learning about HR, attending as many courses, observations, and especially the Annual Conference. HR is an ongoing process for me and always will be!

HRJ: Can you tell us a little bit about your education and background?

MG: My education after high school has been part-time varsity with various certificates from University Business Schools. My main drive in business has been the managing of divisions within organizations and the running of companies.

HRJ: What does HR mean to you now?

MG: HR has pulled everything together for me. The process allows for both a structure and flexibility. It has given me the opportunity to grow and develop on many, many levels and, most of all, has provided me with a powerful tool to be of service to other Beings on this planet. One of my beliefs is that a being is only as valuable as what she or he can do to serve others, and the HR process allows me to do just that!

HRJ: Are there sessions that stand out in your mind?

MG: There are a number. One was with an elderly lady that felt she had lost her femininity. The repatternings done were on Self Acceptance and Self Image. The amazing issue was that for the last five years she had not had a period and immediately, the day after the HR session, she had her first period in years, which reaffirmed her femininity. I will never forget the huge bouquet of flowers that she sent me. Another was a beautiful young woman who together with her twin sister was sexually molested by their father for many years. When I first met her she was extremely introspective, afraid and wore thick glasses. After three sessions, I remember her whole demeanor altered. After one session in particular, I remember seeing her facial features change and after that day she has never worn glasses again.

HRJ: Are there other ways that HR has impacted your personal life?

MG: My daughters never truly accepted my "practices" and they always deemed me to be "very weird." HR really assisted in bringing my one daughter and me closer. One day I had a call from the hospital saying that my daughter had been admitted. I raced through to find that she had somehow been temporarily paralyzed and unable to speak. No one to this date knows from what! I managed to get the okay from her to do a proxy session on her (as she was unable to speak) and by the next morning she was fine. For the record, no medication was administered that day or night, as the doctors were still trying to diagnose her. Thank you HR.

HRJ: What is your vision for HR in the future?

MG: I see HR really "taking off" in the future, once Chloe has written the book. This will truly allow the HR family to capitalize on the marketing exposure. I also see HR practitioners becoming personal "coaches" for people who would need daily and weekly guidance, as well as "coaches" for families along with doing family group HR sessions. "Coaches" for business and working within departments and with individuals within a company using the process and the modalities will be a natural follow through. After all, everything is energy.

HRJ: Is there anything else you'd like to add regarding HR?

MG: My own growth with my own sessions, and from Natascha, and especially through the accreditation process, has been amazing to say the least! Thank you Shady. Thank you Chloe!

Congratulations to Michael from the HR Association for his dedication (and travel time) in achieving his Practitioners accreditation.

eMOTIONS FOR COHERENCE

by The Seed Sistas — Carolyn Himmelfarb, Lynn Larson & Carolyn Winter

"Each of us embodies the boundless energies of life. We are creating, systems-seeking, self-organizing, meaning seeking beings. We are identities in motion, searching for the relationships that will evoke more from us. We bring these desires to our organizations, seeking from them places where we can explore possibilities. Our energy courses through our organization. This energy is the best hope we have for creating organizations that feel alive."

A Simpler Way, by Margaret J. Wheatley, Author & Management Consultant

Last September 11th, we all experienced a chaotic event—the collapse of the World Trade Center and the death of several thousand people. Do we move into the future taking from the chaos our inability to deal with life's problems, perpetuating disorder and disintegration, and creating greater non-coherence; or, do we lift from the chaos—by our choosing, our ability to create order, restore harmony, and enhance coherence?

As Holographic Repatterning® advocates, we had a process for paving the latter path, for sifting through the chaos of infinite possibility and strengthening the coherence for growth and positive change. Three of us came together to promote and employ HR for this purpose beyond our individual abilities and in so doing also experienced first hand how organizations respond to the principles of chaos.

The way in which organizations respond to the principles of chaos theory is written about by business consultants such as Margaret Wheatley, author of "The Simpler Way," and Laurie Fitzgerald (http://www.orgmind.com/chaos/propchart.html). In this conceptual framework, an organization is viewed as an interconnected living system where change or action in any of the parts will result in system-wide changes.

