

The

HR Journal

The official publication of the International Holographic Repatterning® Association



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Cover Image and the Five Elements:

The expression "the dawn of a new day" embodies the essence of the spring season's Wood Element. Wood energy is the upward rising energy of new growth. This is the time to begin again. The eternal optimist of the 5-Elements, the Wood Element fills us with the hope that a new day is, indeed, dawning. It is the time for decision-making and moving into action. The message of the Wood Element: The time to plant is now.

—Terry Blakesley
Accredited Level II Practitioner
Kansas City, Missouri

The Holographic Repatterning Association is a 501(c)(6) 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 \$50 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 505-757-3883 or sign up online at www.holographic.org.

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**From the
HR Association
Council President**

Ardis Ozborn

Spring is here and with its arrival we celebrate new beginnings as new life springs up all around us. As you know we have revised the accreditation process, creating levels for which students can qualify. The Level 2 practitioners are listed in the blue pages of the HR Journal. We would like to congratulate all of those students who have achieved the level of excellence for Level 2 status, and we share their excitement and commitment to their HR practice. What a wonderful accomplishment!

We would also like to appreciate all of the HR students who have completed the basic courses through Meridian Patterns and who have received Level 1 recognition from the HR Association. The Level 1 commitment is to abide by the Code of Ethics they have signed, continue developing their skills through the self-study guides in their books and to continue toward Level 2 status if they are interested. Congratulations to all Level 1 students!

If you have completed the basic courses and have not contacted the Association for your Level 1 recognition, this may be the time for your new beginning. As Goethe, the great German philosopher, so beautifully said: "Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative there is one elementary truth the ignorance of which kills countless ideas and endless plans: that the moment one definitely commits oneself, then providence moves, too. All sorts of things occur to help one that would never otherwise have

occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would come his way. Whatever you can do or dream you can, begin it! Boldness has genius, power, and magic in it."

The HRA needs new Council members. Would you be interested in volunteering your time? We also need committed people who can support the Association by joining the following vision teams: marketing, research, grant writing and conference production. Please contact Naneen at the HRA headquarters and make your commitment to your Association today!

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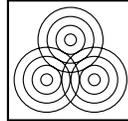
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ReVisioning the Workplace—

By Michelle Bongiorno and the Staff of Highbridge Community Life Center

In the February 2003 issue of the HR Journal, (Vol. 9, Issue 1), the article "HR Offers Hope in the South Bronx" gave an overview of pioneering efforts to integrate HR into the very fabric of Highbridge Community Life Center. HCLC is a large community-based social service organization in the South Bronx, one of the most economically depressed boroughs in New York City. In this article we will look at the change in the organizational environment and the staff themselves.

An organization's philosophy, approach and program direction is most often decided at the management level. This is the case at Highbridge Community Life Center. The inspiration and vision to bring HR into the Family Service division at Highbridge came from Didi Madden, the Family Services Program Director. Didi saw the shortcomings of using only psychotherapy and family case management with families of Highbridge and saw the possibilities that HR opened. (See February 2003 issue). Once that decision was made, the staff needed to be brought on board with HR. Taking HR into HCLC brought Family Services staff face to face with a new paradigm. In the following paragraphs, staff members of Family Services, who are trained in HR, talk about their experience of HR in the workplace. They speak of the changes they see in the organizational environment and changes within themselves.

Didi: The foundation of relationship among us as staff is what allows us to build the necessary foundation of relationship with our clients. It's from this foundation of relationship that change can take place within the families we serve. The

staff we had when we first introduced HR were here to do a job. There was little focus on growing or learning. They cared about the families they worked with, but felt ineffective. They blamed the clients or the amount of paperwork for their ineffectiveness. The staff were very fearful people. They barricaded themselves against their fear. The residents of Highbridge that we work with do the same. When staff and client are both barricaded against their own feeling response to life, this maintains a distance that prevents effective work from happening. HR asked for a new level of openness and self-reflection within the staff and this challenged their very defended stance.

Michelle: Following the decision to bring HR to Highbridge, the staff were oriented as a group to HR. Everyone also experienced at least one individual HR session so they could have a direct experience of HR. The agency provided the staff with the opportunity for the full HR training. There was little awareness in staff of the gift they were being offered. Staff had the choice whether or not to learn HR. Eight agreed to take the seminars, but this came more from a place of wanting to please than out of any desire or commitment to learn and use HR. As they entered the seminars, HR threatened the very defenses that had become an essential part of their survival while working in a neighborhood like Highbridge. They were equally defended against each other. HR showed little resemblance to the work or approaches they knew or used with clients and they could not even conceive of using HR with their clients. Following the seminars the staff went into a place of quiet resistance and ambivalence around HR. The expectations for the period following the seminars had not been identified clearly enough for this first round of seminars, so little happened in terms of applying what they had learned in the seminars.

After months of no movement, Kenya DeRosa (HR practitioner and HR teacher in training) and I were hired to work part-time providing direct HR service to clients and staff. I had a clear vision of the HR project I wanted to create in a neighborhood like Highbridge and it was client-centered. I had to very quickly reorient myself as it became clear that staff were going to be a primary place where transformation would be needed before HR could really begin moving out in an empowering way to clients.

Case planners were required to be present for HR sessions that Kenya or I did with their clients. A relationship with HR began to grow as they observed the receptivity of their clients. Of the 90 families served in the department, only a small percentage could receive HR sessions so all family case planners did not have direct exposure to the HR work

and it still wouldn't have existed. HR paved the road for community to be built. HR allowed that to happen. It had never happened before. Even in the midst of resistance, community grew. HR allows for a supportive community; it encourages it and fosters it. When you have community in place, a lot of other work can naturally progress.

Megan Bourne, Case Manager: It was often painful being in the initial staff sessions. It brought up so much fear in everyone just to be there. As time went by, whether people wanted to or not, they softened to HR. It began to feel safer. I could see us all changing. We were getting a little easier on each other and with each other. There was a lot of internal change going on but we had a hard time verbalizing it. We may have stuck to some of our old ways at that time but they didn't have the same power.

Voices from the South Bronx

with clients. The place where all staff in Family Services interfaced directly with HR was in a weekly staff HR session that everyone was required to attend. The staff sessions provided an opportunity to educate and orient the staff to the process of HR and to reorient them from a problem-centered to a strength-centered approach when working with families. The first year was an exercise in faith and unwavering perseverance for Kenya and myself.

Kenya de Rosa: When I first came to Highbridge there was almost no interaction between the staff. They seemed to each be in their own little world, although they were all sharing a large office space together. It seemed like there was no meaningful connection between them. The office environment was filled with a lot of anxiety, which is also what you find in the Highbridge neighborhood. The anxiety was so pervasive throughout the staff. Everyone seemed walled off from each other. With certain staff it felt like a wall of hate. It was a challenge having to face the staff each week with openness, having to be the pioneer bringing in a work like HR and sticking with it. It touched all my own feelings of not being welcomed, feeling hated and rejected.

Didi: Some staff entered into the weekly HR sessions with increasing openness. Others silently resisted. HR gently but persistently identified the patterns that were holding the department in limitation, and in that process supported a new level of openness to grow.

Hubert McCabe MSW, Psychotherapist: When HR first came to Highbridge the group struggled with their non-coherence. Yet even in that struggle, HR allowed for a sense of community to be built that wouldn't have come any other way. We could have talked about it as much as we wanted

Michelle: The guarded places within staff had never before been so openly named in the work setting. Now they were being looked at weekly in the group HR sessions—gently but openly. Negative beliefs and attitudes about clients, emotions of fear and anger, hopelessness and anxiety—just the naming of these issues caused awareness to grow, and the environment began to change. The sessions were required for all and this was a wise decision that bore great fruit. The HR sessions were a time to come together when even those with silent resistance were shown respect and understanding. Most of our clients are mandated to receive preventive services, so they often show signs of similar resistance. They may not want to be present, but as relationship grows with the Family Services staff, a softening happens. The staff sessions provided an opportunity to model how we meet a resistant client without judgment. Each staff person opened to HR at their own pace and in their own way. A foundation of personal relationship was being built between the staff and the HR process during this first year.

Lakisha Hunter, Administrative Assistant: I'm the type of person that procrastinates a lot. I don't make decisions. I like to watch and evaluate. With me it's been helpful to meet weekly for HR. You have to throw it in my face before I can grab it. There's honestly been a lot of changes.

