

The

# HRA Journal

A publication of the Holographic Repatterning® Association



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**Cover Image**

This issue's cover interprets the pathway from memory to the muscle and its accompanying vibrational resonance during muscle checking. The feature article, *Resonance Kinesiology*, by Chloe Faith Wordsworth, beginning on page 4, discusses how the muscle checking tool used in the Resonance (Holographic) Repatterning system represents an important new category within the field of Applied Kinesiology.

The Holographic Repatterning Association is a 501(c)(6) not-for-profit organization formed to promote, educate and advance the interests of students and practitioners of the Holographic Repatterning Process for Positive Change. The *HRA Journal* is published four times annually at a yearly subscription cost of \$50 US. HR Association members receive the *HRA Journal* as a benefit of membership. If you are not an HR Association member but would like to subscribe, please call 1-800-685-2811 or sign up online at [www.holographic.org](http://www.holographic.org).

**The HRA Journal**

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Image Credits  
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[www.PurpleFishMedia.com](http://www.PurpleFishMedia.com)

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[www.MediaResourcePartners.com](http://www.MediaResourcePartners.com)

The official language of the HRA Journal is American English.

The HRA Journal is published four times each year. February, May, August and November

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## From the President

Carolyn Winter

### The Year Ahead

Yes its true... I am still here writing to you in the role of president and I will be so for a few more months. The energy of water element is forcefully behind me, helping to flow with obstacles and the unexpected. The first unexpected on a personal note is the scheduling of major surgery to replace my hip joints, the first being early January and the next in March. You can imagine how having to plan for a reduced activity load has changed many priorities rather suddenly. Mostly, it means that, as a board, our plans to recruit and orientate new volunteers will be slightly delayed to the springtime so that we have more of a cross-over in leadership and orientation. All board members rotating off the board have agreed to stay on a few more months until we can follow through on this important training.

The year ahead is very promising for me personally, with a level of mobility I have not known for 10 years or more and for the association moving forward with plans to promote practitioners with practices as never before. If you have not already done so, please

visit our re-launched [www.holographic.org](http://www.holographic.org) and notice the new look and feel of this web site. The purpose of this site is to attract a conservative audience who may not as yet have tried anything alternative to address their life issues. It will present them with a possibility of change with practitioners they can trust and who care. The look and feel of the site is conservative for that reason. As a practitioner, you may promote yourself at this site by submitting the Introductory Events you plan to host in your community this year for posting at the site. You may also submit a testimonial. Visit the [www.HRAMembers.org/projects.asp](http://www.HRAMembers.org/projects.asp) to find out more details for submission.

Our plans this year will complete our cycle of transition and separating our affairs from that of the Resonance Repatterning Institute. We will focus on an organizational name change, strengthening our current virtual capabilities to organize and support members, and evaluate the possibility of advertising nationally. For more details about the short and long term plans for the HRA, visit the Governance section of the <http://www.hramembers.org/BoardRoom/annualplan.asp>

With our new framework for being as an organization, we lastly find ourselves in a position of engaging in more creative aspects of belonging together as a group. Listen to the RadioCast with Chloe Wordsworth on the Year Ahead for the Resonance Repatterning Institute. We hope you enjoy all

of the radiocasts completed so far and certainly welcome new ideas for using this medium to connect with members and bring information that is important to you. Building on the idea of connecting as best we can with a virtual medium, the board is also studying the possibility of organizing cluster group TeleConference calls for regional members. This could be another ground-breaking way we can stay in touch and develop a support network among us.

On February 17th we celebrate our accomplishments as an organization for the past year with a Virtual Conference and Annual Meeting of Members. The title this year is **HRA Members Moving Towards Mastery—Taking It to the Next Levels** and will feature special guests Chloe Wordsworth and Victoria Benoit in 2 special teleconference presentations. We hope that all members will join us for this opportunity to connect with each other.

On behalf of the HRA board of directors, I would like to extend our best wishes to each member for a very happy, optimistic and fulfilling New Year. We wish you all the best personally and in your role as practitioner of Resonance Repatterning.

Warmly,

Carolyn Winter, President.

## Meeting Announcement

# HRA Members Moving Towards Mastery— Taking It to the Next Levels

### Annual Meeting and Teleconference

Saturday, February 17, 2007

11:00 am–3:00 pm Pacific Time

12:00 noon–4:00 pm Mtn. Time

1:00 pm–5:00 pm Central Time

2:00 pm–6:00 pm Eastern Time

### Featuring:

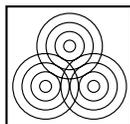
**Presentation and repatterning** by Chloe Wordsworth on moving toward practitioner mastery and what you can do to support new levels of growth as a practitioner.

**Presentation and repatterning** by Victoria Benoit on success in the Certification process.

**Presentations** by HRA Board members and Q&A.

**Register online  
at the HRA Webstore:  
[HRAMembers.org/webstore.htm](http://HRAMembers.org/webstore.htm)**

**Registration Fee is \$30.00**



# Resonance Kinesiology

By Chloe Faith Wordsworth

In the process of writing my new book, *Quantum Change Made Easy: The Nine Keys to Living the Very Best of Who You Are*, I realized that the muscle checking tool used in the Resonance (Holographic) Repatterning system represents an important new category within the field of Applied Kinesiology. Since our work is based on the use of this tool, I wanted to share with you its unique nature and status. Here are some excerpts from the chapter called "Kinesthetics and Inner Knowing." It introduces the reader (and you) to Resonance Kinesiology and resonance muscle checking.

## The Field of Kinesiology

It is our kinesthetic sense or inner knowing that is the foundation of the growing discipline of Applied Kinesiology. Most kinesiology practitioners use the strength or weakness of a particular muscle to access information concerning the alignment of bones, the flow of energy through meridians, or physical-emotional health. Today the field of Applied Kinesiology has grown to include Educational Kine-

siology (Brain Gym) and Energy Kinesiology. In this book (and article), you are introduced to the new category of Resonance Kinesiology and resonance muscle checking. This new category is unique to the Resonance Repatterning system and expands the potential of the field of Applied Kinesiology. With the new ability to access information about frequencies in the body-mind field, it points the way to quantum change made easy.

## The Discovery

Have you ever had a peak moment in your life when suddenly a whole new world opened up for you? I have a friend who described such a peak moment after her first scuba dive in the tropics. "Amazing," she wrote, "after the bubbles cleared, I looked around and realized I'd entered a whole new kingdom. It was complete, fully functioning and utterly beautiful. Most of us don't even know it's there. I'm changed forever by finding this ancient world that lives so silently beneath the skin of the ocean!"

I felt this way with my first experience of

muscle checking and the field of Applied Kinesiology. For the first time I realized there was a whole realm of unconscious information at my fingertips. Just beneath my skin I found an entire communications network filled with energy and resonance, whose beautiful order I could count on to access information about the underlying cause of my problems. I had found the Key to my felt sense and entry into the unconscious world where energy and resonance rule.

It was a key that had been hidden until that moment. A door opened and I was thrilled by the new capacity I had gained for accessing subtle information from my unseen world. I realized that at some level everyone wants to connect to this inner voice, the inner messenger which is always on your side. It's the voice that says, "I see you, I hear you, I know you, I love you. I am always with you and I am always working to help you achieve your purpose."

