The RPA Journal

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The RPA Journal

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Cover Image
The cover image of this month's Journal integrates a Brain Paint image of brain activity with a compass that will guide us through orientation into the year. It relates to the first of the Five Elements: Spring—Wood, signifying orientation, new life, birth. Wood helps us to imagine the planning and decision-making required to create healthy relationships that allow our life gardens to flourish.

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Carolyn Winter's Gratitudes, Regrets and Visions

by Nancy Martin, *Providence, Rhode Island*

Editor's Note: Carolyn Winter, the President of the Resonance Repatterners Association since September 2005, has stepped down. There is temporarily no replacement, but rather a rotating group of volunteers

What could possibly motivate anyone to take on the role of president for the Association when there are few staff or financial resources, a membership in need of services and a culture of non-participation? "I don't know… perhaps it was just a bad repatterning," chuckled Carolyn Winter on reflection for this interview. However, in leaving the role after nearly 5 years, Carolyn has more to be grateful for than to regret.

"For one thing, my own business really took off once I took on this volunteer role. You might think my name in lights, attracted new clients from the membership but that is not at all true. It came locally and from other sources," said Carolyn.

"However, being in the role and dedicated to a vision of possibility (that I resonated with), I forced myself to learn new skills on the web just to get the job done and serve members better. In the process, I learned about teleseminar production, FreeConferenceCall.com, creating audios, and websites that are interactive and password protective. I am grateful to have been put in the position of having to figure out how to create community online or at least look at what we are doing from the perspective of members finding their tribe online. It's not quite the same as being in a building and going to an office. The skills I learned kept me at my growing edge, and helped me to develop new ways of delivering group proxy sessions to my clients. I learned these skills by serving the association needs for successfully separating out the business of the association from the Institute in 2004.

"Moreover, with classes not sustained in the Toronto area, and limited

funds for traveling elsewhere, a vibrant online association became a lifeline for me in terms of talking to other practitioners over just about anything to do with repatterning. We are a creative group of people with a unique perspective. You don't really get to know that until you start working with each other in meaningful projects like World Peace Hologram or the Virtual Conference. We are the only ones that understand each other from the perspective of resonance. Who else can you problem solve with by offering to do a repatterning and getting a positive response for your suggestion? :) I am so grateful for having the opportunity to get to know practitioners like Gail Glanville, Kathy and Eric Kulaas, Ellen Shapiro, Karen Kent, Netta, Kimberly Rex, Victoria Benoit and so many others with whom I had collaborated and learned to create something that would benefit all of us."

Carolyn Winter is grateful for the many new programs that have been developed over the years of her presidency, starting September 2005 and just concluding with the last recent Board meeting. She cited the first-class certification system that is now in place, the radiocasts, teleseminars, the RPA Journal team, the membership outreach, our virtual annual conference, the World Peace Hologram program with its ongoing repatternings, and especially the good people involved.

Her largest regret now is not having a replacement. "In many ways, I began to think that I was blocking my own replacement. I have a track record of taking organizations from an entrepreneurial stage to a sustained policy and maintenance stage. My skill set is lacking for vital operations of regular routine nature which is what a healthy organization needs," said Carolyn.

Carolyn has set in place a plan whereby the Board will continue to function, rotating the chair for their meetings. She says she is merely "at the back of the room" and will serve in an advisory capacity for six to eight months. If someone does not step up, the role will likely be redefined. In the meantime, there are enough systems in place that the day-to-day management of the organization still carries on quite well.

More money is her wish so that we could afford $20,000 - $30,000 for a paid administrator. "The reality is that we are a small organization with big ideas. Of course we are! We are Resonance Repatterning

practitioners always resonating with possibility," said Carolyn. "But to finance our dreams of an actual conference we would have to have a larger membership (currently 150 practitioners are certified of the 350 names listed) or much larger fees for the organization of this kind of event. That said, I still believe in the quantum reality that things could change in an instant. There is an enterprising, ingenious practitioner or two out there with a new skill set, vision, heart and determination that could collide with providence and our vision and make things happen overnight."

"In truth I have mixed feelings about bricks and mortar conferences. On the one hand they by all accounts were magical experiences for those who could afford to attend. But those whocould not attend were completely left out of the planning. So we had a community of the haves and have-nots. With advancing technology, virtual communities are achieving about the same thing. In fact, conferences and trade shows of all kinds are down due to the economy and the growing awareness of the carbon footprint they create. I think we must take a realistic look at what we want to achieve by having a conference in the first place, and then practical ways for a working board to make it viable."