Kenya: I have seen such a big change in the overall work environment. Now there's such openness. There's a feeling of 'family' amongst the staff. We're using a process that really creates change and transformation in people. Staff experience the results, they use HR on their clients, they've seen the shifts that can happen. There is so much more joy and true bonding between staff. In the beginning to talk about
(continued on page 16)

Journey to Health

A Holographic Repatterning Case Study

by Stephen Linsteadt, ND, CNC

Mary (not her real name), 46 years of age, began her journey to health in February 2000 with the diagnosis of advanced breast cancer with extensive metastasis to the surrounding lymph nodes. Her medical reports indicate that she had systemic symptoms of anorexia, weight loss, fatigue, and dyspnea (related to anxiety), which had been progressing for over a year. The tumor had spread to the point that it was outside the skin and had replaced the lower outer and central portion of the right breast completely.

Mary is a very spiritual person and was particularly gifted as a child. She has memories of seeing angels when she was very young and recalls people in her church wanting to touch her in order to become well.

When Mary came to New Hope Clinic in March of 2000 a series of bio-energetic tests showed that her primary decompensated systems were related to hormonal dysregulation, lymphatic congestion and toxins stored in the fatty tissue. (Decompensated is the term used in Germany as in no longer able to compensate.) She had a root canal in a tooth related to mammary glands and had a mouth full of mercury. She also tested positive for chronic bacteria of the jaw and periodontal granuloma. Her digestive system was compromised—she tested positively through bioresonance technology for diverticulosis, gastro duodenitis, and lymphadenitis. Pathogen testing revealed a resonance with staphylococcus, streptococcus, candida stellatoidea, candida robusta, tryptophanum, mycoplasma pneumoniae, coxsackie B2, CMV, pancreatic fluke, and the buski parasite, among others. Her self-regulating systems were blocked due to the presence of xenoestrogens and geopathic stress. (This means that the body is no longer utilizing any system to self-heal or self regulate, because the energetic communication pathways are disturbed.) Her blood work confirmed a stress in the immune system in response to the accumulation of metabolic toxins and infectious processes, as well an imbalance in her gastrointestinal system, and endocrine system (gonadal and adrenal).

The gonads (ovaries and testicles) are the major sites of estrogen, progesterone and testosterone production. The production of these hormones is under the control of the pituitary. Amazingly, the adrenal glands also produce these same hormones, but in lesser quantities. When

women enter menopause the adrenals are called into help replace the reduced production from the ovaries. The adrenal glands, as we know, are the stress glands. They are also under the influence of the pituitary. Prolonged stress not only causes adrenal exhaustion but pituitary exhaustion as well. If you are under stress and going through menopause, your system may get confused when a fatigued pituitary is trying to drive the gonads and the adrenals at the same time. The adrenal cortex produces all three of these hormones in both sexes. The body is also able to transmute one hormone into another when needed. It doesn't take much to resonate with a little more testosterone for a woman or a little extra estrogen for a man. The sex hormones do more than just control reproductive physiology. They also play a role in behavior patterns and emotional condition. The adrenal stress hormones and the gonadal hormones are all derived from cholesterol produced in the liver. The function of the liver is also affected by stress and emotions. For this reason, as Holographic Repatterning practitioners, we can see how extremely important it is that we are balanced energetically and emotionally so that complex interplay of our hormones also stay in balance. Her system was acidic. (Acidity derails liver enzyme function and, as we just saw, this indirectly affects the hormonal system as well.)

What is most interesting about Mary's story is that the improvement in her medical progress ran parallel to the progress she made in resolving past emotional traumas. To fully appreciate her healing journey, we will have to start at the beginning.

Mary was the youngest child. Her family was very poor. Her father was an alcoholic, who could be physically violent and threatening. Her mother lived in fear of her husband.

Mary's first Holographic Repatterning sessions at the clinic showed that she was not 100% ready, willing, safe and able to be totally healthy. She displayed a strong bio-kinesiological response to the statement, "I allow others to drain my energy." She did not resonate with, "I release my constrictions in response to painful past experiences and I face my worst fears and integrate my innate power."

Further bio-kinesiology testing showed stagnation in the upper torso, disrupting the energy matrix and expressing physically as a tumor in the right breast. Weak muscle indicator responses were found in the jaw area specific to the feeling of panic and "I deserve to be sick," as well as,

“I hold on to mercury and other toxins.” There was stagnation in the area of the throat (thyroid, lymph nodes in the neck, and tonsils). The specific feeling held here was sadness. Also in the throat, on an emotional level, was the feeling, “I am sad about the past.” On a spirit level the feeling in the throat was, “I am not close to God.” In the chest area there was also a weak muscle indicator response related to the mammary glands, lymph nodes, and spine (T2). The feeling in the chest area was one of living in the past and not being able to “let go and let God.” Specific resonance patterns in the second thoracic vertebra were: “I am afraid,” “I feel hurt,” “I am unwilling to feel the pain,” and “I shut off my heart.”

In Holographic Repatterning, it is not necessary for the client to relive the past or to “feel” the feelings that were experienced in the past. In most cases it is important only to identify the event and to diffuse the vibratory frequency pattern of that event from our system, or to transform the low vibratory state to one of a higher, more coherent energy state.

In Mary’s case her system had been holding on to these

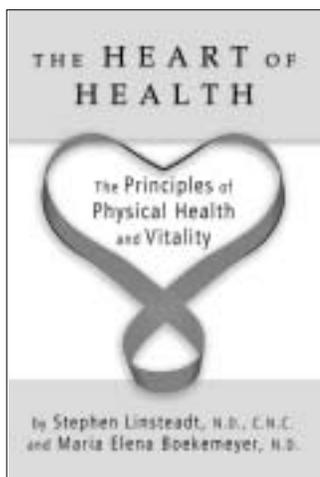
feelings for a very long time. She had been playing the movie of her past over and over again in her mind without resolution. She had come to believe that everything that happened to her and her family was her fault. She felt guilty for her perception that she was to blame. Most importantly, she could not play out a happy ending to her story because she couldn’t bring herself to see all the details of the movie. As a consequence, she held on to this disrupted and unresolved emotional conflict within her tissue matrix.

Her muscle indicator response revealed that her system needed to go back to the earlier experience. She remembered stepping out of the bath as a young teenager and being shocked to find her father in the room. Her mother had left with the other children and the house was empty except for Mary and her father. Her father called to her to come near. With a towel wrapped around her, she approached him expecting a safe fatherly embrace. Tears began to flow as she remembered her father touching her breasts. She immediately began to repeat her mantra: “It’s

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The Heart of Health

The Principles of Physical Health and Vitality



By Stephen Linsteadt, ND, CNC and Maria Elena Boekemeyer, ND

Editor’s Note: The topics mentioned in this brief article, such as the mobius coil, are covered in detail in the book. The Heart of Health by Stephen Linsteadt, ND, CNC and Maria Elena Boekemeyer, ND.

Holographic Repatterning practitioners and students are familiar with viewing the body as energy.

And yes, the body is fundamentally energy but it expresses itself on the physical level from atoms to cells and then the various organs and systems. How well this energy communicates from cell to cell plays a big role in our physical well being. An analogy is having a radio signal coming into our antenna only to be lost in old, frayed and short-circuited wiring. The sound that comes out of your radio would be garbled and muffled at best.

The Heart of Health explores the role that electrolytes

play in our human inner communication system and how the status of our bio-ecology determines the health of our immune system, nervous system, and hormonal system.

When we provide the body with cellular nutrition we are supporting all of the various metabolic functions that give us cellular energy, help us to detoxify waste and environmental toxins as well as protect us from oxidative stress. It is the long-term affects of free radical damage from oxidative stress that damages DNA and causes cellular degeneration and mutation. By adhering to the principles of physical health we naturally reduce our load of free radicals and ensure that we have adequate antioxidant protection to live long and live young.

The Heart of Health introduces the heart’s ability to produce scalar waves through its built in möbius coil circulation system. Scalar waves act like waves of unlimited potential that are affected by our thoughts, emotions and intentions. This provides a bridge from the energetic, quantum field to the physical. The Scalar Heart Correction™ is a powerful self-healing modality when combined with the HR process. The combination of HR and the principles of physical health helps us to realize a life of optimal coherence and vitality.