## Hidden Worlds

I give these two examples because the hidden world of the ocean and the

hidden world of the unconscious have other similarities in common. Both are about invisible worlds that for most people have remained unknown until the 20th Century. Both scuba gear and applied kinesiology were new technological discoveries that began to emerge in the 1930s. Both had a champion who made their use popular in the 1970s. The depths of the underwater world became famous through the books and films of Jacques Cousteau. At the same time, the depths of the inner kinesthetic world were brought to public awareness through the Touch for Health system created by Drs. George Goodheart and John Thie.

Today underwater images play across the 3-D screens in Imax theatres, and Applied Kinesiology is used worldwide. It's easy to see why the underwater world has become so popular; now let's look at this more subtle technology called Applied Kinesiology as it holds an essential component for personal growth.

### **Resonance Kinesiology**

Kinesthetics means movement; specifically the movement of energy through your muscles. Applied kinesiology includes the application of a technique called muscle testing, which uses the strong or relaxed response of a muscle to determine the alignment of bones and muscles, the health of an organ or the flow of energy through the meridian system.

Muscles are fired by electrical impulses from the central, autonomic and somatic nervous systems. For this reason the on/off binary response of every muscle can be used in muscle checking to determine what muscles and organs are receiving their appropriate life impulse.

In some circles Applied Kinesiology is controversial but it has rapidly spread around the world because, when used correctly, it can offer an effective and accurate tool in the fields of medicine, chiropractic, nutrition, psychology, education, neuro-feedback and personal development.

Resonance Kinesiology is a new use of the technique and is unique to the system described in this book. Resonance Kinesiology uses the words muscle checking—rather than muscle testing—because experience has shown that the word “test” de-energizes every muscle in the body.

Muscle checking requires only a light finger contact to check the strong/relaxed, on/off response. This strong or relaxed muscle response confirms the state of resonance with a thought, feeling, belief, person or action. In this way, resonance muscle checking brings the invisible phenomena of energy and resonance into the physical world and makes them known.

Resonance muscle checking is the con-

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Muscles are fired by electrical impulses from the central, autonomic and somatic nervous systems. For this reason the on/off binary response of every muscle can be used in muscle checking to determine what muscles and organs are receiving their appropriate life impulse.

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necting point where physical matter (your muscles) and energy (your pulsing frequencies) meet to produce useful information.

Energy pulses with frequencies that you either resonate with or do not. By verifying the frequencies you resonate with through muscle checking, you have a precise idea of what energizes you and what de-energizes you. You can also use muscle checking to discover how to change your resonance with what is depleting you. Muscle checking opens the door to the unconscious patterns you resonate with that lie beneath the skin of your conscious mind.

### **Always on**

The inner genius of your kinesthetic sense operates 24/7. It is intimately linked to your autonomic and somatic nervous systems, which take care of 90% of your functioning (heart beat, breathing, digestion, cellular metabolism, etc). If you've ever been exposed to the artwork of Alex Grey, you've seen illustrations of your body from the inside and the delicate network of nerves that branch their way to every millimeter of surface beneath your skin, and link to the intricate geometry of your energy field. You are a highly developed sensing device, reaching out to access and read every single pulsing event in your neighborhood and the infinite field beyond.

Every present thought, feeling, image and event is checked against earlier thoughts, feelings, images and events stored in the database of your personal field. Some experiences are logged in as pleasant, and some are logged in as not pleasant. If the incoming message matches pleasant experiences in your database, a cascade of relaxation and pleasure signals flood your body. You know you can respond to the present situation with courage, confidence and a willingness to grow.

If the incoming message matches unpleasant experiences in your database, a cascade of stress signals floods your body. Even if this cascade is not appropriate, your body still responds by preparing for a survival, stress response. Survival responses cause your energy flow to constrict. You tense up, overreact, feel charged up and upset; or you collapse under the pressure, lose your confidence, become exhausted and are unable to go into coherent action.

Your responses may be inappropriate in terms of the present event, yet your nervous system still carries your signals faster than lightning through known and familiar pathways to the old stories

*(continued on page 7)*

# Fix Your Family and Fix Yourself

Healing the Energy of Family Systems with Family Constellation Repatterning.

by **Vivienne Turkington**, Certified Practitioner, Wakefield, Rhode Island



*Vivienne Turkington is an Empath and Certified Resonance Repatterning™ Practitioner who offers Energy Therapy and Energy Readings in person, in groups and by phone.*

**D**id you know that disorder in your family system has a detrimental effect on your health and overall well-being? Okay, you might say, but what does that mean? Well, when Grandpa had that secret extra-marital affair that Grandma went ballistic over, influencing the family to exclude him from all family events, he wasn't the only one who suffered long term effects. Johnnie, the grandson, still suffers constantly with his nerves and trust issues, and nobody seems to know why.

Or Aunt Sally, the spinster from a large Italian family, who is very quiet, reclusive almost, has no friends and when her sister, who has three children spends time with her, she notices her chronic fatigue more acutely and usually develops a headache; and interesting, Aunt Sally's own aunt didn't have children either. Hum!

Even Jane, who was very bright and engaging as a child, just can't seem to get her life together. She doesn't drink because she doesn't want to be like her father and yet she feels she is a loser just like him.

Seems bizarre to think that we, a second or third generation removed from such events or relatives we never met, can be so tied and unconscious of our family loyalties, and yet, in Bert Hellinger's work, the phenomena is just oh! so obvious.

Bert Hellinger's Family Constellation Therapy is an extremely popular psychotherapeutic model in Europe and gaining momentum in the US; but, for Resonance Repatterners, it is Carin Block who needs introducing at this point.

Some of you have already met this lovely, vivacious RR teacher and colleague whose warm heartedness and easy going nature makes any learning simple to comprehend. It is due to her innovative spirit and training in Bert Hellinger's family systems therapy that RR practitioners and students alike are now more than ever profoundly supported in establishing positive change for themselves and others.

Carin Block is a psychotherapist living in Mexico and is an accredited Family Constellation Therapist by the Bert Hellinger Institute. As a RR Practitioner and teacher she has understood the positive and beneficial implications of combining these two systems which she has mastered, to produce a healing modality accessible for everyday use by RR practitioners without any need for extensive study in psychotherapy.

It is the family's multi-generational non-coherent dynamics or phenomena that Bert Hellinger noticed when working with his clients' problems which prompted him to develop an appropriate solution. The healing result of his observations of family dynamics is called Family Constellation Therapy.

In his ground breaking work, the whole family system, or constellation—how each member moves and influences others—is looked at when a person has problems. Nothing different in that, you might say, all types of therapies deal with families in one form or another. True, but the unique phenomena that Hellinger appreciated was that family members suffer from identification with those members who are long gone from death, separation or divorce; even to the 3rd or 4th generation or more. He also noticed that the unconscious alignment to family loyalties and to the rules the family adopts, wreak havoc on individuals if they try to break free and develop their own identity. Again nothing new here, but when you're taking about needing to include miscarriages, abortions and the child

Grandpa had with his mistress, then the repositioning of each member's role within the family is different.

The thing is, we all want to belong. It doesn't seem to matter how dysfunctional things get—if we don't feel we belong anywhere, then what's the use? Unfortunately, we usually pay the price with our health and well being; we may suffer, damn it, but at least there is someone out there who supposedly cares!

What Carin has done so brilliantly is take the key factors causing disorder in the family systems as noted in Hellinger's work and found a way to rebalance them for health. She created repatterning that transcend our unconscious alignment to loyalty and love that we cling to no matter what the cost to us; at the same time these repatterning allow us to remain, within our family, intact and peaceful.