Carolyn's vision for the future of the Association is optimistic. "Bottom line, where can you get an advertising listing backed by a circle of your peers, who stand for your credentials for $150.00 per year? That is cheap!!!! And in an increasingly competitive world of alternative healing it is unique and remarkable to have this kind of certification. What most practitioners don't realize is the absolute gold mine they have in the association in the new information economy and the new way of marketing together as a community. It doesn't take much cash. It takes commitment, contribution and effort. If every practitioner contributed on a WPH session, promoted it online with one article, posted that article with link backs to their blogs, Facebook, Twitter accounts etc., promotion would begin to take care of itself. That is just one small sample of what we can do together."

Even though we're small, we are doing a lot, and she is proud to be a part and to continue to participate. Visions of extending this energy around the world and the limitless potential for the Association are

in her perspective. She said, "It's like a quantum leap—we're ready for expansion." Her hope is that she has provided a strong base for extraordinary outcomes and that what she has created serves as a secure base for future volunteers to launch new activities. She asked that we work with a common purpose, vision to support the organization with our dues, and to participate where we can. "Together we're more – much much more!"

Professional Organization Seeks New President and Board Members

The Repatternig Practitioners Association is in need of people on the Board and Committes for the following assignments:

Board Positions: President and Treasurer
Committee Participation: Ethics Policy, Branding, and Conference Planning.

Are you looking for an excellent opportunity to:

- Share in the experience of creating the future of the RPA
- Participate in the future of Resonance Repatterning as it evolves into a global presence
- Improve your business skills
- Have an impact on the RPA membership process
- Increase your professional presence and attract more clients
- Make a difference in consciousness on the planet.

Does this sound like you?

Remember, serving as President or being on the RPA Board is not a life-time commitment. It's not a marriage vow of "until death do us part." No. You don't have to be President or on the Board forever. You can partici-pate for a short or long time. And, however long you choose to take part, you can make a difference. Yes you can!

Please contact Sally Herr at sallyy@maine.rr.com or 207-879- 6007 (in the Eastern Time Zone)

What is Reality?

by Dorinda Hartson, *Resonance Repatterning Practitioner and Teacher*, from the forthcoming book *Events in the Elsewhere: Tips for Travel on the Internal Landscape*

Reality is the space around me as far as I can become aware plus time passing, the events that happen to me, and all that I think and feel about those events.

Or…

Is it the sum total of what can be proven by way of scientific experiment that best represents the true reality?

Perhaps reality is an unknown and I have to take certain precautions as "the future is around sharp corners."

For some of us, an "alternate reality" is more interesting, challenging and

satisfying. For example, the Pokemon universe, or internet sites where fantasy worlds and games engage us. At least we find more of the qualities of reality that we wish we had in our ordinary lives.

Or just as likely…

It's a post-literate reality. An example of that is what Stephen Colbert, host of "The Colbert Report," and a reality hound in his own right, calls *Wikiality* – defined as a reality where, "if enough people agree with a notion, it becomes the truth."

Or…

Is reality a continuum from matter to consciousness: at one end of the reality spectrum – the mind and the senses; at the other end – the point of "take-off" for the soul's transcendent flight?

The answer to this hard question is simple: It's a WYSIWYG reality – what you see is what you get – in short, it depends upon the slant at which you are standing and that determines what you think, feel and see. As Obe Wan Kanobe in *Star Wars* says, "Your focus is your reality."

What is reality? In short, it depends!

Wondering about reality is implicit to being human. Whether we have any interest in the question or not, there is always someone ready to give us the answer. But this book is not another answer. Instead, I believe reality is personal and a process of discovery that involves a fascinating personal journey. So instead of answers, *Events in the Elsewhere*: *Tips for Travel on the Internal Landscape*, is about my, your, our *elsewhere* with tips for travel there.

But before we take off, let's look at some of the current wisdom about reality, such as: "You create your own reality." That's a good first step because it puts the responsibility back on the individual when for a long time reality has been mostly defined by external references and expertise. But we are not a "closed system"; we are part of a larger context, so that statement seems less and less possible as the world shrinks, population increases, and our home planet degrades. "Reality" on many levels – economic, environmental, political – is implicating individuals on a global scale.