Fitzgerald, who bases her work on this paradigm, refers to organizations as *Chaordic systems*. These are systems governed by principles of chaos specific to organizations. Using her framework, we could say the HR Association is a chaordic system and the response of the Holographic Repatterning for Peace Project is a system response to become coherent. Here is our analysis and the story behind Holographic Repatterning for Peace:

Property #1—Organizations have ascending levels of consciousness

Within any organization, there is a consciousness that comes about from the interactions of the individuals—the ability of the people to interact coherently with each other through development of their own relationship coherence.

At one end of the spectrum, a person can sit back and view the leadership as entirely separate from them. For instance, it is possible to view HRA as being separate from any given person—outside their influence. From this viewpoint, one would say that whatever is derived and gotten from being a member of the HRA is what is due—a certification system, a journal, a conference. These are the things that "THEY" are doing for the membership—the exchange for a membership fee. At this end of the spectrum, active participation is not high.

This aching to be part of a meaningful group that does something more was powerfully evident throughout the nation September 11, 2001. The Media coverage caused all of us to plug into "ground zero." We watched, helpless to do much of anything except give blood, donate, and pray. The popular spiritual gurus of our time—Chopra, Myss, Williamson—spontaneously wrote to console, heal and help their readers make sense of their world gone wrong. Many of us wondered, "What can I do, as a Holographic Repatterning Practitioner, to also make a difference?"

Many of us limply dipped into our toolbags of hope and offered sessions, group sessions, and co-operative ventures. Personally, I felt inadequate— "Who am I to do this on my own? The problem is bigger

than my world and me." The idea of a large, even very large group repatterning set in. Then the realization of the unfulfilled need occurred: Is there support for this by the HRA? The realization occurred—"THEY" means "ME."

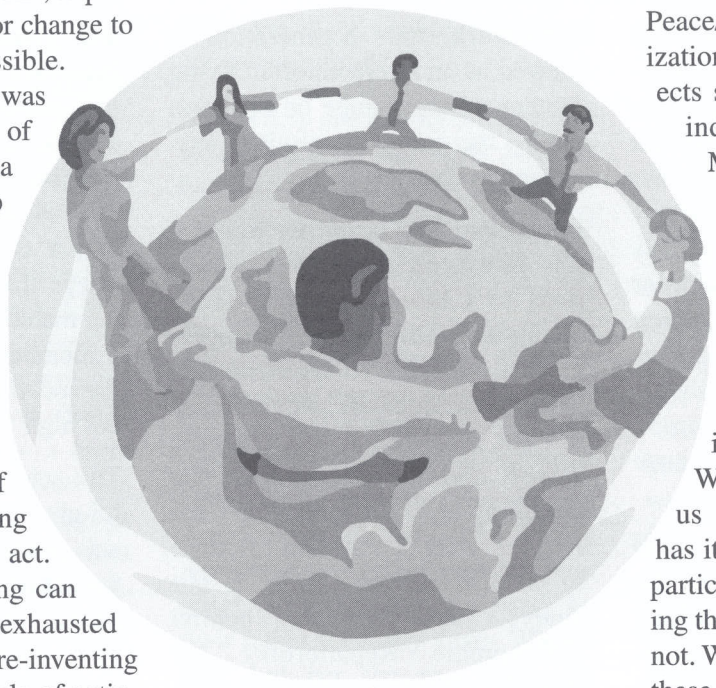
The three of us—Carolyn Himmelfarb, Lynn Larson, and Carolyn Winter—with similar vision, found each other and banded together, forming the "SeedSistas." Our vision was to provide a lasting positive impact throughout the world through the use of HR, to provide HR as a medium for change to the largest extent possible. Our coming together was only possible because of our HR affiliation. As a team, we made the leap that "THEY" means "ME."

Property #2—Surprise! Organizations Can Count On It!

In chaordic systems of organizations, planning becomes a balancing act. The absence of planning can leave its participants exhausted from fighting fires and re-inventing the wheel with each cycle of activity. Plan too much, however, and the organization can choke with rules and constraints. So while an organization needs to always be planning ahead, and putting in controls for continuity, healthy coherent organizations will make room in its order of business for the chaordic property of indeterminacy or surprise.