Carin has laid a strong foundation with her nine repatterning so we, the layman, can access and transform the unconscious dynamics flowing between members in families and organizations. As we know, if we are experiencing disorder in these areas, then noncoherence is present somewhere and, with these brilliant repatterning, we can now do something about it. The positive outcome from systemic transformation means our families and organizations are affected for the better as a result: we change our alignment to the constellation and the constellation changes as well.

Carin's repatterning are comprised of: Include the Excluded; Creating Order in the Family System: Balance between Giving and Taking; Systemic Loyalties; and the all important Taking Our Parents.

It is a common theme these days, especially in Western Society, to try to heal our family wounds by separating ourselves as much as possible from our family of origin and being alone. However, as many of us can attest, when we do not 'take' the life our family has given us, we are apt to not see or be able to take

anything good from life either, which is a problem, because that is our birthright.

As Carin points out:

“To take our parents is to receive and accept our mother and father exactly as they are, unconditionally. A metaphor for this process is breathing. When we inhale air, we take it all in and we receive it completely. We can't choose what goes in or what stays out. If the air where we live is polluted, and we reject it by contracting our body and blocking our breath, we stop receiving oxygen. Then our vital functions diminish and we could even die. In this example, to 'take' would be equivalent to breathing deeply and accepting the air as it is without contracting our body. Having a healthy breathing pattern leads us to breathe as best we can with the air that is available. It is possible that the air we receive isn't ideal, or it may not have everything we need. Nevertheless, breathing what is available is much better than stopping breathing, since we could die, and if we only breathe a little bit, we can get sick.”  
—Carin Block (Healing the Family System\*)

Carin has also included other repatterning in her 'Healing the Family Systems' book based on other therapeutic models not just Bert Hellinger's. There are repat-

ternings for Co-Dependency, Violence Cycles and Struggle for Power. The Co-Dependency repatterning alone is worth the fee to Carin's workshop.

When working specifically within the Healing the Family Systems Repatternings, the modalities are mostly visualizations, imagining scenes with family members and having that dialogue we've always needed in order to put things right and create balance that is coherent and ordered. We don't need to make that dialogue up either, which could be daunting in a session. Carin has included in the modalities those very specific dialogue words that heal. We simply muscle check what is needed and instruct the client to repeat. It works, brilliantly! The added bonus is that these modalities reclaim any family members disowned or disenfranchised identified in a session, which as you'll learn, is detrimental to everyone if they are left out, for whatever reason.

Carin is still working out her schedule for her next workshop presentations in the U.S. and presently it looks like three, maybe four for 2007. She let me know that she will be in Washington, March 16, 17, 18 with Jennifer Johnson and in Scottsdale, July 20-22 with Ardis but she needs to check the exact dates. So please check the [www.repatterninginstitute.net](http://www.repatterninginstitute.net) website often to

see when they are scheduled. There will also be a workshop in Spain in October and then three or four in Mexico. Healing the Family Systems workshops can be attended by anyone who has completed all of the required seminars for certification.

So just know that even though your family or your client's might resemble something akin to the best soap opera going, it isn't necessary to constantly re-run the show or play the character you dislike the most. Anyone can be transformed, keep their integrity and know that health and well-being is happening now. Such is the benefit of these exemplary Repatternings. Thank you, Carin!

\*Healing the Family System is registered by Carin Margarita Block Bucher

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## Resonance Kinesiology

*(continued from page 5)*

in your database. This is why you can be hijacked by your feelings—anger, fear, sadness, overwhelm—before you're even aware of a thought or event that might have triggered them. The old stories in your database take over.

Fortunately, by using the resonance muscle checking tool, you can confirm your resonance with the stress responses in your field and do something to change them. You can verify exactly what old story has taken over. You can discover the actions you need to resonate with in order to release the old story, and identify what kind of energy balancing will support your well-being in the present situation. Once you resonate with the frequencies of a coherent updated perception of reality, your thoughts, feelings

and actions become more coherent. Coherence—when all your energies pulse in harmony—makes it possible for you to handle real time events in an empowered way.

### Crossed Wires

I once worked with a woman—I'll call her Mary—who had been in a business partnership for twenty-five years. She lived in chronic fear that she was destroying her partnership and that her business partner was on the verge of kicking her out. As we got into her session, it became apparent that the problem was her unmanageable temper tantrums. Mary simply “went off” at her partner in ways that made no sense. No matter what she did, or how often she and her partner discussed ways to cope, nothing made any difference. Regardless of her temper tantrums their business was successful, but her behavior had taken its toll on her

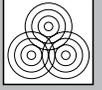
partnership in terms of trust as well as on her ability to focus creatively when new opportunities appeared.

In hindsight, this was a situation in which Mary's resonance was unpredictable because an earlier experience was continuing to control her life. Her resonance with the old story was so strong that any situation that was remotely similar reactivated her unresolved, unmet needs from the past. She was stuck, responding in the way that her much younger child self had wanted to, but couldn't.

Resonance muscle checking led us straight to her earliest experience of this pain. Because all cellular memories are always available, we could count on her on/off muscle checking responses and the Repatterning manuals to show us where the problem lay.

Her session indicated an earlier experience

*(continued on page 9)*



Kathy Kulaas, JD; Certified Resonance Repatterning® Practitioner, St. Petersburg, Florida



*Kathy Kulaas has a part-time, private practice doing primarily phone sessions. Her web site is coming and will be located at [www.coherentliving.com](http://www.coherentliving.com).*

**How did you learn about HR/Resonance Repatterning?**

**KK:** I first heard of Holographic Repatterning in India, the spring of 2001. As good fortune would have it, I overheard a small group of people talking about something called Holographic Repatterning (an unknown but intriguing name, I thought), but when asked, none of them could explain it. So, they referred me to an HR practitioner who was staying at the same place. Right away, we arranged a session and then another one within a couple days' time. After that second session, I opened the door and stepped into a whole new world. I was wowed! Few times in my life had I ever experienced such a high level of energy, a keen sense of well-being and joy—all at once. There was so much energy moving through that it felt like I was floating! Little did I know at the time, but the hologram of my life had changed. Once back home, I followed up with more HR phone sessions and within six months of those first two sessions I was taking the Fundamentals class thinking maybe I could use this work to help others. One class was all it took—I was hooked! At that point, there was no decision to make—it felt like I was being drawn in by a very, very big magnet.

**What is your background?**

**KK:** My background is in administration, specifically human resources. I spent eight years of my twenties and early thirties at home raising our daughter. Once she was a few years into school, I re-entered the workforce, where I've been for close to twenty years. I currently manage a human resource office serving 600 staff. I finished the Holographic Repatterning series in January 2002 and received certification (then Level II) in May 2003. Around the same time, I decided to get a license to touch and became a Licensed Massage Therapist in November 2003. This

training further opened up the world of personal transformation for me. I've also taken introductory training in Psyche-K and Quantum Touch and dabbled here and there, just to do some exploring.

**What does HR mean to you?**

**KK:** HR is a gift—a blessing! It represents a world of new possibilities and hope and it's given me a new perspective from which to look at daily events. The understanding that frequency patterns are the blueprints of life and that changing resonance with them affects our experience is so awesome. While it opens up so much in terms of possibilities, it also makes taking responsibility for what's happening in my life that much more meaningful. If I'm facing something difficult and don't use the tool, how can I complain? And through its many modalities, HR introduces people to so many different healing disciplines and schools of thought. It was sure an eye opener for me because I was new to this kind of work. Because of HR I became interested in the 5 Elements of Traditional Chinese Medicine. They are a beautiful lens through which to look at and navigate daily living.