How we experience what is happening globally or personally is something that we have control over. What we can create is our **response** – to our

selves, others, our planet, and life. This implies that the ability to respond is a creative endeavor – a dynamic process – and not just a shift of responsibility. Our response to the outside world is then one source of what we experience as reality and something for which we can take ownership.

Something that we all share is everyone wants to be happy, but the question is, "How do we do that?" The American folklore is that the key to happiness is to want something. Then you'll be happy after you go after it and there are a "hundred" different methods for accomplishing that. But rather than buying into a sales pitch that happiness is fueled by desire, this book is an attempt to escort you on an exploration of your *internal landscape* where true satisfaction is found. Instead of an attachment to superficial preferences that constantly change, and a dependence on external advice, this book proposes that the *internal landscape* is where you can create your own happiness and do it for free. When we look at reality from different possible perspectives we understand the journey better and we gain insight on a territory that can seem like an *elsewhere*.

In this chapter, instead of viewing reality as singular and fixed, we explore different vantage points: the *external landscape*, *internal landscape*, *quantum landscape*, and *soul-scape*. Each serves as a reality lens with its own set of beliefs, opinions and attitudes about reality's true nature. Any lens we use colors our response to the outside world in conscious and unconscious ways. There are many reasons to explore how we filter reality: If we want to become the director of the movie of our life rather than the viewer who watches it play out, we need to know what is our POV (point of view) as we move through life; how do we edit our memories and which ones do we put in rerun? What is the impact this movie has had on our life in the present? And the really big question, "Who is the director?"

When we understand that we create our perceptions of reality, we don't have to be hijacked by our own reactions and thereby sent off onto regretful vectors. When we understand how we can refine our awareness, we acquire more choice and achieve more flexibility about how we engage with the outside world. When we increase our options, that process gives us more *e-motion* – expanded motion with greater range, flexibility and choice – on the *internal landscape*. And with that, we discover and express our essential self with ease and creativity.

In the beginning of the self-reflection process we mostly discover our self by comparison to the *external landscape*. We are the most familiar with the *external landscape*; that is where we spend most, if not all, of our attention. Our identity is referenced to the outside world: our family, friends, our looks, our "stuff," our religious practice all define who we are. So, naturally, for the survival and nurturance of our body, mind and spirit, we look outside. However, we are comparing our inside reality to an outside one.

Meanwhile, our environment continually provokes us to answer the question, "Who are you?" Frequently, the answer is a compilation of labels that the outside world put on us that we took to heart; plus all the inherited beliefs and attitudes that our parents handed down; and then add in the presumptions of our education and training and we end up with a self that is a "sum over histories."[1] We claim these labels, we identify and defend them as if they were personal trademarks and then we have no idea who we really are. The answer to the question becomes our attachments and our beliefs. When we try to compress ourselves into our attitudes and lifestyle, we end up projecting a superficial self instead of our essential self; we get forced into the trap of *defining* ourselves instead of *being* ourselves. Ideally our response comes from the *internal landscape* and it is discovered through increasing awareness of the conditions there.

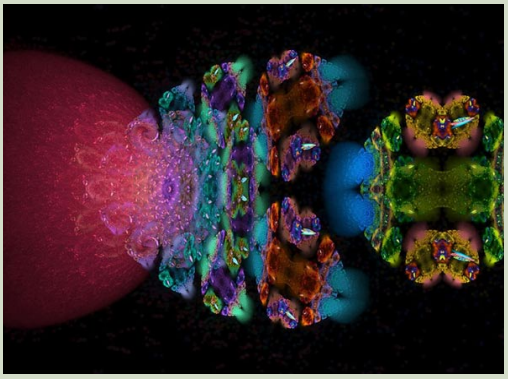
The quantum universe becomes a perfect metaphor for our internal *elsewhere* because it too has its own *elsewhere* which is described as a unified field of potential from which emerges a particle as "the smallest packet or bundle of the force"(of that field).[2] Out of the relationships in this field comes the variety of the material world. The expressive self also emerges from inter-related levels of potential and possibility – physical, mental and spiritual. But it doesn't stop there; thought materializes into form as we create and produce; moreover, our attitudes affect the physical body. A negative attitude, for example, creates stress and can thus lead to illness; laughter has been known to cure cancer. This book is an invitation to enjoy your *internal landscape* as you get to know your potency and how it emerges into possibility and finally becomes reality.