Dorinda Lee Hartson, Scottsdale, Arizona



“What HR means to me is that I have everything I need to do everything I want.”

HR Journal: What is your background, and how did you learn about HR?

Dorinda: In 1991, I was looking for an acupuncture treatment and a friend suggested Chloe. I had a treatment and came out of there about four inches off the ground. I thought, “What was that?!” There was some acupuncture, but also this other interesting process. Chloe had just started to do what she would later call Holographic Repatterning. I had three more sessions with Chloe, who was planning to teach fulltime. She handed me a brochure and said I could learn to do this for myself.

Since about 1974, I had been studying quantum physics and electronics on my own. When I took Chloe’s class, I realized that Holographic Repatterning contained a lot of the principles and concepts I had been reading about. At about the same time, I was ready to move away from my profession of video production, which I had been doing for 20 years. Part of what I did with video was what I call video therapy. I had been involved in different therapy models as they emerged, such as Gestalt, TA, NLP. I worked with a lot of therapists using video as an electronic mirror so that people would have another form of feedback—their own realizations about themselves. Video enabled them to see for themselves what they were saying, and how they were coming across.

Just as video gave them another piece, I realized that Holographic Repatterning had the piece that was missing in so many of the therapies I had observed, which was a way to access our own innate wisdom, thus giving us an inde-

pendence we had not had before. I started doing Holographic Repatterning with the intention of just using it on myself. The more I saw the changes in myself, the more excited I got about the work. I could see myself as a flower opening. That’s when I decided to become a practitioner and then a teacher. Holographic Repatterning made so much sense from my science background. I thought it was so easy to explain. The interesting thing is that, when we talk about it, it gets put into an “unscientific” category. Yet, people doing work in science are talking about the very same thing. Every time I explained HR to someone, I felt the internal excitement. To this day, ten years later, I still feel that same sense of excitement when I talk about HR. I think that says a lot—the excitement and thrill about the work is still there. The excitement is that it is real, and it works.

HRJ: What does HR mean to you?

What HR means to me is that I have everything I need to do everything I want. It goes beyond the material. Having seen so many other models, I really appreciate Holographic Repatterning for its completeness. I was trained in NLP, but felt that something needed to be added to that model. HR brought all the pieces that were missing into play. At this point in time, I think it is the best modality for creating change.

When you know you can create change, you get to move out of that scarcity principle perspective of I might not have enough. You can do that because you know you can attract what you need into your life. To actualize your potential, all you need is this tool to create that actualization. It is so rich, because you now have a way to really actualize potential. Before, it was take a course, go to school, study. This is even deeper than training, because it allows you to come into alignment with your own potential.

HRJ: In addition to doing sessions, how do you apply HR?

I use it to keep myself centered, and to keep myself from forgetting that I have

everything I need. I use it to remember what I want to remember to stay oriented. I use it on myself regularly, and I use it on my two dogs, in my work, and in my relationships. I use it a lot with my family. I have seven brothers and sisters, and I do sessions for them and my dad. Almost the whole family is using it now.

HRJ: Are there examples of HR in action that stand out for you?

When we got our two Irish setters as puppies, one little brother was jumping around the box, but the other was like a little statue. I muscle checked if he needed something. I did a little session for him and what came up was that he had been separated from his mother too soon and he was in shock. Within minutes of the session, he was jumping around with his brother. Now he’s two and half years old, and he is the most affectionate little dog I have ever met. I often wonder what he would have been like if he had not been able to move out of that loss of connection with his mother. His loving nature would still have been part of his character or resonance, and might not have allowed for this degree of affection. That’s what I mean by “potential.” He’s like a little love bug dog, and I don’t think he could have moved into that potential without shifting out of resonance with the pain of separation from his mother.

HRJ: Do you have a vision for the future of HR?

I’d like to see it be a household word—something that people just use on a daily basis in their lives. I’d like it to be commonplace to muscle check what you need if you’re feeling out of sorts, or to muscle check if you want to enhance a state you’re in. I want HR to be just what people turn to on a regular basis. I want everyone to actualize his or her potential, focus on what it means, and make that happen.

Dorinda can be reached at 928-998-2006 or dorindalee@earthlink.net

The Value of Uncertainty to HR Practitioners

Excerpt from a book in progress, titled *Events in the Elsewhere*

by Dorinda Lee Hartson

The invisible world of sub-atomic particles has its own science—Quantum Physics (QP). There are several principles from this science that serve as metaphor to our own invisible world of internal experiences. One of the most important of those principles is the “Uncertainty Principle.” The Uncertainty Principle actually has value to us beyond the realms of QP because it introduces us to uncertainty from the vantage point of wholeness—a state in which separate aspects are superimposed. From this perspective, uncertainty is not like being “in the dark” of not knowing; it is actually more like being in the “light” of oneness. As practitioners we can experience the power of this new kind of uncertainty to create a deeper connection with our clients.

In the macroscopic world of visible matter, Newton’s physics provides a science by which we can “determine” the outcome of an interaction between material things as long as we know certain facts about it. This science is thus called deterministic. Determinism has been at the foundation of our approach to “knowing” for about 300 years, particularly until the early 1900’s. It is a very comfortable approach in that it assures us we can know every “thing,” given some very reasonable conditions.

When we attempt to study the microscopic world we find “invisible matter” conforming to different rules than those that apply to “visible matter.” At any given time, we can be certain of only one aspect of a sub-atomic particle. We can know either its position or its speed. When we know one of these, we can determine the probability of the other, but we cannot calculate it with certainty. In

Quantum Physics this is called the Uncertainty Principle. This uncertainty exists because we perceive “thingness” as separate from motion. A thing is in a state of rest or it is in motion from our experience. In the microscopic world, the state of rest is a state of motion. That motion is called energy.

In fact, the quantum state is a state of wholeness often referred to as a field from which emerge infinite configurations of moving particles. These moving particles combine to create matter that does indeed move in a more classical, linear, fashion. This linear motion leads to continuity, order and predictability. In other



words, linear, deterministic events are the norm. In the macro world, conscious, sentient matter is seeking to be part of the whole, either materially (part of the group, the world, the family) or spiritually (part of the unending wholeness of God). It’s a circle from wholeness to parts and back to wholeness. What we call “Uncertainty” is really the source of all the variety with which we live. Out of this uncertain state comes form and order.

Trying to understand sub-atomic particles, scientists came face to face with energy. They have been able to manage all sorts of benefits from

the understanding of energy—cell phones, computers, television. But they had to live with uncertainty being a “law” of this science. Instead of being a problem, it became an opportunity—an opening to explain things that could not be explained by a deterministic or linear approach.

What is the value of uncertainty for the practitioner? In this place we often feel that we don’t know, that we are uncertain. This is actually a place of potential. We can’t actualize our potential when we are in our opinions, attitudes or prejudices. Our thoughts about the other person, evaluations of how we are doing, critiques and comparisons are actually an impediment to this neutral place. In this place dwell the unlimited possibilities, hovering in a quantum moment, ready to actualize. Practicing the new beginning pause and the integration for completion pause is a great way for practitioners and students to begin to become comfortable with this place.

This space is extremely useful when the client has difficulty finding or getting in touch with some next step of the process; this is a good time for the practitioner to go into the neutral place. If we stay neutral, we don’t take it personally and, most important, we are open to responsiveness rather than reactivity. This allows the client to move into their process more easily, as we model waiting and letting the process unfold.

You might wonder, “If I stay in neutral/uncertainty how will I know where I am? What is my point of reference?” That is an excellent question. The point of reference is trusting that coherence, wellness and balance are part of the potential. The beauty of neutral is that it is

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dynamic just like the quantum energy field. Neutral is not a static place; it is a process of transformation. It is the chaos point before order, the choice point before decision/action takes place. It is a point of freedom of response. We are free of determinism and enjoying indeterminism.

When you feel yourself activated, you want to return to neutral. When you feel yourself outbound to another planet, you want to return to neutral. When you feel confused, you want to return to neutral. Neutral means you are not committed to a response, a reaction or a particular understanding. I call it the quantum moment because it is that point at which all the possibilities are superimposed and potential is poised to actualize.

It is a restorative point for both the practitioner and the client. We need to find it and become very comfortable being there and taking our clients there. The new physics shows that our now “proven” uniqueness is intermingled uniqueness. You could say that, since quantum physics, there is a traditional reality and a quantum reality. One has to do with

the material and the other with the immaterial. The problem is one of separation due to relative sizes. Our senses have limits on what they can process. However, our imaginations do not have these limits. So there is a part of us that can become very at home with the quantum reality.