**How do you apply HR?**

**KK:** In my occupation of human resources, there are many opportunities to use HR. There isn't always time to do a lengthy session, but there's almost always some aspect of HR or of the theory that can be utilized in the time available. There's one woman who knows when she needs to, she can stop by for a modality anytime—and she does. In human resources, we do a fair amount of problem solving and conflict resolution and HR is an effective tool for that. It certainly helps me view situations from a different perspective, be more neutral and better prepared to work with them. Looking at difficult situations in light of the five elements, figuring them out and explaining it to staff in those terms is very helpful and people do get it.

In one example, a supervisor came to me to help her prepare for a performance review that she was dreading. From what she said, it sounded as though the employee needed metal energy—worth, praise, value—even though there were ongoing performance problems that the supervisor needed to

address. So, I asked the supervisor to begin the review using that metal energy—pointing out the employee's strengths—what they were doing well and to express her appreciation for the employee's efforts. Then I asked her to use the notion of “new possibilities” to address needed improvements and finish up with the energy of wood (planning, optimism and hope). The result was very positive for both the supervisor and employee. Many HR Practitioners have experienced that technique in tutorial observations! I also offer private sessions for employees for work-related issues and to prepare myself for important meetings and set intentions for specific projects. I practice using the Empowering model to shift noncoherent reactions when time is short.

**What are some examples of sessions that stand out for you?**

**KK:** There are several that come immediately to mind. The first means a lot to me because it was with a dear friend. It started out as a phone conversation and wound up being a quick session. Her mother had Alzheimer's disease and she was telling me about the agonizing struggle she was having with the reality that her mom needed to be in an assisted living facility. She just couldn't accept it even though she knew, logically, that her mother was much safer and happier there. She couldn't stand the thought of leaving her. Through the earlier experience, we identified a pattern of abandonment that originated when my friend left home as a young woman, i.e., “left her mother,” to start a new life of her own. She felt very guilty about leaving her mother and those earlier patterns of abandonment and guilt were activated when she felt she had to leave her mother in a health care facility. Although this was a very short session, my friend told me it changed her life. Those final years of her mother's life were very dear to her and she spent a lot of time with her showering her with the love she so deserved without those negative patterns plaguing her.

Another session stands out because of how powerfully it began. It was with a new client. It began with orientation to self. I muscle checked that he needed to tone the note of A# using the vowel sound of “eh,” and at the same time make a

contact on the throat with his hand in order to better feel the vibration. I kept checking for completion of the toning and kept getting “off,” “off,” “off.” I don’t know how long he toned that note, but it seemed a very long time to me! Then, suddenly, he burst into tears and began weeping. From there, we went into an Energy Constriction Release. It turned out that when he was a young boy his uncle died. Not only did he lose his uncle, but in the resulting change of family dynamics, he lost his place in the family structure and his unique sense of self. He had been grieving that loss ever since. The strong and lengthy vibration of the sound of “eh” released the grief that was held in his throat. The vowel sound of “eh” also relates to the throat. I later

looked up the correlation to the note of A# and it is, “My thoughts, feelings and needs are important.” This was relevant to his loss of identity and place in the family. Only a few minutes into his first session and a simple orientation modality led him to that place of release and healing. Pretty amazing!

### **Do you have a vision for the future of HR?**

**KK:** I envision an explosion of growth for HR. I see it becoming very well-known and used widely. We know it has endless applications in family, business, government, and healthcare, etc., and I think it will be integrated even more into these fields and many, many more. HR is a call to greater coherence—to more

conscious living—and I think that will attract many people, too. HR will help change the way we view the nature of life—change paradigms of thought. I see a strong and healthy Resonance Repatterning Institute that is housed in a beautiful building (perhaps shared), in a natural, peaceful setting with full-time teaching and administrative staff. I see the HR Association becoming very strong with an active, successful membership. I envision a community outreach program sponsored by the RRI, HRA and private donations. And I see the Institute and the HR Association working closely together to build a coherent foundation of support for all this growth.

Build it (coherently) and they will come!

## **Resonance Kinesiology** *(continued from page 7)*

of abuse. Mary revealed that persistent and long-term abuse had taken many forms. Her fundamental unmet need throughout was for safety and protection from harm. It wasn’t necessary to know the details of her story, only to find the emotionally-charged remnants which kept triggering her tantrums. Because her world from the time of her infancy was so unsafe, she had formed beliefs that nothing was safe, change was unsafe, and life could only be managed by rigid control. When her control was threatened, she went into a tantrum.

Mary’s learned aptitude for control served her well in business but the slightest hint of non-control set off a cascade of her old, unsafe, alert, stress and survival signals. Her tantrums were simply the way she would have liked to respond as an infant in order to communicate that her needs for safety, protection and an orderly environment were not being met.

In the first several sessions when her old stories and unmet needs became clearer, we worked to switch her resonance from “change is unsafe,” to new neural pathways where she could resonate with “I am safely held and loved, no matter what.” After several months of repatterning sessions, Mary was learning she could trust her partner and trust her honest reactions in new situations. If shades of her old behavior showed up, she and her partner knew to stop and ask “What feels unsafe right now?” In this way her kinesthetic sense was honored, and her resonance with

the vibratory frequency of safety was repatterned from the inside out.

### **Helpful Signals**

Resonance Kinesiology is based on the fact that you are wired for success. Your body likes “feel good” signals. Your nervous system knows exactly what you need to live a life of love and joy. It makes sure your food is digesting while you read these pages, and that your brain has enough oxygen to understand each phrase. It manages complex interactions simultaneously in all your trillions of cells while you simply turn the page. It automatically takes care of you, all the time. This is the same kind of wiring that fires your muscles and tells them to constrict or relax according to your resonance with new or old signals. It is the same wiring that resonance muscle checking relies on.

While many people know about muscle testing, resonance muscle checking is a learned skill. It gives you a way to verify the signals and frequencies your body is responding to in any given moment. It helps you determine what kind of energy input will shift your resonance towards growth and expansion.

What I have discovered in my practice and in my teaching is the importance of always creating a clearly defined context so your muscle checking can provide an accurate response. Information is available in infinite varieties of vibrating frequencies from both your body-mind system and from the universal energy

field. If you focus your muscle checking by creating a specific context, you frame your search so you retrieve the data that is most useful. It’s like typing the right word into a search engine to obtain the most accurate results from the World Wide Web.

Your body-mind system is an infinite database of everything that has ever happened to you. In every moment, you are challenged to transform your inner obstacles to a fully lived life. Through Resonance Kinesiology you know when you are on-track and when you are off-track. You know what you resonate with. Your kinesthetic sense and your muscle checking capacity are functions, just like your other four senses, that help you navigate your life with success.