The coherent organizational mind accepts and incorporates change from within. It recognizes that not all initiatives start at the top and trickle down—that sometimes they just erupt around a pool of coherence for shared values and vision. In closed systems this doesn't happen.

Testimony to an organization that can respond to its parts, HRA accepted the Holographic Repatterning for Peace (HRP) project. It was a surprise project conceived by a few regular members, who had never met—except over the internet—in response to a chaotic event. The result of Holographic.org/Peace—a gift of the heart—is a surprise for the organization and testimony that the organization responds to the parts.



Practitioners from the USA, Canada, and the United Kingdom organized this project via the internet. While the three of us envisioned an online offering, Carolyn Himmelfarb in California personally nurtured into fullness the connections between practitioners, teachers, and the HRA for their support and participation. Lynn Larson in Texas applied her earlier career training from IBM for project management and distinctly brought the parts together for consensus decision making for decisions that worked. Carolyn Winter in Toronto, Canada further practiced her new web software skills by co-creating the HRP website structure.

As the group grew, many seasoned practitioners and teachers generously donated their time: Marcelle Askew, Victoria Benoit, Yvonne Bost-Brown, Lyndis Durwin , Sarah Gibbons, Gail Noble Glanville, Carolyn Himmelfarb, Lynn Larson, Bobbie Martin, Georgia Miles, Ellen Shapiro, Susana Sori, Susan Wisniewski, Carolyn Winter. Each of these people has a short biography at the site:http://www.holograhpic.org/Peace/volun.htm. Within the organization, news of sessions and projects spread through the efforts of individuals such as Veronica Merriman.

Principle #3—Interconnection

As we also know from HR, we are all interconnected, part of a unified whole. No one thing can exist or occur independently of another. While the structure that brings us together—the association—has its agenda, so do each of us as participants. Each agenda is affecting the other whether we know it or not. When we are drawn together in these structures, with shared values and vision, more is created at every level. The flexibility of our structure allows us to think globally together…while acting locally.

Our interconnection was most heart felt around these September 11th events. All of us were affected. Our response, the weekly Holographic Repatterning for Peace sessions, is a representation of how interconnected we are. The proxy sessions are based on the very idea that change can happen within an individual and affect the whole. You can't get more coherently holographic than that!

Principle # 4—Emergence—Organizations Allow for the New to Evolve

Systems want to live. But to live they must constantly be changing and moving outward toward higher and higher levels of coherence. To avoid stagnation and death a system must allow for this change and growth to happen inside and out.

Coherent organizations with visionary leadership allow for the emergence of the new. They create feedback systems to know what the parts are thinking and they create structures for the thinking self, the individuals or groups within to be empowered to act.

With key women— Naneen Boyce, Bobbie Martin and Ardis Ozborn —making it possible, any hint of "red tape" for something this new quickly dissolved. HRP emerged as a new system within a system, a collective of practitioners either on their own or with a group, taking turns to affect peace with weekly HR group sessions. In seven months (with no advertising), nearly 600 subscribers have joined for benefit to themselves and the world by optimizing their coherence for world peace.

So what has emerged? New subscribers arrive every week, submitting a heartfelt intention for peace. And every week, practitioners take these intentions and do a repatterning. Positioned and in place, the program can accommodate an unbounded number of subscribers and further evolve if the will exists.

No one has declared world peace as yet. Still, each week a practitioner is giving of their heart and mind on behalf of 600 or so individuals—all of whom intend for peace to be a coherent possibility for our time. In the beginning it helped many heavy hearts to get past the daily news. As the months go by the benefits to subscribers are less known. Yet, there have been requests to continue the program past September 11, 2002.

We have a system of caring for each other in place that can go on and on and on … But should we?

Principle # 5—Dissipation—Organizational Change Before Its Time

Like a weather system that builds and builds, eventually breaking apart, corporations and organizational systems eventually come to an end. To evolve, they must recognize when a cycle is completed, the mission statement finally delivered and their reason for existence gone. They must break apart and cycle back together again in a newer more coherent form that is responding to the new environmental conditions.

The chaordic property of dissipation means organizations and their structures must change before its time or they will fall apart. So it may be with Holographic Repatterning for Peace.