Every perspective offers something to our understanding and our greater e-motion on the *internal landscape*. This book is about the *elsewhere* of our *internal landscape* and how to transform it from an *elsewhere* that is distant and unknown, to a comfort zone and somewhere we want to be. You may

say, "Oh, the 'elsewhere' is a concept like the future, or maybe heaven, or what about infinity? We can know those concepts, but we can't experience them directly." But the *elsewhere* is where the imagination has a reality of its own. However, we need to see it with new eyes that don't delete or bend the light of the "never before seen"; and we also have to shed some of the protective coverings that we've developed to protect our heart from fear and doubt; and, finally, we need to let our mind out of its mental kennel so it can sniff out the new possibilities and roam undiscovered territories in the spirit of optimism and love. If we can do that then we can play and learn in the unknown and the *elsewhere* can become familiar and inspiring with all its yet to be discovered riches and resources.

[1]Definition of "sum over histories": Richard Feynman proposed a process called "sum over histories" as a way to narrow down the infinite possibilities that exist for the location of the quantum particle in its travels. When we observe the particle in a specific location, we need to correlate our experience with the mathematical reality of infinite possibilities all happening at once that exist for the particle before we observe it. Feynman created a "likelihood factor" that sorts the possibilities into probabilities and finally into one likely event. This mathematical technique does match experimental results. How infinity translates itself into the finite remains an anomaly of our experience of the quantum.

[2]*The Elegant Universe*, Brian Greene, W.W. Norton & Co., 1999, pg. 10



The fractal images that appear throughout this issue of the Resonance Practitioners Association Journal were created by BrainPaint, a complex software program developed by Bill Scott. BrainPaint creates fractal images using mathematical information sourced from actual EEG biofeedback sessions. It is an advanced imaging system that captures not only the non-linear functions of fractals, the log-density display and structural coloring, but the linear variables of amplitude and frequency feedback to illustrate a 3-Dimensional display of all the textural nuances of brainwaves. To learn more about this beautiful and fascinating technology, go to: http://www.brainpaint.com. A special thanks to Dorinda Hartson for her research direction. What abeautiful resource!

ASKING FOR DIRECTIONS IN THE NEW PARADIGM SHIFT

by Kimberly Rex, MS, *Certified Practitioner, Bellingham, WA*

Have you ever been lost while traveling in a new area for the first time? Some of us just keep driving, some of us try to figure it out with a map, and some of us drive to the nearest service station to ask for directions. With significant and constant change in the world, we are all in the midst of traveling into new areas with our thinking and ways of being as it goes through the spiral of global change.

In fact, our internal sense of what is happening in the present compared to perhaps even a few short months ago is different. We have elected new leadership, watched fossil fuel come into greater scrutiny, taken notice when insurance companies, banks and companies ordered products or paid with funds they did not have, realized that investing in the Stock Market is not indomitable. We have seen businesses closing, and budget cuts for education, while watching shifts in regulation for food, housing and healthcare.

On the global horizon, we are personally experiencing the effects of global warming and beginning to see that what separates us from new possibilities for greater balance and harmony on the planet might be what makes the difference between survival and thriving.

In the eye of these massive changes we each are having a particular internal response. It might feel as though we are being asked to reframe or reconsider our choices in life. In the process, we might be realizing that at this place we are at a turning point or fork in the road, and feel a need for direction in the midst of this potentiated change. As we set course in this new territory, we may feel a mix of hope, anxiousness and/or disorientation all at the same time. Without an external map or familiar template for this new paradigm shift, we might need time to work with the internal dynamics of our own personal journey.

Carolyn Myss in speaking of her book, ***Invisible Acts of Power***, addressed how this new paradigm shift enters our energy body through the Chakras. Starting with the Crown Chakra the new information enters from the Universal and Collective Field. After this, it descends to the Brow, Throat and then the Air (Heart) Chakra. This information as an idea or ideal for change begins its assimilation process. But, as the information continues to descend into the lower triad of Chakra Centers, which work with willpower, connection to tribe, and survival, it becomes increasingly difficult to integrate. Where our family systems, beliefs and generational patterns have housed themselves and perpetrator-victim stances have taken energy and imprinted, change might seem challenging. When we are resonating with emotional trauma, loss or bereavement, this can feel disorienting and move us back into habitual stress responses.