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# ■ HR PRACTITIONERS ■



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- HR Practitioner does Proxy Sessions
- ❖ HR Practitioner does Proxy Sessions for Animals

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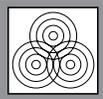
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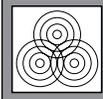
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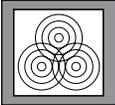
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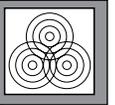
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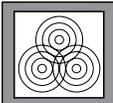
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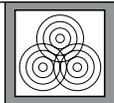
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# HR SEMINARS



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**Dates:** **Location:** **Teacher:**

## EMPOWERING YOURSELF WITH HR

Feb 07	Ferndale, Washington	Jennifer Johnson
Feb 16	Minneapolis, Minnesota	Ardis Ozborn
Feb 23	Boulder, Colorado	Kaye Zeiger
Apr 20	Boulder, Colorado	Kaye Zeiger
Nov 11	Kansas City, Missouri	Bobbie Martin

## FUNDAMENTALS OF HR

Feb 08 - Feb 09	Ferndale, Washington	Jennifer Johnson
Feb 17 - Feb 18	Minneapolis, Minnesota	Ardis Ozborn
Feb 24 - Feb 25	Boulder, Colorado	Kaye Zeiger
Apr 21 - Apr 22	Boulder, Colorado	Kaye Zeiger

## TRANSFORMING PRIMARY PATTERNS

Feb 02 - Feb 03	Indianapolis, Indiana	Ardis Ozborn
Mar 16 - Mar 17	Minneapolis, Minnesota	Ardis Ozborn
May 26 - May 27	Boulder, Colorado	Sylvie Salinas

## TRANSFORMING UNCONSCIOUS PATTERNS

Feb 04 - Feb 05	Indianapolis, Indiana	Ardis Ozborn
Mar 19 - Mar 20	Minneapolis, Minnesota	Ardis Ozborn
Jul 14 - Jul 15	Boulder, Colorado	Victoria Benoit

## TRANSFORMING CHAKRA PATTERNS

Apr 21 - Apr 22	Indianapolis, Indiana	Ardis Ozborn
Apr 28 - Apr 29	Minneapolis, Minnesota	Ardis Ozborn
Aug 11 - Aug 12	Boulder, Colorado	Victoria Benoit

## TRANSFORMING MERIDIAN PATTERNS

Feb 24 - Feb 25	Bellingham, Washington	Ardis Ozborn
Jun 02 - Jun 03	Minneapolis, Minnesota	Ardis Ozborn
Jun 23 - Jun 24	Minneapolis, Minnesota	Ardis Ozborn

## PRINCIPLES OF RELATIONSHIP

Mar 02 - Mar 04	Asheville, N. Carolina	Chloe F. Wordsworth
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## PRACTITIONER SUPERVISION SEMINAR

Feb 09 - Feb 11	Scottsdale, Arizona	Ardis Ozborn
Apr 13 - Apr 15	Scottsdale, Arizona	Dorinda Harston
Jun 15 - Jun 17	Scottsdale, Arizona	Victoria Benoit

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 Mary Cameris OK  
 Meryl Chodosh-Weiss NY  
 Kenya DeRosa NY  
 Mandira Gazal MI  
 Dorinda Hartson AZ  
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 Jennifer Johnson WA  
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 Josie Airns U. K.

## Pearl Harbor Remembered

April Smith-Gonzalez, Certified Practitioner, Branden, Florida

On a trip to Hawaii, my husband and I had the opportunity to visit Pearl Harbor and the USS Arizona memorial site. For me, a politically neutral person who does not believe in war, I was not sure if I would benefit from this stop because I thought this would be a place that glorified war. I actually felt very moved by the energetics surrounding the people who visit the memorial.

The first thing that struck me was the tour guide's deep reverence for this place where intense acts of violence took place 60 years ago. He said that every time he visited here he got chills. I understand why.

On the main grounds, there is a listing of all the people killed in this conflict, minus those who perished on the USS Arizona. Tears came into my eyes as I read the list of civilians, who were perhaps at the wrong place at the wrong time. Unfortunately that list contained the names of a few children. While the total waste of human life could never be considered good, a soldier chooses that possibility as his/her potential ultimate fate. The civilians, though, had no choice. This made me very sad. The casualties of war go beyond those trained and paid to fight, and this is an

expensive price for humanity to pay.

We took the boat ride out to the memorial that sits on top of the sunken USS Arizona. The people on the boat were all so very quiet. The stillness and somberness of their attitude continued as we walked up the ramp to the entrance of the open air concrete structure. There were approximately 150 people in the monument at once,



but you could sense a stillness and sadness among those standing there. No one smiled. This was not a happy place, this was a place to mourn.

As I walked to the end of the monument into the small room where the names of those who perished on the USS Arizona were listed, I was struck by how silent that room was. As I stood there in the

stillness and looked at the names, I remembered that the tour guide said that there were many sets of brothers serving on the USS Arizona together. I saw the groups of several possibly from the same family and felt how sad those families must have been to lose so much so quickly. I also noticed how this structure had been built to let in as much light as possible. The sunlight felt to me like a good modality to offset the deep sadness that so many feel as they come to this place. Perhaps this is why they built the structure so that there are breaks in the ceiling.

As we got back on the boat to go back to the main grounds I was glad I had chosen to come visit this place where a war happened that I would never condone as right. I am glad that I came to experience the reverence, stillness, and light. My compassion grew that day because I allowed myself to feel with these strangers the sadness, reverence for life, and the power of light.

# The Healed Birth Journey

By **Victoria Benoit**, Certified Practitioner, Designated Observer and Teacher, Phoenix, Arizona

Your healed birth journey starts at conception, where it all begins. Your feminine (egg) must surrender and trust as she chooses which sperm merges into her. Your masculine (sperm) must move toward his goal, feeling protected and knowing he has the nutrients needed to survive the long journey to be the first to reach the egg, burrowing in and merging. Your life begins.

As your cells multiply and divide, they move forward with ease and vitality for yet another journey down the fallopian tube, growing constantly, committed to life, looking for the perfect place in the uterine wall to connect to what will become the source of nutrients for the rest of your pregnancy, the placenta.

Your embryo continues to grow at a rapid pace and at 6 or so weeks your mother discovers she is pregnant. You are discovered with joy, positively acknowledged and lovingly recognized. You are wanted and loved, staying

connected to your source of light within, knowing all is well.

The second trimester begins. You float in a dream state of bliss and peace. You are receptive to what is happening and feel safe and protected. Comfortable with transition, you confidently know where you are going. You are at peace within yourself.

As you move into the third trimester and as the birth approaches, you know someone is there to help you and you can move out of difficult situations easily. You know you can initiate new beginnings, have the power to make decisions and also be supported. You have the driving force to get to where you need to go.

When you are ready, the birth process begins. Knowing the interactions with the outside world will be safe and loving, you are clear about your needs, letting people know what your needs are, and trusting that they will be met.

You exit when and how you want to, comfortable and relaxed, connecting to your mother through her eyes, smell, voice and heartbeat. You are welcomed by all, glad to be alive, glad to be the gender you are. You move to the breast and connect to your outer source of nourishment and love in the world. Accomplishing your goal, you look around your world and feel content, knowing you belong.

Imagine going through life in coherence with this birth journey. You can be joyful and fully present in your life and in all your relationships. You can meet every challenge with confidence, knowing you can get the help you need. Trusting that all your basic life needs will be met, you can give and receive love openly. You can focus on making a difference in whatever you choose to do. Life is an adventure and you can live life fully. Heal your birth journey today!

## HEAL YOUR BIRTH JOURNEY HEAL YOUR LIFE

Feeling stuck in  
your business?

Feeling stuck in  
your certification  
process?

Just maybe you  
were stuck or held  
back in the womb?

**April 27–29, 2007**  
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This three day healing experience is designed to transform those unconscious beliefs and patterns from conception through birth which are holding you back from experiencing life fully and from moving forward in your business or your certification process with velocity!