In *Taking The Quantum Leap*, Fred Alan Wolf (1981) describes this subatomic world of energy and particles most vividly. He also reminds us of some Holographic Repatterning principles.

“Imagine you have been invited to tea. Surprise: The tea is given by extremely tiny elves! You will have to squeeze into their little elfin house. Welcome in anyway. Watch your head, though—the rooms aren’t very high. Watch your step, too—elves only need tiny furniture to sit in. Be careful . . . oh well, too late. You just stomped a tiny teacup out of existence.

“Peering into the world of atoms and subatomic particles is like looking into such an elfin house, with one additional distraction: Every time you look in, you must open a door or shutter. In doing so, you shake up the delicate little house so badly that it appears in total disorder.

“Moreover, not only are the elves tiny, they are very temperamental. Walk into their house with a chip on your shoulder, or feeling just plain lousy, and the little people behave very badly toward you. Smile and act nice, and they are warm and sparkly. Even if you aren’t aware of your feelings in the matter, they are. Thus when you leave their little home, you may have had a good or bad time and not realize how much you were responsible for your experience.”

This is also a good description of what our “problems”—either as a client or a practitioner—feel like. But the problem is just the place of uncertainty before the “new reality” takes shape. There is a principle in Holographic Repatterning that says the “problem is an opportunity.” In this description of the elfin tea party we are reminded of other principles in HR—that “what we resonate with is what we experience.” We are also reminded of the principle that we are all connected and yet we don’t know the client’s internal landscape. When we go inside, truly comfortable with the unknown, we can make our way toward the transformation the client can receive from the Holographic Repatterning process.



Journey to Health

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my fault that men look at me and are attracted to me.” “I caused this to happen.” “Why did God allow this to happen?” “Something must be wrong with me!”

In order to help Mary diffuse the feelings and vibratory energy of this event from her system, she listened to a dissonant interval from Quantum Healing Codes, while placing her left hand over her throat and her right hand over her chest. She also placed her tongue on the roof of her mouth and made imaginary circles with her eyes in a clockwise direction. (This exercise activates different parts of the brain and creates a shift in the

resonant pattern of the thought processes and memory.) She did this exercise with a new understanding that her father’s actions were not her fault. She also saw for the first time the fear and guilt that her mother must have endured for many years.

As she completed the modality, she began to experience a feeling of forgiveness for her father’s weakness and her mother’s helplessness. She expressed a new understanding that everything in God’s creation happens for a reason, even if we are not able to see or comprehend the reason at this level.

Mary now needed a new positive belief that she could carry with her in the present and into the future. She

needed the statement: “There is no power or entity or past memory that can affect me except God’s power.” She also needed the statements: “I am a spiritual warrior,” “I am a part of God, full of light and sound; I am pure, harmonious, and joyful.” In order to fuse the higher frequency of these positive statements into her system she listened to the frequency 528 cps from Quantum Healing Codes, which is also the frequency commonly used for DNA activation and cancer. In addition, she needed the filter torch with the color purple to be shined over the affected areas of her jaw, throat, and chest. At the conclusion of the modality, Mary

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Naomi Kronlokken, Portland, Maine



HRJ: What brought you to HR?

Naomi Kronlokken:

My angels and my colleague, Ann Foster, to

whom I shall be forever grateful. At the time Ann arranged for Chloe to teach a seminar in Maine, HR was still quite new. No one in our group had ever had a session or even seen one. I was so impressed with Chloe's integrity and the integrity of the process that I was on the edge of my seat during the entire training.

HRJ: What is your background?

I spent my earlier adult life moving into a different career every couple of years, while gathering experiences and searching for a vocation to dedicate my energy. I was a special education teacher, pastry chef, sailor, postal worker, and rehabilitation supervisor, to name a few. When I finally recognized that I was being called to do healing work, I went into a counselor training program in psychosynthesis. This profound and enlivening work is a blend of Western psychology and Eastern philosophy. It is still foundational to my world view and I include it in my HR perspective. I also studied polarity therapy, to understand more about how energy works.

HRJ: What does HR mean to you?

Wow! That's a big question. I can't even imagine who I would be without HR. Because of it, all the elements of my life finally came together. I'd really like to talk about the "fun factor." Patch Adams says that for getting through challenging times, fun needs to be right up there with love. The playful child aspect of my personality has always insisted that what I do for my livelihood needs to be, among other things, fun. I love that about HR

and look forward to each session. I sincerely enjoy every aspect of the process and that there is always potential for creativity, humor and joy. I like that the structure of the process enables me to listen deeply, to explore on many different levels without getting lost, and to have the sense of being on the edge of a mystery about to be discovered. I love just surrendering to what is there in each moment, step by step. I also like how it empowers and validates the client's inner knowing.

I really appreciate being able to help people see that change doesn't have to be difficult or painful. Although I have compassion for where people are, HR gently reminds us that we don't have to embrace forever the heavy stories we tell about ourselves. If a session feels like hard work, I know there is something "off" about how I am holding the process.

I also want to add that I've had the opportunity for relationship with so many incredible people through HR: teachers, students and clients. I feel such gratitude for every single person who has enriched my life through connection with this process.

HRJ: How do you apply HR?

I have a wonderful healing space with a garden around it where I do sessions with all sorts of people, and sometimes couples and groups. I'm also doing quite a few phone sessions. Doing this work with others is so nourishing for me and greatly increases my coherence.

I like doing a focus of consciousness each day and I do lots of mini-sessions on myself. My partner is a naturopathic doctor so we often compare notes and sometimes share clients. I do sessions for her when she bumps into an issue in her practice.

Also, I've really enjoyed supporting other HR students in learning to use this great tool and I've so appreciated my relationships with the people in the

Maine and Boston communities. Very inspiring!

HRJ: Are there any sessions that stand out for you?

I have a sister living in England who has been diagnosed with MS. It's just incredible to me that we can work together in this way over the phone, healing family issues. Our bond is deeper than ever, despite the physical distance. It's also an enormous relief that I can provide tangible, positive support, rather than just feeling helpless.

HRJ: What do you do when you aren't doing HR?

I'm a dedicated tai chi enthusiast and I sing in our community chorus. I also volunteer at our neighborhood library teaching people how to use public access computers. Many of the people who want to learn are recent political refugees who are anxious to access the Internet for news from their home country.

I love being at home. Doing simple household tasks grounds and renews me. I even darn my socks! In winter, I get a huge amount of pleasure out of making things. Lately, it's been soap, beeswax candles and baskets. In nice weather, I ride my bicycle everywhere and enjoy my gardens, the beach and our nearby nature sanctuary with its meadows, pond and woodlands.

HRJ: Do you have a vision for the future of HR?

I feel as though we're still taking the first baby steps compared to HR's potential manifestation, and that HR's applications and discoveries will just keep going. Though still fairly new, the paradigm shift about the ways in which we can take responsibility for our reality is becoming more widely accepted. I see HR and other similar processes as being essential for the transformation of our global village.

HR Qualifies for CEUs

In a significant step toward the expansion of Holographic Repatterning, the Empowering Yourself with HR seminar is now certified for 8.1 Continuing Education Units through the Washington State Nurses Association (WSNA), which is linked to the American Nurses Association (ANA). The application was warmly received by the WSNA as it clearly fits into an integrated medical model. It was approved because it promotes and supports an innovative and creative approach to health sciences. The significance of this accomplishment is that teachers who are approved by the Nurses Association can teach Empowering in any state for nursing CEUs or others who can use such credits, and practitioners who are nurses and need to maintain their nursing accreditation can qualify for their ongoing education by taking the Empowering Yourself with HR seminar! The Holographic Repatterning

Association wants to particularly acknowledge Jennifer Johnson for her role in helping this to happen. Thank you, Jennifer!!

To date, Jennifer Johnson, Ella Nacht, and Victoria Tennant are approved by the Nurses Association to teach Empowering for nursing CEUs. It is possible for other Empowering teachers to be approved for nursing CEUs and have their names added to the current list. They could be linked to the same application that currently approves nursing CEUs by submitting required information to the WSNA through Jennifer, the "nurse planner" and liaison with the WSNA for this proposal. The certification is good for two years and was attained with the help of Ronna Loerch, an RN skilled at completing the complicated and detailed applications.