As the Repatterning Practitioners Association Journal begins its journey through the year, we would like to acknowledge that Resonance Repatterning is an important tool for navigating through this time of change in a nurturing and positive way. Taking care of these inner places of unresolved conflict or difficulties during this onset of change in the world is a beneficial option as we change course.

Our body is a map of our life's experiences. We can ask for directions in this time of change through energizing our inner compass with truth,

updating our memory banks, and setting our GPS for the new possibilities that are coming through this breaking apart of the old paradigm so that a new one can emerge.

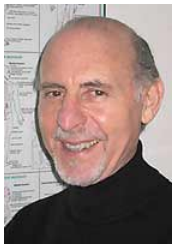
Working with concepts put forth in regards to how we assimilate change, we start with Orientation and the Brow Chakra with this issue. As we continue, we will work with Problems into Opportunities as a base for supporting how we are assimilating and digesting the change in regards to our survival needs. The following issue will work with setting course with Intention for a New Possibility. The year will complete with Positive Actions in that place that moves us into the world through spontaneous or dedicated action to continue the process in the new paradigm. In doing so, we take ownership in building new pathways on a map of conscious, coherent and positive change personally and collectively.

Kimberly Rex, MS is a Repatterning Practitioners Association Board Member, and Chairperson for World Peace Hologram. She gives sessions locally, by phone and by proxy at http://www.windowstotheheart.net

TRANSFORMING THE INNER CHILD WITH RESONANCE REPATTERNING

by Michael Fisher, *Certified Resonance Repatterning Practitioner and Teacher, Vancouver, British Columbia, Canada*

In an article written by Michelle Wolfe-Emery titled *"Your Inner Child Can Heal Your Life,"* she has some profound insights into the human condition:



"When we view our problems or issues from an ordinary perspective we tell ourselves it's either bad luck, to do with someone or something else, a part of life, or we blame ourselves. In fact we are conditioned to see life as a random act of happenings, to blame others or our circumstances or to put ourselves down when things are not going to plan. **But what if everything that happens to us is coming from us? What if everything that occurs good or bad is ultimately our creation?** What if a part of us is being controlled at a deeper level by our subconscious? And inside our subconscious is a small child, the child we once were, who is calling the shots?

"It is becoming more and more clear to psychologists, therapists and healers that the inner child has more of an influence over our lives than we were previously aware. This part, although living in our subconcious mind, is a living conscious part. **It is the child we once were and it holds all our hurts, disappointments, traumas, anger, negative feelings and sadness.** We may not all have experienced trauma or extreme difficulties, but we have all experienced upset and possibly hurt to a greater or lesser degree. Often these past pains are reflected in our current life circumstances. That bout of depression, that anxiety, those panic feelings, those critical thoughts, those issues with food, that fear of intimacy and so on. These are all brought on by your inner child, because that part has not healed and it wants you to know. It wants you to go back and give it a hug, it wants you to listen and help, it wants your love. When upsetting or sad things happen to us as children we don't just forget about it. It becomes suppressed within us, and at a later date will manifest as illness, bad days, the blues, anger, fears, self sabotage or something else.

"So think about something that affects your ability to be happy in the world, or something which affects your inner peace. It may be a relationship issue, a physical problem or illness, feelings of low self worth or confidence, it may be money worries, weight problems, an eating disorder, an irrational fear or perhaps an internal block which you can't put your finger on. All these problems are governed by the inner child at some level. Within each issue is a message which your inner child longs for you to understand, a message which tells you something about the past. Something in your childhood which happened then, but is still holding you back, keeping you stuck, creating unhelpful patterns, bringing up painful feelings, or maybe even making you feel numb. Even day to day occurrences like the car breaking down, being bitten by a dog, a bounced cheque, a crisis, rejection from a partner, an accident are all governed by the inner child.

"What is happening is that you are pulling (at a subconscious level) these incidences and situations to you. Nobody knows how this actually happens; we just know it miraculously does! And it so happens we find ways to resolve it, because we are here to find happiness and to fulfill our highest potential, not to suffer, struggle and never be at peace. There is a deeper reality functioning at all times within and around us. This reality dictates that we have come to this earth to find joy, and often it is our inner child

who stands in our way. It does not mean to do this, it just needs to heal past wounds or address detrimental beliefs which affected us as children."