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

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—Level 1 Practitioner

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**Victoria Benoit, M.C.**—Practitioner/  
Designated Observer/Teacher

**602-864-7662**

**[victoria@extraordinaryoutcomes.com](mailto:victoria@extraordinaryoutcomes.com)**

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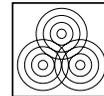
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February 17, 2007

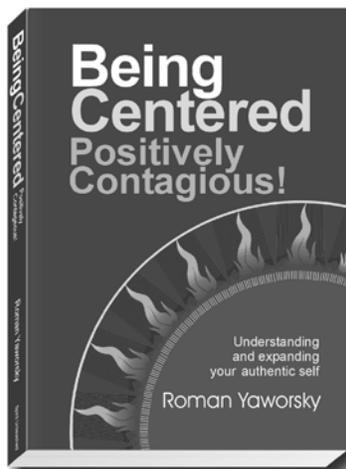
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- The Heart of the Matter, Recovering your Heart*
- The Mind and the Heart, Do you know where your mind is?*
- Regaining your Power, The Shamanic healing journey*
- The Ego*
- Direction, Knowing what you want*
- Responsibility, Who carries the responsibility for your life?*
- Addiction, What are you addicted to?*
- Overcoming Addiction*
- Take Care What You Put in Your Heart*
- Lifting the Veil of Confusion*
- Grace*
- Putting It All Together*



Roman Yaworsky is a counselor, healer, professional astrologer, artist, medical illustrator, biochemist and musician. He began his spiritual journey in 1967. His many talents and wide background have helped forge this ground breaking book.

This book is the first of a series. Roman's second book is slated to be released next year.

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# Our Journey to Certification

“We did it! You can too!”

by Michelle and Richard Garrett, Sonja Plummer, and Jane Winne, Certified Practitioners, Colorado

Four of us who are Holographic Repatterning practitioners, clients, and friends in a small town in the Colorado mountains decided we were ready to embark on our journey toward certification and this is the story of our intention, our process, and our successful completion. We hope it will inspire you to create and complete your own journey.

## Step One: Holding the Healing Space

As three of the four of us were planning to attend “Holding the Healing Space” taught by Shady Sirotkin, we realized that the planned ‘tutorial’ day connected with that seminar was already filled. During the Healing Space seminar we had the great privilege of Shady’s teaching and Chloe’s, Victoria’s, and Dorinda’s attendance at the class and support of all of us. Our admiration of these women is tremendous. We realized later that the sessions and processes we each began at “Holding the Healing Space” continued throughout our certification process and have created a strength and resolve in us that is amazing.

## Step Two: Intention and “We Made it Happen!”

Since we absolutely believe in and have experienced the pure power of creating intentions in our lives, we were not in the least daunted, and we realized in order to create a special ‘tutorial’ day for ourselves, all we had to do was intend it and resonate with it. We had the usual time and financial constraints so only one day was available for us, April 30, 2006, the day after the seminar. When we proposed the additional ‘tutorial’ day to Victoria Benoit, she checked her schedule and agreed to help us by adding an additional ‘tutorial’ day just for us.

Victoria began the process by doing free individual “certification assessments” with each of us to determine what we had already accomplished and what was still needed to check off on

our certification requirements. Those sessions gave us a good start and then the paperwork began and we transferred our client records to the Practice Sessions Summary Form in our Certification Manuals.

## Step Three: Tutorial Day and “Fabulous Feedback”

At the beginning of the ‘tutorial’ day, Victoria did an opening orientation that set out a plan for the day, during which she told us that we would be taking notes on each other’s sessions for feedback, but for the practitioner not to be worried about that because we would mostly be writing “the great things” the observers were noticing about our sessions with a few new possibilities. She then told us about what we termed “Fabulous Feedback!” At the end of each session, the client and observers would relay to the practitioner all the great things they had written during the session, then Victoria would give her “Fabulous Feedback,” which was an acknowledgment of all we had done well and a couple of “New Possibilities”—something that was missing that, if added, would bring about a quantum leap and the presence of which could make all the difference in the session. The feedback was indeed “Fabulous” and we each looked forward to giving and receiving it at the conclusion of each session.

Our individual intentions at the tutorial day were for our continued growth toward certification and the development of skills and techniques that would add to our personal, relationship, and awareness coherence. The tutorial day added to the bond between us and created a wonderful connection with Victoria who has advised and assisted us on our journey.

## Step Four: Intention for Creating an Intensive for Certification and Belief in the “Possibility of Sub-Atomic Particles!”

The tutorial day set the stage for our

intention to create an intimate setting for an intensive certification process, the first of its kind to our knowledge. We first believed in the possibility of sub-atomic particles, or an intensive for certification and made it happen despite some bumps in the road in planning and traveling and the usual.

We approached Victoria with the idea of her coming to Colorado to spend a few days with us to observe us for certification and she graciously agreed. We decided on four full days during which each of us would give and receive one session each day and then would exchange “Fabulous Feedback” and fill out the required forms from the Certification Manual. Our books and records were updated, individual evaluations were performed, plans were made, the day arrived and we began.

We put in four long, 10 hour plus days, preparing and eating all our meals together while Victoria worked on our paperwork. Throughout these long days we felt nurtured and supported and had lots of fun and laughter.

During the process we realized that all of our intentions created at the ‘tutorial’ day had become the first chapter of our story. We all benefited from each others sessions and discovered there was a common thread that each session brought into reality. We identified within the first few sessions that our paths were overlapping and connected, even as each of us progressed toward our own individual, deep healing. We definitely believe in the power of the group in exponentially increasing our results.

We loved that there were only four students and we loved the learning from Victoria, and her tips and techniques. Each day, each person put into practice the feedback we got the day before and moved into resonance with the feedback for the entire group. It was easy to do because it was a small group. It was like a family and was a cooperative atmosphere.

## A. Tips and Techniques We Learned or Remembered

1. "Being with the client" during their process and tying the session together for the bigger picture, or connecting the dots, is one of the most valuable aspects of the process and often takes time to learn and incorporate.
2. After identifying a statement from a list, say it to the client before you write it down so the client has time to process it while we write it. It may allow them time to get in touch with some deeper feelings.
3. During Orientation, check for a modality after EACH statement or section of the Orientation process, not just at the end of the session.
4. When establishing muscle checking, say "meet my touch" (not "resist" my touch).
5. After an ECR, acknowledge the client for the courage it took to go there with you and honor them.
6. Explain that if an "abortion issue" comes up for an area of stress, it doesn't necessarily mean the client had

an abortion. It could mean "something was let go before it's time, such as a project, the loss of a job, a career that wasn't fully developed, etc. It can also come up for men.

## B. "Fabulous Feedback"

From Sonja: Victoria was attentive to each one of us and her feedback was not just about technique, but about our personalities, our ability to hold a healing space for our clients, and our relationships with other people. She picked up on Richard's kindness and Michelle's softness, her intuition to what took her to the best interests of the clients. She appreciated Jane's abilities to connect to the client, and for myself, that I was nurturing but too mothering and that needed to be balanced.

From Michelle: We gently learned many new possibilities. Victoria acknowledged and honored our dedication, commitment, time and expense along the path of our journey toward certification.

From Jane: From the beginning to the end, we learned to value our own inner knowing and to believe in ourselves

wholly and completely and to honor the gifts we have to share with others.

From Richard: As a man involved with Holographic Repatterning, I have become aware of and acknowledge my feelings and I appreciate the respect and honor that was included in our feedback and I appreciate the power of our group.

Step Six: Closure and "Recommendation for Certification!"