Originally, we proposed to continue to September 11, 2002. Originally, we held a vision that it could reach beyond the boundaries of the HRA, its practitioners and their clients.

Now, we are coming to a point where decisions need to be made and the continuation of the program and its goals decided. To change before its time we need to know the pulse of our organization, the views of the various parts, the members who belong and the subscribers of the program, so that we can determine this project's value in the world. We need to know what our collective will is to continue.

What Are We Thinking?

You have a vision too and it is integral to the life of this project. What would be your vision or ideal for this project? Where would you like to see this project go? We invite you to send us your comments and suggestions at www.holographic.org/peace/survey.htm. Let us know your vision and ideal. We will take your feedback as a guideline for the next steps—for this eMotion for coherence—Holographic Repatterning for Peace.

In closing, we would like to thank all of the practitioners who have given of their time and heart for this project, to the HRA council, to Andrew, the HRA webmaster, and most of all to Chloe Wordsworth for the work she has created and shared with the world. Your involvement and support has given life to our organizational mission:

"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."

[1]Wheatley, Margaret & Myron Kellner-Rogers, "A Simpler Way", Copyright 1996 published by Berrett-Koehler San Fransico

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Your Viewpoint Counts!
visit the HR for Peace survey link
and send us your viewpoint:
http://www.holographic.org/survey.htm

2002 CONFERENCE REPORT

by Georgia Miles

As Chloe Faith Wordsworth, the founder of HR, said about the practice of HR in her welcoming address, "Every disease is a deficiency of love—a resisting of love. We are more than a body and a mind, we are Spirit. We have a basic life need to be of service—to let Spirit pour through. We are here doing HR out of love."

This alignment with love was wonderfully manifested during Chloe's demonstration session with Lori Forsyth, an HR teacher from New Zealand. Using the new Negative Thoughts Repatterning from the new Primary Patterns I (Recreating Yourself) Seminar, they proxied the whole room of people into the session. We found ourselves, as one person described it, "lifted up and whirled around and then put back down just an inch from where we started, with that one inch difference giving us an entirely new point of view on everything."

Dr. Lorraine Day, in her amazing keynote presentation, said, "Disease begins in your heart. The physical symptoms appear later, after the spiritual problems." Dr. Day was a trauma surgeon who went to death's door and back, through her experience with cancer. Her message is: If we follow the natural laws, we can achieve optimal health and have the best chance of avoiding or getting rid of cancer. According to Dr. Day, "There is nobody who is too sick to get well."

Jeff Volk's powerful presentation went even deeper into the universal principles that affect our minds and the very cells of our bodies, even if we are unaware of them. Sound, the pulsation of life, is always flowing. Jeff moved back and forth between science and consciousness to illustrate that the more our awareness is attuned to that pure universal pulsation (he calls it "dancing with the energy"), the more we experience the "joyous celebration of the silence through which creation may emerge." The structures we hold onto block that dance. This defines HR: Loosening our hold on the structures.

One of the wonderful benefits of an HR conference is that we are not just sitting and listening to words; we are having a visceral transformative experience during the presentations. This was especially evident during the "Universal Movement Patterns" presentation of Robert Litman, who taught us some aspects of "Continuum Movement." Allowing the body, especially the water of the body, to move where it needs and wants to—"riding it like a polite guest," as Robert said—keeps us in fluidity and allows for new possibility. "This fluidity tells the nervous system what needs to happen to heal."

The Sunday presentation on "Sacred Geometry" by Robert Gilbert took us all to a new dimension. Although I cannot possibly convey the fascinating details, I'd like to quote some of Robert's presentation because his words are so beautiful. "These sacred geometric forms are the thought forms in the mind of God that gave rise to creation...like God's alphabet... The geometrized patterns of light are at the foundation of the universe... Consciousness is the fabric of creation and moves to become matter... Frequency changes the geometry of cells."

There was an abundance of opportunities to taste different transformative experiences during the pre- and post-conference workshops. For example, there were Mark Tucker's incredible images and the uplifting music of Rebecca Wing. Bobbie Martin gave guidance for strengthening our HR practices, and Ella Nacht provided insightful ways to deepen our skills. Wendy Anne McCarty's workshop helped us to understand the impact of prenatal and birth experiences. Chris Fernie's Qi Gong intensive gave us tools to access Qi and connect us to the underlying laws of nature. Many enjoyed the early-bird yoga with Tim Peak, and energy modalities with Susan Kansky.