Ronna would be willing to apply her skills to complete the applications for other disciplines such as Education or Mental Health Counseling, and can be contacted through Jennifer.

Requirements for CEUs vary from state to state, but in Washington social workers and some other healthcare providers are able to use nursing CEUs for recertification credits.

If you are interested in seeking CEUs for your particular discipline, the first step would be to get the appropriate paperwork from your state licensing association and be willing to pay any required fees. If you wish help completing the application, forward the information to Jennifer who will work with Ronna to assist you. Jennifer and Ronna plan to seek approval for nursing CEUs for the other HR seminars. They will need to work closely with advanced teachers to prepare the detailed application for submission to the WSNA.

For details about being included in the WSNA approved teacher list for the Empowering seminar, or for other information regarding HR and Continuing Education Units, please contact Jennifer Johnson at jennifer-hr@attbi.com or at 360-384-1415.

What is Holographic Repatterning?®

by Pam Hoadley, Level 1 Practitioner, Chenango Bridge, NY

Maria, the sole caregiver of her aging, invalid husband, felt overwhelmed by responsibility and exhaustion. After a Holographic Repatterning session she said, "I feel so much better. I don't have the frustration I did and the resentment is gone completely."

A college student, Jerry, found relief from a paralyzing test anxiety with one Holographic Repatterning session.

Minutes after receiving his session, Timmy, a day-old infant who had been unable to urinate, soaked his diaper.

Like Maria, Jerry and Timmy, many people have used Holographic Repatterning to achieve positive change in an area where they have experienced some type of limitation. For example, people have found success creating more fulfilling relationships, better communication, or a greater expression of their creativity through Holographic Repatterning. For others, career changes, greater abundance or peace of mind have been the outcome.

A social worker exclaims, "I wish I had had this when I was giving and

receiving therapy because it is so efficient. I feel I've gained more understanding in one session than I did in years of therapy."

Holographic Repatterning is best described as an exciting new approach to healing that draws on a person's own natural body/mind wisdom to bring about positive change. It was developed in the early '90s by Chloe Wordsworth, a brilliant British woman who immigrated to the United States and graduated Phi Beta Kappa at UCLA.

For five years, Chloe worked in a drug and alcohol recovery program. Dissatisfied with the results of available treatment options, she began looking for alternative ways to help people. Over the next twenty years she trained with renowned experts in polarity therapy, acupuncture and edu-kinesiology.

Using all her knowledge to help people, she realized that an approach that worked well for one person might be ineffective on another with the same complaint. Holographic Repatterning is the synthesis of her search for a method

that would work on anyone, utilizing the most fundamental universal principles.

In a typical session, which lasts about a hour and a half, the client and practitioner work in a comfortable, quiet space. Using the tool of "muscle checking," a light touch on the arm or hand, the practitioner gathers information relevant to the client's issue. In a gentle, non-invasive way, HR supports the person's inner wisdom to bring about a state of greater harmony and balance. Simple modalities, such as breath, sound, color, light, and movement, may be used to support the rebalancing.

Pamela Hoadley, RN, BS, who has 30 years of experience in health care, offers Holographic Repatterning at the Center for Holistic Services in Vestal. She studied HR with Chloe Wordsworth in 1997 and has been helping people with this approach ever since. She is also certified in Polarity, Kripalu Body-work and Reconnective Healing. This article was written at the request of her local paper.

For more information call: The Center for Holistic Services, 4513 Old Vestal Road. (607) 729-7001



HR's Challenge

By Rosario Azpiri,
*Accredited HR Practitioner,
Jalapa, Veracruz, Mexico*
Translated by Citlali Peñafiel

As a Holographic Repatterning practitioner since 1997, I have experienced many of the phases beginners go through when they start using the HR method. I now clearly recognize these phases in the practitioners who come to the study groups and who are getting certified. I have no doubt that every situation we see as a “problem” during this process is just a “test” which the HR process puts in our path. Sometimes these tests are very difficult and other times hard to recognize. They may have such an impact in our lives as practitioners that we think about “throwing in the towel,” stop believing in the method, or think that we are not capable and that we’ll never be able to be good practitioners. We encounter thoughts such as: “I don’t trust my muscular response,” “I’m under the impression I’m the one choosing the answers,” “My patient’s muscular response is inconsistent,” “They must think I’m crazy,” “I don’t know how to explain the method,” “I get nervous when a patient has an energy constriction,” “I feel responsible for the session’s results,” “I feel bad if a patient doesn’t return,” and so on. However, these “problems” are precisely the opportunities which HR gives us to prepare us to be excellent in working with the method.

Something similar happens when,

in a pivotal moment of our lives, we decide to change and we “choose” to achieve a higher level of coherence. Our “Superior Being” says, “Ha! Do you want to change? Well, here is a tool so you can do it.” Some lucky ones—such as you and I—received HR as that tool. Whichever tool we get, we need to acknowledge that we’re starting a new path toward change. It doesn’t mean we have solved our life. No, we were just given the “handbook” and that’s exactly where our adventure begins. It is there where we have to start “recognizing” in our daily lives and in our relationships each of the concepts which give basis to Holographic Repatterning.

Here are some suggestions for beginning the adventure:

Start by orienting ourselves toward the positive. Be well disposed to go into a process; be conscious that we “already got on the train” and be in resonance with that real intention of change. Let go of all our resistance, start seeing from another perspective our problems as opportunities, recognizing our problems, knowing we are living “something” that we don’t want but that we do have, and that we want “something” which we don’t have but that we do want; accept our problems and be willing to let them go. Start to create an intention for a new possibility in our lives, knowing we have the right to it and be ready to face up to the “challenges” that these new possibilities put in front of us. Discover and recognize the non-coherent patterns which we have been repeating and repeating throughout our lives, for generations or by our soul’s decree. Use all the ways we know to heal ourselves, identifying the modality to create coherence which will change our frequency.

Let’s open ourselves to the true acceptance and disposition to release and let go of those non-coherent patterns. Have faith that we can heal ourselves and that we will have the

strength and the will to make the positive actions which will help us maintain the coherence with ourselves and others. All of this is a challenge. It is not magic, except in the sense that, if we do accept the challenge from the beginning, and we persevere even with the “storms” this process releases, we will be able to “enjoy” it, and we will stop perceiving it as “storms.”

Every day the universe is changing in a positive manner and, with this change, each day we are confronted with unsolved matters in our lives, with ourselves—with our family, in our relationships, with nature and with the planet.

Those of us who are on the path of HR should thank the Universe for this marvelous opportunity of changing both our lives and the lives of others—at the same time. I say “at the same time” because I truly think that the “gift” which was given to us has that condition. We cannot pretend to give concerts and piano classes just because we have been given a piano and can make some sound. We first have to learn how to use it, take classes, practice, practice, practice and keep on taking classes, recognize our skills and abilities and “play,” be heard and get feedback on our performance. Then we will be ready to continue improving as each day goes by, and to help and teach others.

We are in the process and each problem, stumble, misunderstanding or negative feeling or confusion about ourselves or toward others is but a call to open our eyes and be aware that we have the tool to get out of that situation. Let’s use it; let’s use it with ourselves; let’s ask others for help; let us always receive sessions from others (it is endless). We have to show the universe that we are indeed answering the mission it entrusted to us. We should be grateful to God that we have someone like Chloe who decided to pay attention to this calling.

HR & Your Business: Building Your Practice

By *Bobbie Martin*

Recently, I was going over a local practitioner's new practice, now a little over a year old, and giving my input on where she sees herself now. Being from a business background, she has made several efforts to expand her practice and has documented what has been successful or not.

After efforts contacting local health practitioners that involved cold calling (not everyone's bliss), doing demonstrations and presentations for various groups, doing group repatterning etc., one of her big awarenesses was that her buddies from past areas were the most solid area of influence that referred paying clients. We have said this over and over but seeing it documented, as she had done it, was a confirming and resounding "aha."

Some of the other things she has pursued included an electronic newsletter, discounts and free giveaway coupons. Again, the most consistent repeatability of results was the buddies. She had two areas of

buddies: One was from the past organization that she founded and was a part of for many years, and the other was through friends and past workplaces.