Our closing ceremony took place as a picnic at sunset at the foot of Maroon Bells in Aspen, and it was perfect. We were wrapped in sleeping bags, ate great food and honored ourselves and Victoria Benoit for her love, support, and inspiration.

At the end of the four days, three of us were recommended for certification and at the retreat the next month, the fourth completed her observation intended for certification and was recommended! We are now all four "gratefully" Certified Practitioners of Holographic Repatterning.

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*"Specializing in Results!"*



**VICTORIA BENOIT, MC**  
Master's Degree in Counseling

*Victoria studied Holographic Repatterning (HR) under its developer, Chloe Faith Wordsworth starting in 1991. Certified as a Practitioner in 1994, and as a Teacher in 1996, Victoria uses her HR skills to clear her clients' unconscious patterns, allowing them to move into optimum health and well-being physically, emotionally, mentally and spiritually.*

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# For Anyone Who Wants A Full and Thriving Repatterning Practice...

Don't Miss the Next Session of  
**“Marketing from the Inside Out” with Ellen Shapiro.**  
 Starts **March 20, 2007, 7 pm Eastern**

You already know how amazing and powerful our work is. But the bottom line is, like it or not, *ya gotta market yourself*. If you can't find the words to tell them, or don't know how to get your message out there...how will people find you? If you don't or won't market, then you are not only depriving yourself of the joy and rewards of helping others, but also denying the benefits of your work to the many other potential clients you are meant to serve.

So, why this course? Why Ellen? Why now?

There are tons of people teaching marketing, and tons of great books and self study programs. But this course is totally *tailored to you*: the Resonance Repatterning practitioner. There's nothing else like it out there!

The class is packed full, with 8 weeks of content rich sessions, PLUS repatternings to get you switched *on for marketing well* and creating a *successful practice*. Also some exercises for you to work on to *clarify your direction*, and hone your marketing skills. You'll leave with a plan and next steps to *put your learning into action* and take your repatterning practice to the next level.

## Here's what's in it for you:

- Skim the cream off the top of some of the *best marketing minds around*, whom Ellen has been studying with. T. Harv Ekker, Michael Port and others.
- Learn to *think like a marketer and a business person*—and then find your own *unique voice*.
- Get inspired and get your creative juices flowing as you discover *new methods and “angles.”*
- *Have fun* and enjoy Ellen's clear, informal and down to earth teaching style.
- Experience the *safety and support* of coming together and sharing.
- Benefit from *real-life experiences* as shared by Ellen and other practitioners who've been there.
- *Shortcut your learning curve* and *receive direct feedback* on your marketing messages.

The time we've all been hoping for is about to arrive...Resonance Repatterning is poised on the brink of *national recognition* and wider publicity. *Will you be ready?*

The next 8 week series starts March 20, 7 pm Eastern.

Each class is recorded in case you need to miss any or all of it. You will receive 8 continuing education credits towards certification requirements upon completion of the class.

Please mark your calendars, and sign up today: [www.hramembers.org](http://www.hramembers.org)

## In the words of two current marketing class participants: .

*“This course is great. I just wish I could have taken it 5 years ago when I was just starting out!”*

*“This class is a must for every Repatterning practitioner. What better way to improve your skills using the tools of the very system that creates positive change for others. This is the opportunity to create that change for yourself and your business!”*



## ■ PRACTITIONER INTERVIEW ■

**Laurei Southam, Certified Resonance Repatterning® Practitioner, Henderson, Nevada**



*Laurei's private practice includes phone and proxy sessions and working with animals. She also schedules client sessions in Southern California and Scottsdale/Phoenix. Laurei can be reached at Laurei@ReconnectLife.com.*

### **How did you learn about HR/Resonance Repatterning?**

**LS:** My 79-year-old Auntie had a chronic skin irritation. I was referred to a homeopathic doctor here in Las Vegas by a friend. As I was looking at her calendar to schedule my aunt's next appointment, I saw Resonance Therapy Seminar penciled in for a weekend. I asked the doctor, Sonia Kara, who was also recently certified, about it. Then I simply said, "Do you think I could do that?" She replied, "Well, yes, I think you could." So I took my first class the end of May, 2005 and then had an insatiable need to learn all that I could about the process. I was hooked and immediately starting doing sessions on myself, existing clients, and new referrals. I continued with my classes, in various parts of the country, and also took all the advanced classes with Chloe. I completed my Chakra and Meridian class on July 25th, 2005 and July 25th, 2006, I became a Certified Practitioner.

### **What is your background?**

**LS:** I had been a senior executive in corporate America for 25 years. On Easter Sunday 2004, the Universe literally took me off my feet with a back injury sustained while on business in Chicago. As a now recovered Type A, I was always striving for more, but never quite feeling the genuine satisfaction when attaining my goals. True happiness eluded me. I was on a rollercoaster for 45 years and I reached a point where I decided that it was time to get off the ride. I was very depressed and became suicidal. Then my back injury happened, which I laughingly describe as, "The Universe just couldn't watch anymore...it was too painful."

Being out of work and in constant pain for six months, I was drawn into a deeper abyss. After my surgery, I had complications which prohibited me from returning to the corporate world. And then it all

happened. People with a spiritual/meta-physical background started appearing out of nowhere. I had no idea about any "alternative ways of being" and just became totally absorbed in each new arrival's knowledge. Since I was not able to get around so well, I became a frequent buyer of books online and spent every waking hour absorbing knowledge about whatever the Universe put in front of me. The teachers and mentors continued to knock at my door and I got to be on a first name basis with Amazon.com! This is what led me to explore alternative healthcare for my auntie's skin disorder, thus leading me to Resonance Repatterning.

When I share my story with others, they commonly exclaim, "So your life became wonderful when you surrendered?" Well, I do not like to use that term for it suggests that I had to give something up. I prefer to tell others that when I began "to allow," my life went from suicidal to never having a bad day.

### **What does Resonance Repatterning mean to you?**

Resonance Repatterning is an amazing gift to the planet. It is an elixir for miracles. With so many alternative choices out there, I find that this process is pure and infallible. Bypassing the conscious mind and delving into the hidden depths of the subconscious is the only way to identify and transform life-depleting beliefs and patterns that have been with us from conception or even from past generations. These hidden "life controllers" have been buried alive for a very long time, resulting in a day-to-day reality of lack and limitation. Resonance Repatterning allows the client to go beyond the excuses and limitations of their conscious reality, to a place where transformation is waiting to happen.

### **How do you apply Resonance Repatterning to your clients, your daily life, your business, and in relationships?**

**LS:** In one of my early classes with Ardis, she described the process in a way that is very easy for my clients to understand. "Picture your life as a flowing stream. Now, in that stream you have big boulders along the way. Well, these boulders force the water to change its course and

slow down. Sometimes, these rocks will create pools of stagnate water. There are also some tree branches that have fallen into the stream that impede the natural flow of water by creating obstacles. Also along the way, trash has built up in certain areas, making the water get stuck and murky." Any similarities to life as we know it??? When you have an HR/RR session, certain debris is removed from your stream of life and it is gone for good. Bit by bit, your life begins to flow a whole lot better, with a lot less effort.