On the lighter side, Chloe and two other teachers, Dorinda Hartson and Victoria Benoit, entertained us during the banquet with tango, waltz, foxtrot, and country dancing. When Onye Onyemaechi and his companions began to drum after the banquet, everyone jumped out of their seats and wildly danced the night away.

Special thanks to the conference committee whose hard work enabled all attending to have such a joyous and enlightening time... Special thanks to all the wonderful conference presenters. Audiotapes are available on the HR website or by calling Naneen at the HR Office.

Generous Hearts at the HR Conference

by Lyndis Durwin

At every HR conference, I feel that we are all part of a marvelous, incredibly loving family. I have never been more aware of this than at the most recent and most remarkable HR Conference in June 2002.

Due to such factors as September 11th, the attendance at this year's conference was less than expected. At the same time, expenses were greater than ever. To help remedy this situation, an expanded raffle was organized. I want to report that, amazingly, the 130 conference attendees, out of the pure goodness of their hearts, raised $5,000. Even now, as I write this, I am so moved by the generosity that I have tears in my heart. To all of you, with very fiber of my being, I thank you.

Your HR Business

Q & A by Bobbie Martin — Missouri

L: I'm concerned because my friends are conservative and I'm not sure they will want HR sessions.

BOBBIE: I recommend that you do sessions on yourself on the issue of your conservative friends not wanting HR.

L: I do feel something special for my friends as potential clients because most of them, like me, are stay-at-home moms. I think this is one group of under-appreciated and often isolated women in our society, who would benefit greatly from HR. I'll do sessions on myself around the issue of my conservative friends.

BOBBIE: I am glad to hear that you are embracing the challenge and through it are discovering a special area that might work really well for you regarding the kind of clients you might want to target in your marketing. The problem does always have the answer within it. Also, these issues are usually part of our core healing, too!

Editor's Note via an HR Council Member: When Chloe had a full-time practice, she used to always say that her clients were very conservative and that, if she had been living in England, they'd all be wearing pinstripe suits and bowler hats.

(continued from page 7)

immune system functions, and lead to chronic and degenerative illnesses, depression and other psychosis.

Dr. Ralph Alan Dale, the director of the Acupuncture Education Center in North Miami Beach, Florida, after spending the last two decades tracking down clinical and research data from China, Japan, and Germany, has accumulated evidence of eighteen different microacupuncture holograms in the body, including one in the hands, feet, arms, neck, tongue, and even the gums. Dale feels that these microsystems are "holographic reiterations of the gross anatomy," and he believes there are still other such systems waiting to be discovered. In a notion reminiscent of Bohm's assertion that every electron in some way contains the cosmos, Dale hypothesizes that every finger, and even every cell, may contain its own acupuncture microsystem.[6, 7]

It is this holographic characteristic of the body's energy field that provides physical, mental, emotional and spiritual feedback about areas of incoherence being held in our system. The Holographic Repatterning muscle indicator system allows us to identify these non-coherent energy patterns that manifest as our physical difficulties, life-depleting habits or negative perceptions.[8] The same feedback system is also used to identify the proper healing modality needed to activate the macro- and micro-structures of the human energy system to bring about coherence and a restoration of health and mental/emotional well-being.

It has been documented that DNA repair can be activated using a frequency of 528hz. At this precise frequency the clustered water molecules that surround and support the DNA structure form a perfect six-sided hexagon.[9, 10] Even the slightest deviation in resonance on the cellular level can cause the frequency that supports the beautiful and magical six-sided hexagon to become something less coherent. Since every cell encapsulates information about the entire organism, we can see how important it is to our health and vitality to support and maintain our energetic coherence on all levels of our lives.

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This information current as of press time. For most recent updated information, visit the HR Web site at www.holographic.org.