She also reaffirmed that, when student practitioners are in the process of fulfilling their sessions for Level 2 certification, this is the time when they need to also be building the foundations for their practice by asking for feedback and contacts from those that felt they got positive results. These are the people that will do your best advertising. You can offer discounts to encourage them to bring in others, but I still believe that, when we ask for what we need—in this case, new clients—we aim the energy for positive results. We have to ask. This can be done as simply as: "Do you know of anyone else who might benefit from and be open to this kind of process?" When someone is excited, that is the best time to share the word.

Also, this practitioner made the point that anyone seriously considering

making HR their profession needs to ask themselves some hard questions: What am I willing to commit to as far as time, finances, and space to receive a client? These questions need to be answered and a plan or strategy developed so the practitioner knows what the next step is and if he or she needs to be financially supported otherwise for one year or more.

One other note on building your HR practice: *Creating an Abundant Practice* by Andrea Adler is a recent book about having a practice in the healing arts that seems to cover some very good ground. We have two local practitioners who have received some very good help from this book. It is practical and down to earth. Andrea Adler will be doing a presentation at the HR Conference this fall.

Anything is possible, but we do have to look at the hard questions and be very clear with ourselves.

Bobbie Martin can be reached at 816-363-0091 in Kansas City, Missouri.

HR Reminder: Energy Constriction Release

By *Lindis-Chloe Guinness (formerly Lyndis Durwin)*

At last year's HR Conference, during the presentation of Dr. Lorraine Day, it was painfully apparent that any talk of cancer is bound to bring up energy constrictions. We need to pay attention to such occurrences. During the conference, we did not attend to any constrictions during or after Lorraine Day's presentation, though it would clearly have been beneficial. I resolved to do a session on myself to be sure that there was no resonance with cancer anywhere in my body, and I would encourage anyone who attended that presentation, who works with cancer patients, or feels they may have some shock or fear in their system related to cancer to do a session and clear any

unresolved energy constrictions. Unfortunately I postponed taking action after the conference presentation. Those of us who do Holographic Repatterning know how easy it is to sometimes put off doing a session we feel is important to our health and could bring about transformation. Our fear of change can be quite powerful, and can undermine our good intentions. Over eight months after attending Dr. Day's talk, I finally did the promised session on myself and found I was "on" for having cancer. This is not surprising, given that most of us have had family members, or friends who have or had cancer. The big "C" is the big fear.

This "HR Reminder" is to remind you, as well as myself, to remember to use our process! Do an HR Energy Constriction release, diffusion, modality, etc whenever we find ourselves with a possible constriction. It might be after a quarrel with a loved one, watching coverage of a war, or witnessing the aftermath of an auto accident. By doing an Energy Constriction Release, we can be sure to have transformed a feeling that we would otherwise carry with us, as though it happened to us, possibly for the rest of our lives.

Lindis lives in Prescott, Arizona and can be reached at 928-778-3730.

Level 1 Practitioners

(continued from page 3)

Christine Dick	Kansas City
Kim S Johnson-Plumb	Kansas City
Kerry McIntosh	Kansas City
Wende Williamson	Kansas City
New Jersey	
Karen Kent	Hightstown
New Mexico	
Patricia Cote	Tijeras
Sharon Mayo	Albuquerque
Greg Schoen	Santa Fe
Myra Soule	Albuquerque
New York	
Katherine Bruce	Yonkers
Helen Cantu	New York
Kathleen Cassel	New York
Pam Chapman	Ithaca
Victoria De Masi	Melville
Diane Forrest	Blauvelt
Luna Frank	Kew Gardens
Pamela J Hoadley	Chenango Bridge
Maryann Juska	New York
Carole Keaney	Goshen
Phyllis Lehman	Warwick
Jacque Lyn	New York
Le Faucheur	
Phyllis Lehman	Warwick
Didi Madden	Bronx
Gladys Murphy-Ryan	Astoria
Jana Murrell-Maxfield	New Windsor
Shyama Orum	New York
Brian S Phelps	Pine Island
Yesenia Rivera	Bronx
Deborah Rogers	Sleepy Hollow
Ashley Russell	New York
Janet Saunders	Johnson City
Merrill Tomlinson	BelleRose Manor
Oregon	
Carla Austin	Estacada
Nancy Bodwell	Medford
Joan Y Lawrence	Estacada
Sue Liberti	Ashland
Rhode Island	
Nancy Martin	Providence
Vivienne Turkington	Wakefield
Texas	
Rosita Alvarez	Spicewood
Ann Babler	Austin
Jan Bennett	Fort Worth
Joel Bennett	Fort Worth

G'na Gayle	Austin
Jill Humphreys	Austin
Eileen Johnson	Austin
Christina Murray	Austin
Pat Pleasant	Flower Mound
Mary Schneider	Austin
Melissa Whaley	Austin

Washington

Cherie Brooks	Sammamish
Clint Fellon	Mt Vernon
Al Harris	Carlsborg
Kathy Kronz	Kirkland
Kathryn E Lafond	Bainbridge Is
Ella Markham	Maple Falls
Linda Randall	Redmond
Joan Ullin	Ferndale
Jennifer Wheeler	Seattle
Marguerite	Bellingham
Which-ta-lum	

West Virginia

Halimah Chambers	Martinsburg
Melanie Climis	Shepherdstown
Jane Jenkins	Harpers Ferry
Marsha Scorza	Shepherdstown

Canada-British Columbia

Jonathan Martin	Vancouver
Penny Martin	Vancouver

Chile

Andrea Sarah	Santiago
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Germany

Heide Groezinger	Berlin
Annette Weidner	Gottingen

Mexico-Jalisco

Ana Mancera	Guadalajara
Karin Ontiveros	Zapopan

Mexico-DF

More Alvarez	Mexico DF
Lourdes	Mexico DF
Balderrama	
Lourdes Burgos	Mexico DF
Rochi Burguete	Mexico DF
Milly Diericx	Mexico DF
Patricia Dueñas	Mexico DF
Susana	Mexico DF
Fernandez Garza	
Esmeralda	Mexico DF
Garcia	
Luz Adriana	Mexico DF
Gonzalez	
Laura Araceli	Mexico DF
Hernandez V.	
Cristina Lopez C.	Mexico DF
Isabel Magaña	Mexico DF
Guadalupe Martinez	Mexico DF
Maria Eugenia Peña	Mexico DF

Paloma Quijano	Mexico DF
Esther Rocha	Mexico DF
Concepcion Romero	Mexico DF
Maria Luisa Sanchez	Mexico DF
Martha Sanchez	Mexico DF
Josie Smith	Mexico DF
Lorena Suarez	Mexico DF
Judith Urbina	Mexico DF

Mexico-Morelos

Cruz Martinez	Cuernavaca
Martha Pasquel	Cuernavaca
Adriana Bacelis	Queretaro
de Silva	
Monica Quintero	Queretaro
Debbie Saunderson	Queretaro
Rocio Villafaña	Queretaro

Mexico-Queretaro

Maria Teresa	Cuernavaca
Trouyet D.	

South Africa

Gretha Brazelle	Rosebank
Heather Cresswell	Waverly
Julia dos Santos	Bromhof
Lesley Duggan-Jones	Kempton Park
Carla El Dorado	Cresta
Vanessa Francis	Linden
Cheryl Grace	Strubenvale
Hymie Hirschowitz	Sandton
Lana Tracy Lewis	Highlands North

Louise Mina	Vredehoek
Paul Myburgh	Melville
Mala Naidoo	Luxmi
Rosemarie Reusch	Pietermar- itzbug

Tracey Rood	Pinegowrie
Praline Toich	Grahamstown

Spain

Jeanne Wareing	Malaga
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UK – England

Rachael Blackwell	Devon
Jo Helesfay-Evans	East Sussex
Lisa Pearson	Peterborough
Hazel Jarvie	Perth
Josie Manning	Loughborough
Katheryn Nicholls	Devon
Charnjeet Sangha	London
Hattie Warner	Lincoln
Aye Wong	London

UK – Scotland

Helen Colquhoun	Edinburgh
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UK – Ireland

Anne Dunne	Eire
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anything personal was so challenging. Now it's amazing the depths that we can go to in our staff HR sessions. People feel safe being really truthful and admitting what they are experiencing. Sessions that were painful to be in are now profound.

Diane Forrest, CSW, Associate Director of Family Services, Psychotherapist: I see more awareness in the staff and a willingness to look at the work that we do. We are not afraid to look at the obstacles and the blocks that keep us from going where we want to go with the work.