All of my core classes were taught by Ardis Ozbourn, who has become such an incredible inspiration to me. During my Fundamentals class, Ardis did a session on me in front of the group. A non-coherent belief that I was endowed with—"I am stupid"—came to the surface. I immediately became outraged and defensive, for I knew I was quite intelligent. My conscious mind was doing battle with my subconscious, trying to keep me locked in a limiting mode. Amazingly, when my non-coherent resonance for that depleting belief turned positive, my life changed in miraculous ways. As I was driving home from class that day, I had numerous mental flashbacks of me thinking, "People won't pay me for my services. They will think I'm stupid." "No one will come to hear me speak. They will think what I have to say is stupid." "I can't do that. I will look stupid." And on and on... All through my life, three little words kept me from following my bliss. From that day on, I no longer resonate with that negative belief and my life and practice are thriving. I also share my journey with others each month at my Evenings of Extraordinary Outcomes, and attendees pay to hear me speak.

Having taken the Healing Family Systems seminar and since becoming a student of Bert Hellinger's Family Constellation work, I have become sensitive to and aware of the fact that life-depleting beliefs, patterns, and behaviors are directly connected to systemic family loyalties from past generations. When the Orders of Love are not in balance, a person's life is wrought with unexplainable challenges in relationship, health, work...life in general. These repatterning and modal-

*(continued on page 14)*

ties come up quite frequently and the immediate transformation is amazing.

With my own family, I have never done a session with them, other than proxy. At first my husband, son, and daughter thought that I had gone mad, but now are my staunch advocates. Their lives have been enhanced through this process in a way that worked best for them.

One of the reasons that I believe I have come so far in a short period of time is my connection to the wonderful people of HR/RR. I have been fortunate to study with Chloe, who is an amazingly gifted teacher and mentor. Ardis Ozborn has supported and guided my growth process since day one. I've also been blessed with a steady flow of information from senior practitioners, such as Lindis and Anthea Guinness and Michael Gunko, who share their wisdom and insight with me on a regular basis.

### Are there any examples of sessions that stand out for you?

**LS:** After experiencing a group Belief Repatterning at one of my Evenings of Extraordinary Outcomes, I facilitated a session for a 32 year old male. During the session, it was revealed that he was abused by his step-father during his early years. He remembered sitting at the table during mealtime, thinking, "I wish I were dead." It surfaced that he had some type of physical symptom that kept recurring, and it had been with him for a long time. When I asked what this was, the client couldn't think of what it could be. After taking a moment to just breathe and relax, my client blurted out, "My heart! I have had a heart condition since birth that the doctors cannot diagnose." He went on to

explain that his heart beats very fast and then stops, and this has gone on his entire life. Since the doctors cannot reproduce these attacks in a clinical setting, my client has had to live with the anxiety and fear that accompanies such continual, surprise episodes.

His subconscious then lead us to an Earlier Experience, during the third stage of the birth process, which is coming down the birth canal.

When I asked him if he remembered anything about his birth, he quietly stated, "I was stillborn." After completing the session, my client could not express what he was feeling...the release was so profound.

It has now been seven months since his session and my client has never experienced another heart episode. He told me, "All my life, doctors could not diagnose this, and with one session, it is gone. And I know it will never come back again."

Another very poignant story is about a 25-year-old woman who was on antidepressants and has had difficulties with her father. She felt as though her life was not complete or going anywhere. Her transformation came with the Taking Our Parents Repatterning, where she dealt with "taking" her father unconditionally. A very emotional visualization was done so that she could give her father his place in order to receive life energy. About six weeks after the session, I received the following email from this young woman: "I also wanted to let you know how amazing my relationship with my dad has been since the session where it came up. I never thought I would have this kind of friendship with him. I feel like he

sees me as more of an equal now and I really do take him for who he is, no more, no less. It's truly a miracle. Thank you so much. I remark everyday to my friends and mom at how happy I am that this has turned out like this."

### Do you have a vision of the future of Resonance Repatterning?

**LS:** RR is the best kept secret in the world today. I want to change that. I feel it is an injustice that more people are not aware of this amazing work. In the words of Marianne Williamson, "You're playing small, doesn't serve the world."

One of the avenues I would like to explore is working with couples who are thinking about conceiving. Instead of clearing baggage from the past, after a child's birth, it makes sense to empty the parent's backpack of life-depleting cargo before conception. Just think of the positive side-effects for mankind as a whole if this were done.

Since I joined the Resonance Repatterning Family post-conferences, I do feel that it would give tremendous impetus for all of us to come together to share our knowledge and success. Through the Association, I have been given leads to practitioners who specialize in certain areas and this has been invaluable. If we knew about and could interact with all those in the field who are doing spectacular work for the planet, it would really give those starting out much more of a road map to follow. Thus, students and practitioners alike would be able to easily expand the presence of Resonance Repatterning worldwide.

A follow-up to "Body Wisdom/Earth Wisdom" article in last issue:

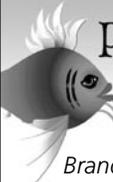
"I want to acknowledge Cynthea Paul for her contribution to the process for releasing energy blocks described in Body Wisdom/Earth Wisdom. Her original outline is an excellent resource. She can be reached at [holograph@earthlink.net](mailto:holograph@earthlink.net) or (310) 582-6424."

—Tina Beneman



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Login at [www.hramembers.org](http://www.hramembers.org) for more details

### What The HRA Board and Committees Are Working on Next—Your Participation is Key!

#### Governance:

A process for approving new allied modalities will be web based and presented in late spring. We realize that many of you are seeking guidelines for what is and is not allowed. Announcements coming soon at the [www.hramembers.org](http://www.hramembers.org) website.

**Volunteer Leadership Recruitment and Training Program**—we recognize that it takes a solid orientation program to participate in an organization as virtual and diverse as the HRA. We plan to have teleconference calls and webinars that will provide all members with valuable training for professional skills in volunteering. These are tentatively scheduled for late May.

#### Membership Services:

We recently posted a **“Membership Inventory Quiz”** at <http://www.hramembers.org/Membership/inventory.htm>. Visit this page to make sure you know about all of the benefits coming to you with your HRA-USA membership plan.

#### Programs:

**ELearning**—This year we have confirmed two TeleSeminars for members. Beginning March 20th, 2007 is the 8 week teleclass—**“Marketing RR from the Inside Out with Ellen Shapiro.”** Beginning October 10th we will offer **“Peer Mentoring” program with Victoria Benoit.** Watch your email “InBox” for details.

**ELearning Feedback**—our survey is now collecting members suggestions for teleseminars for 2008. Please visit the website and send in your ideas. This process closes in the late spring and the committee will then use your suggestion to put out a call for proposals and finalize the calendar by November of 2007 for the 2008 year.

**RadioCasts: Visit the [www.hramembers.org/radiocastcenter.asp](http://www.hramembers.org/radiocastcenter.asp)** webpage for the latest interviews or to sign up for participation in upcoming live recordings. Our first interview of the year is an interview with Chloe Wordsworth on the Year Ahead at the Resonance Repatterning Institute. An archive page for all interviews from 2006 is also set up at the radiocast center page.

#### Special Projects:

**Web Site Re-design**—We are launched! Visit the website: [www.holographic.org](http://www.holographic.org) and tell us what you think. Send your comments in at <http://www.hramembers.org/Projects/websurvey.asp>

**Volunteer Opportunities**—The HRA is a self-regulated voluntary organization that depends on the involvement and contributions of its members. Find out where volunteers are currently needed at: <http://www.hramembers.org/BoardRoom/boardroom.asp> or contact President Carolyn Winter at 1-800-685-2811. In addition to the personal benefits of working closely with others in the Association, you will be making a contribution that benefits all of us for years to come.



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in your mind and in your heart.**

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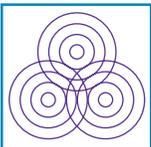
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