• HR Practitioner does Proxy Sessions

❖ HR Practitioner does Proxy Sessions for Animals

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Dawn Blankfield	+27-11-786-9834	Bramley
Nina Frank	+27-11-648-4032	Bellevue
Michael Gunko	+27-82-774-8388	Hyde Park
Natascha Heine	+27-11-476-7977	Cresta
Niki Kritsos	+27-11-485-2667	Bagleyston
Daniele Maggiola	+27-11-782-3020	Northcliff
Walter Röntsch••❖	+27-11-782-3080	Linden
Cheri Stewardson	+27-11-453-3888	Edenvale
Clarissa Tunstall	+27-11-787-9936	Randburg

Port Elizabeth

Jean Campbell	+27-41-484-5401	Mt Croix

SPAIN

Marie Jeanne Childers	+34-93-323-4316	Barcelona
Olga Sacristan	+34-983-231961	Valladolid
Elissa Akka Sanchez	+34-91-437-70-91	Madrid

U.K.-ENGLAND

Josie Airns	+44-1626-774461	Devon
Marina Duskov	+44-798-974-4106	Berkshire
Barbara A. King•	+44-07968-754242	Solihull, W-Midlands
Joelle Mann	+44-1865-51-11-05	London/ Oxford
Christina Neumann	+44-1803-762665	Devon

SCOTLAND

Yvonne Bost-Brown•	+44-13398-82388	Torpins, Kincard-ineshire
Sarah Gibbons	+44-131-466-3195	Edinburgh
Joanna Harris	+44-1309-690-655	Findhorn
Joanna Legard	+44-131-225-8092	Edinburgh
Joanna Legard	+44-1309-691793	Findhorn
Helen Nicoll	+44-131-221-0789	Edinburgh
Lorna Normand	+44-1309-676615	Moray
Susie Seed	+44-1644-460257	Castle Douglas
Catherine Vardi	+44-1738-840004	Perthshire
Georgia Wolfson❖	+44-141-423-2164	Glasgow

HR SEMINARS

This information was current as of press time. For most recent updated information visit the HR website at www.holographic.org

Dates:	Teacher:	Location:	Coordinator:	Phone:
EMPOWERING YOURSELF WITH HR				
8/23/02 - 8/23/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
9/28/02 - 9/28/02	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
10/05/02 - 10/05/02	Ardis	Warwick, RI	Gail Glanville	401-423-2280
10/26/02 - 10/26/02	Shady	Bay Area, CA	Sharon Moliken	510-638-6662
10/26/02 - 10/26/02	Michelle	New York, NY	Michelle Bongiorno	845-436-9257
10/27/02 - 10/27/02	Michelle	So Fallsburg, NY	Michelle Bongiorno	845-436-9257
11/02/02 - 11/02/02	Michelle	Middletown, NY	Michelle Bongiorno	845-436-9257
11/02/02 - 11/02/02	Ardis	San Diego, CA	Robert Chavez	619-476-9444
11/28/02 - 11/28/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
FUNDAMENTALS OF HR				
9/05/02 - 9/06/02	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
9/06/02 - 9/08/02	Karine	Mexico City	Leopoldina Rendon	medusa@avantel.net
9/07/02 - 9/08/02	Michelle	New Rochelle, NY	Michelle Bongiorno	845-436-9257
10/04/02 - 10/06/02	Karine	Mexico City	Leopoldina Rendon	medusa@avantel.net
10/11/02 - 10/13/02	Karine	Santiago, Chile	Cecilia Fortin	CeciliaFortinM@hotmail.com
11/16/02 - 11/17/02	Michelle	Goshen, NY	Michelle Bongiorno	845-436-9257
1/31/03 - 2/02/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
2/14/03 - 2/16/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
3/07/03 - 3/09/03	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
TRANSFORMING PRIMARY PATTERNS				
8/30/02 - 9/01/02	Lori	Edinburgh, Scotland	Yvonne Bost-Brown	+44-13398-82388
8/31/02 - 9/01/02	Michelle	Goshen, NY	Michelle Bongiorno	845-436-9257
10/25/02 - 10/27/02	Karine	Santiago, Chile	Clara Olivares	clarat@ctcinternet.cl
11/08/02 - 11/10/02	Karine	Mexico City	Leopoldina Rendon	medusa@avantel.net
11/09/02 - 11/10/02	Michelle	New Rochelle, NY	Michelle Bongiorno	845-436-9257
12/14/02 - 12/15/02	Michelle	Goshen, NY	Michelle Bongiorno	845-436-9257
PRIMARY PATTERNS I				
9/07/02 - 9/08/02	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
10/12/02 - 10/13/02	Chloe	New York State	Michelle Bongiorno	845-436-9257
2/28/03 - 3/02/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
3/14/03 - 3/16/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
4/11/03 - 4/13/03	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
PRIMARY PATTERNS II				
8/24/02 - 8/25/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
9/09/02 - 9/10/02	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
4/04/03 - 4/06/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
4/18/03 - 4/20/03	Shady	Albuquerque, NM	Shady Sirotkin	505-321-4510
5/23/03 - 5/25/03	Shady	Ashland, OR	Shady Sirotkin	541-488-4791
PRINCIPLES OF RELATIONSHIP				
11/23/02 - 11/24/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023