Didi: It was held that HR was something we were going to use, not only with clients but also with staff, so change was a necessary part of the job. Over time there were a few staff who couldn't or wouldn't move with the positive change that was happening. They exited. New staff were hired who reflected the higher level of coherence in the department and who were more willing to move into relationship. Expectations were clear when new staff were hired, that HR was one of the tools that would be used for staff development, as well as one of the services case planners would offer families they worked with. For the most part, our present staff is more open and willing to learn and grow.

Michelle: A sense of safety is growing within Family Services. We continue to be in process but the change is already profound. Dr. Bruce Lipton teaches that a living organism cannot be in a state of protection and growth at the same time. In an environment like the South Bronx the atmosphere is charged with the tension of fear. Homes, the streets, schools, hospitals—none of these places feel safe. Clients and staff are constantly moving into survival responses. Real and lasting growth or change can happen for our families when a sense of safety is created internally and, when possible, externally. The same is true for staff. HR offers many different ways for fear and anxiety to be reduced and for these

vulnerable areas to be approached safely. The increased sense of safety can be seen in many ways.

Didi: I see many changes. The meeting of staff is more real. Staff are better able to talk about their work in a meaningful way, better able to identify their responses or feelings and for the most part they are all more willing to do so. There's been a reduction in the need to appear perfect or the need to appear like they "have it all together." There is less of a need to hide thoughts or feelings. When places of imperfection are acknowledged there is much less sense of embarrassment or sense of being blamed. HR gives us the ability to move into helping staff deal with the real feeling responses that come up in the work setting instead of saying "you need to move into this with your



therapist." This more traditional way separates the feeling response from the work setting. HR allows us to cross that boundary. HR is here to help us respond to staff. As a result there is more engagement between us as staff. With greater engaging, a foundation of relationship is built—and our clients benefit.

Vanessa Diaz, MSW, Senior Case Planner: There are still different levels of active participation within the weekly HR staff sessions. But it doesn't matter, everyone is there and actively listening. HR gives us a way of identifying what is really happening. With HR it feels safe to do that. HR also moves us safely through whatever it is that is blocking our way so we can continue doing our jobs. We feel empowered and on the same page with everyone else. We're working together

rather than alone. Having one hour in our group HR sessions each week to identify what is happening and then be able to do something about it—it's a relief.

Hubert: The experience of being in Highbridge, where this sort of thinking and work is what they want you to do, is incredibly liberating and invigorating. They expect you to use your creative talents to your fullest potential. They don't want you just to do the bare minimum, or even an average job. They don't even want you to do a good job based on textbook ideas of what a good job is. They want you to do a good job based on cutting edge kind of thinking, reworking the whole idea of what a good job is. It's incredibly scary to be on that kind of line, to know that you're always pushing the envelope. This is where I think HR really comes in. I'm allowed to go to that place in a supportive environment.

Didi: HR offers us alternative ways to deal with problems. In the environment of many agencies, third party discussions, gossip, destroying people's reputations, attacking, huffing and puffing and walking out, throwing tantrums—these become acceptable and even expected behaviors. That kind of environment is not safe for staff. We don't have that at Highbridge. It's not that we don't have it at all. We do. But it's at a very benign level compared to other places. Here we recognize those behaviors as destructive. They reflect our non-coherence. We are a staff that can at least acknowledge together that we don't want to do those things. HR offers us a new possibility for what is acceptable. When problems surface in an HR session to be looked at and dealt with, dancing is the acceptable behavior. Laughing is the acceptable behavior. Putting on colored glasses and changing your perspective and seeing it with new eyes is the acceptable behavior. These modalities are used to change resonance with our non-coherent behaviors. We can let go and play or look silly in front of each other. That makes us very different from other agencies.

Hubert: As we move to a higher state of coherence we're dealing with tougher cases. Not only are we attracting staff members who are willing to take those risks, but we're also attracting clients who are much worse. Because of where we're going as a department, we're more willing to take the extra step and move in much closer to the client. As we do this, more of the underlying problems come to light. There's not as much surface stuff as we were working with even a year and a half ago. This is incredibly challenging because it moves us into the real work. We stop treating the symptoms and start looking more at causes.

As we meet these clients it's so easy for the staff to move into a secondary trauma response—feeling traumatized just hearing the clients' stories. HR can move in and provide support at those times. The staff doesn't become traumatized. We can provide the level of caring and support that these families need. HR is there for them and HR is there for us. The hopelessness that comes up in many of our families can easily be transferred into our staff. We don't have to suffer these feelings.

Michelle: HR has helped staff become more aware of their own inner state. They are more likely now to notice when they are activated, disembodied, anxious or needing an energy constriction release. And they are empowered to do something about it for the benefit of our clients.

Kenya: Clients here can definitely be challenging. HR offers a way to deal with that. Clients are handling intense issues in their lives and our own issues can become so activated in the presence of these clients. I find myself with certain clients having a hard time focusing as I go into a session. I will note the need to do an HR session before seeing that client again. How do people do this type of work without the support of a process like HR?

Vanessa: One of the biggest things that I've learned from the HR process is that I don't have to judge the way I'm feeling. It's only a pattern, it's not good

or bad. This is a big thing for me. If it's a day when I don't feel like dealing with anything at work, I can do a session to change that. In my job position I work under the Administration for Children's Services. It's possible to feel like we are monitoring people's lives and it can become very judgmental. HR helps me to move away from all that judgment and see the person before me. HR has helped me distinguish the behavior from the person. Just being able to make that distinction is important.

Since I've learned HR, I don't invest so much time judging my co-workers. I also have a big thing with authority figures. It has been the story of my life to think they are incompetent. HR has definitely helped with that. I thought I was going to get fired when I started



here. I have a lot of problems with transitions. Being able to receive HR sessions when I first came here helped me with the transition and understanding why I was feeling the way I was feeling. It was just some old patterns where I needed to shift my resonance.

Megan: I often think about Vanessa's first few months at Highbridge. She was going through all those behaviors. I thought it was hopeless. I had judgments, but I offered to do an HR session with her. I could watch and see how quickly she was able to move through all of that. It was just gone.

Hubert: We're no longer so many people working next to each other, but we're working with each other. It's becoming more and more acknowledged that HR is really something that

we should be doing with each other. That's where we're really moving, seeing what we can do to support each other. I've had pretty amazing experiences. Once I was simply stopped by a co-worker and asked to pause, just because I was running up and down the stairs. With HR it's not necessary to do a 45-minute session. That kind of pause and centering pointed out by a coworker created a shift in me. I was in the process of getting overwhelmed. She just kindly pointed out, "The client will be down there in a minute. Take a second to pause and come into yourself." She didn't need to stop and say that, but she was aware of my heightened state and was able to tap in and say, "Hold on a minute," and I freely accepted it. This is an example of the way in which we're becoming a place of community, a place of give and take.

Didi: In other work settings, running up and down the stairs, Hubert might be seen as the go-getter, someone who is really in charge and on the run. There are places where rushing from one thing to another would be seen as excellence or working hard. Here we recognize that as being disoriented or not being centered or not being grounded. And most importantly we recognize that it's not good for our clients. We are learning to stop each other and support each other in these ways—for the sake of our clients. HR has helped us to shift our idea of what constitutes a good staff person. Reworking these ideas is very important. When staff can land in who they are, then the clients can land in who they are.

Diane: In addition to my own clients, I have supervisory responsibility for over 20 different clients who are working with the interns. I find that very challenging. I can't hold all of that and be at peace. I do something for myself with HR every morning. It can be an intention, or I go to the 5-element chart to see what I need or I might do a longer session. It grounds me and helps me be less anxious about what lies ahead in the day.

Vanessa: With HR I feel that I'm a lot

more in control. I can use HR before meeting with a client to be more present, more coherent. When I'm present, feeling calm and in control, I see my clients are then a lot more stable in accepting what's happening in their lives. When some of the issues and patterns that my clients are facing are very much related to my patterns and issues, I can actually pinpoint my body's biofeedback and realize I should do some HR before I see them. And I do it. Everything falls into place. It doesn't make sense that I don't do HR more often. We're not all the way there, but we're getting there.

Diane: I use HR with the university intern students in supervision when they are anxiously talking about their work. I can see the anxiety in their posture and hear it in their voice. I stop and ask them to identify the felt body sense and then we do modalities. I've seen remarkable changes in some of them. When we do this they are much more grounded and more attuned to what we are talking about. They notice the change within themselves. It's like the static is gone.

Didi: The team of administrators for the agency also has an HR session before our weekly meeting now. We're in a very stressful time. There are threats of budget cuts. There's been a lot of worry in terms of how we are going to maintain the staff and the pro-

grams that we have. It's moved from a very fear-based environment among the administrators since starting HR, to a sense of being together in this—of not having to do it alone. We're no longer getting locked into the worry, but are able to focus on the possibilities—what can be done. It's actually a pleasure to come together now. We all dreaded those meetings before. We'd get sick to our stomachs. We'd know the other administrators were eyeing the bottom line and trying to figure out how they could be fair and also protect their own program staff. The need to protect our territory is now gone. We can focus on the agency as a whole. On the administrative level the response to HR has been very positive.

Megan: There's a lot of hopelessness in this neighborhood. I work almost entirely with Latino women. They are all in very difficult situations. They are here illegally. They have financial problems. Their kids have problems in school, their days are filled with struggle and it feels very hopeless for them. As they use HR I hear in their language that they are opening to the idea of "possibilities." When I first met HR, I had an immediate sense of the power of HR and how transforming HR could be. But when it came time for me to learn HR, it touched a place in me of: "It's wonderful, but I can never be this powerful. I can't do this!" I moved through that. Now I want my clients to

see that I'm not the only person who can do HR. I empower all of my clients to use the modalities they learn in their sessions. They don't have to stay in their apartments and feel horrible; they can do something for themselves. Each week I encourage them to incorporate a new modality into their lives or actively use other parts of the HR process. This gives them the experience that they can do something for themselves. The potential is endless for what HR could do in an organization like this!

Didi: We continue as a staff to build personal coherence and coherence in our work community, exploring more effective ways of using HR to support the families of Highbridge. At a later time we look forward to highlighting some of the incredible changes experienced by our parents and children and exploring the ever-expanding applications of HR in a social service system that desperately needs the vision of HR.

Michelle Bongiorno can be contacted at 845-436-9257.

Didi Madden can be contacted at 718-410-6744.

Photo Descriptions:

Page 4: Kenya DeRosa with two boys

Page 16: Diane Forrest uses HR with a student

Page 17: LuzMaria Rodriguez uses touch as a modality in an HR session



Journey to Health

(continued from page 10)

made the appropriate energetic shifts and resonated 100% with "I am healthy on all levels."

During this same visit, Mary had bioresonance therapies and lymphatic therapies using a photon light beam generator for lymphatic detoxification of the colon and small intestine as well as breast and axillary parasternal areas.

Mary was given antioxidant supplementation of vitamins C, A, E along with zinc and selenium. She also received substances such as isoflavones to counter excess estrogen

(from environmental exposure to plastics, pesticides etc. and as we saw in the discussion of the gonads—an imbalance in the pituitary/adrenal/gonad system due to emotional stress from the past experience) as well as items to stimulate and modulate her immune system.

In October 2001, Mary's oncologist reported tumor shrinkage! By March 2002, the tumor was no longer noticeable outside the skin and by July 2002 there was only 2cm of soft scar tissue noticeable. Mary gained weight and she feels great. She will now begin the last phase of her treatment plan, which is to

completely remove the remaining mercury in her system that was not removed while she had active cancer. Mary is "on" for life. She says that God is everything in her life. He is her reason for being alive.

Stephen Linsteadt, ND, CNC, is a member of the HR Association Council and the co-author with Maria Ellen Boekemeyer of the book, *The Heart of Health: The Principles of Physical Health and Vitality*.

Stephen Linsteadt and Maria Elena Boekemeyer will be presenting their one-day workshop on the "Principles of Physical Health and Vitality" at the annual HR conference in November. smlinsteadt@hotmail.com or www.naturalhealinghouse.com or 619-572-6606

The Biology of Belief, Perception and Transformation

Bruce Lipton Seminar at HR Conference



“If we want to change the way we live, the way we respond in the world, then we must begin by changing our subconscious beliefs, to bring

them into alignment with our conscious wisdom, values, and goals. When we do this, we rebuild ourselves from our very foundation. We make success a self-fulfilling prophecy, rather than a day-by-day struggle.”

Dr. Bruce Lipton, Ph.D is vibrant, warm-hearted, articulate and as passionate a human being as you are ever going to meet. Bruce will be the key instructor for the opening seminar November 1-2, 2003 in our week-long 8th International HR “conference of learning” in Sedona, Arizona. Under his dynamic and creative guidance, we will explore a topic of great relevance to all of us: “The Biology of Belief.”

Bruce presents a seamless case that both confirms and illustrates how belief and perception affect our biology and from that, our lives. When we bring positive change to our lives through a process like HR, we actually experience that change in our bodies, even when the change is not a physical change. To really understand what takes place within ourselves when we use a process such as HR to identify and transform resonance with limiting beliefs, be with Bruce for this amazing journey.

In his exploration of the powerful role belief and perception play in our lives, Bruce will explain how complementary modalities such as HR “work.” He will explore conscious parenting—the role of nature, nurture and the biological basis for the power of love. He will show us how prenatal and perinatal experiences form a template which colors our feelings and attitudes as we grow older. We will learn how parental programming is first initiated in the womb and subsequently

nurtured or damaged by birth, bonding, and parenting skills. Bruce will show how parental beliefs and attitudes profoundly influence the genetic programming of children. He will explain how generational patterns are transmitted through biology from the mother to the baby, and how beliefs and perception actually affect our genetic expression. We will understand what takes place when we put a tuning fork to our sphenoid, resonance with a limiting belief shifts and then our actions and attitudes change in our outer life. Clearly this is a seminar that is relevant for all of us!

Once we know the actual mechanism for how belief and perception interact to shape the outward manifestation of our lives, Bruce writes:

“Armed with this knowledge, we are provided an opportunity to actively intervene in selecting or even rewriting the database of our learned beliefs. Holographic Repatterning, whose effectiveness is based upon this very science, is one of the more valuable approaches in recognizing our limiting beliefs and rewriting the course of our lives.”

Bruce is a cellular biologist who has been on the faculty at the University of Wisconsin School of Medicine and more recently was a research fellow at Stanford University. He is receiving international attention for the leading-edge knowledge that he is coming to share with us. Be assured that Bruce is no dry scientist, nor is his seminar in any way a tedious learning experience. Beyond a doubt, Bruce is the most powerful presenter that we could hope to have to launch the incredible week of learning that lies in store for us this November.

Bruce shares: “In 1985, my life was transformed when my research led me to the nature of our spiritual being. In an instant, I was transformed from a non-spiritual scientist to a 100% spiritual person.” It was new research findings dispelling the long held belief that genes control our biology, and the understanding that came with these findings, that led to Bruce’s deeper

transformation. The knowledge and deeper understanding he will share with us will have a transforming effect on each of us as well. You will walk away with new insights, inner awakenings and deeper understanding of the power of beliefs. You will leave Bruce’s seminar with a significantly stronger and more grounded faith in HR and its potential to facilitate change beyond what you have dared to dream.

As practitioners of alternative and complementary healing practices, we must seek out the knowledge that supports greater understanding and a more grounded belief in the validity of our work. We must know that our work is based on firm science and be able to speak with confidence, clarity and conviction. The ability to speak with eloquence and precision about our work is an area to strengthen for all of us in HR. This is true even for many of the most skilled practitioners and teachers. Conviction born of knowing carries power—healing power. Bruce gives us the knowledge that strengthens our conviction.

On the Monday morning following “The Biology of Belief,” there will be a half-day follow-up seminar for all conference participants. Here we will take the many concepts and principles that Bruce has taught us and creatively explore their direct application to our HR process.

“The Biology of Belief” is designed for those invested personally and professionally in the future of all forms of health care. It is designed for those who are committed to their own positive change process and that of others. This includes doctors, nurses, psychologists, therapists, body workers, holistic practitioners and individuals ready to create and sustain health through knowledge.

Invite your friends and colleagues. His seminars fill quickly. Register early. Bruce is a master teacher who will keep us spellbound. Believe that you will be there!

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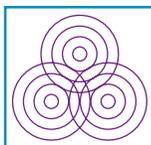
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