■ HR SEMINARS CONTINUED ■

Dates:	Teacher:	Location:	Coordinator:	Phone:
TRANSFORMING CHAKRA PATTERNS				
9/14/02 - 9/15/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
9/14/02 - 9/15/02	Shady	Seattle, WA	Frieda Morganstern	425-255-3200
9/28/02 - 9/29/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
10/04/02 - 10/06/02	Shady	Cuernavaca	Lourdes Fernandez P	+52-777-3616-5147
10/05/02 - 10/06/02	Lori	Sydney, Australia	Jennifer Moalem	+61-2-9389-8915
11/23/02 - 11/24/02	Shady	New Rochelle, NY	Michelle Bongiorno	845-436-9257
1/11/03 - 1/12/03	TBA	Goshen, NY	Michelle Bongiorno	845-436-9257
2/08/03 - 2/10/03	Karine	Cuernavaca	Leopoldina Rendon	medusa@avantel.net
5/31/03 - 6/01/03	Shady	Mill Valley, CA	Sharon Moliken	510-638-6662
TRANSFORMING MERIDIAN PATTERNS				
9/27/02 - 9/29/02	Chloe	Cuernavaca	Lourdes Fernandez P	+52-777-3-16-51-47
10/10/02 - 10/13/02	Ardis	Barcelona, SPAIN	Marie Jeanne Childers	+34-936-848117
10/19/02 - 10/20/02	Ardis	Seattle, WA	Frieda Morgenstern	425-255-3200
10/26/02 - 10/27/02	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
11/09/02 - 11/10/02	Ardis	Kansas City, MO	Bobbie Martin	816-363-0091
12/06/02 - 12/08/02	Shady	Cuernavaca	Lourdes Fernandez P	+52-777-3616-5147
2/08/03 - 2/09/03	Chloe	Goshen, NY	Michelle Bongiorno	845-436-9257
HR AND YOUR VISION				
10/05/02 - 10/06/02	Chloe	Catskills Area, NY	Michelle Bongiorno	845-436-9257
11/15/02 - 11/17/02	Chloe	Cuernavaca	Lourdes Fernandez P	+52-7-316-51-47
2/08/03 - 2/09/03	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023
HOLDING THE HEALING SPACE				
9/17/02 - 9/18/02	Shady	Binghamton, NY	Michelle Bongiorno	845-436-9257
11/30/02 - 12/01/02	Shady	Cuernavaca	Karine Bourcart	karineandHR@aol.com
5/09/03 - 5/11/03	Shady	Valladolid, Spain	Olga Sacristan Martin	olgasacristan@arrakis.es
5/16/03 - 5/18/03	Shady	Madrid, Spain	Akka Sanchez	akka@mi.madritel.es
ADVANCED TUTORIAL				
9/16/02 - 9/16/02	Michelle	Binghamton, NY	Michelle Bongiorno	845-436-9257
9/19/02 - 9/19/02	Dorinda	Binghamton, NY	Michelle Bongiorno	845-436-9257
9/20/02 - 9/20/02	Shady	Binghamton, NY	Michelle Bongiorno	845-436-9257
PRACTITIONER DEVELOPMENT				
9/14/02 - 9/22/02	Michelle, Dorinda & Shady	Binghamton, NY	Michelle Bongiorno	845-436-9257

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