Further to this, Bruce K. Lipton, Ph.D., cellular development biologist, states that "Science has indoctrinated us with the belief that the character and traits of our lives are programmed by genes. However, recent advances in cell biology now reveal that parental attitudes and beliefs profoundly influence the genetic programming of their offspring.

"Parental 'programming' is first initiated in the formation of the germ cells (Eggs & Sperm) through the process called 'Genomic Imprinting.' The parents influence in shaping the life of their child are further extended in the watery world of the womb, when the prenatal brain begins to acquire environmental experiences. Subsequently, the character and potential of the child can be profoundly nurtured or damaged through birth, bonding and parenting skills. **What was learned in our earliest experiences has a long term impact, for it shapes the potential we express in the unfoldment of our lives.**"

Chloe Faith Wordsworth states that it is now more commonly understood that the consciousness of the baby picks up everything that occurs during pregnancy – from the thoughts and feelings of the parents at conception and during the nine months gestation, to the mother's voice, to attitudes of the doctors and nurses during the actual birth process. Sonagrams have shown the tiny infant trying to cover its ears to protect itself from the painful sound, also making a fist at an amniotic needle in an attempt to push it away.

Dr William Emerson and Dr Ray Castellino, both of whom do ground breaking work with newborns, state that what happens to you parentally and during the birth process is recapitulated in your relationships, in the state of your health and in the events of your life – even in the accidents you are prone to. The world of pregnancy, good or bad, is reflected in your life. Your birth process controls how you respond to life's challenges because you continue to resonate with perceived traumas in your birth journey when particular needs were not met. This resonance with unmet needs and prenatal or infant responses is then superimposed on your present relationships.

If you do not resonate with coherence in any of your life cycle phases, you are unable to move through life smoothly, easily and effectively. Instead you struggle to know what your next step is; you lack ideas, intentions or

inspirations to motivate your actions and create life-enhancing outcomes; you are unable to go into action, or you rush into action prematurely; you fail to create and manifest what you want; or you fail to complete relationships and projects and move into new beginnings with greater wisdom and understanding.

Resonance Repatterning is a process for identifying and transforming **unconscious patterns** at cellular level, at sub-atomic particle level; not **subconscious patterns**, because they may come from your D.N.A; parental influences; childhood experiences; your vision – the way you perceive the world; your relationships; archetypes; your family system, etc.

During a session with a practitioner we go to the earlier experience in order to transform the unconscious patterns that you resonate with. It is not the earlier experiences in themselves that cause your life and relationship problems and traumas in the present, at a physical, mental, emotional and spirit level. Rather it is your unconscious responses to these earlier experiences that need to be resolved.

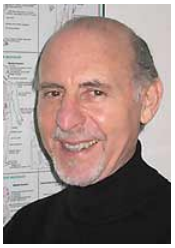
So to undo the conditioning or upsets from the past we have to connect with our inner child, we then have to help heal this part which will in turn free us from all that seems to disable us.

When life needs are not met the sympathetic nervous system (SNS) moves into a fight-flight survival response to handle what appears to the infant or child to be a life-threatening situation. If the life need is not resolved with love and communication, the SNS stress response becomes a habitual way of being that dominates your life and how you relate. The Repatterning identifies the situation at whatever phase of growth that is pertinent to the session from conception up to the present and who is involved, (e.g. mother, father, brother, sister, teacher, doctor, etc.) — anyone who is empirical to the age identified; then it identifies the structure of the needs that were not met in a specific earlier experience. Step by step you are able to identify and transform the non-coherent feelings and negative beliefs associated with the experience and to resonate with developmental messages or needs that were not imprinted at the appropriate stage of your development. As a child you need to resonate with all the developmental messages for coherent growth and for mature relationships as an adult.

Editor's Note: Underlining and Bold text in quotes from other authors has been added by the article's author.

Michael Fisher is a longstanding certified practitioner and teacher of Resonance Repatterning. In order to experience a session of Resonance Repatterning you can e-mail him at mefisher@healthy-life.ca or you an phone him at 604-264-9011 in Vancouver, British Columbia Canada, to book an appointment. A phone-in or proxy session typically takes up to an hour and a quarter. Currently, Michael is doing phone-in sessions with clients in Birmingham – England, Seattle – Washington, Connecticut – NY, Zurich-Switzerland, Calgary, Edmonton, & Kamloops – Canada. So distance is no problem – he just calculates the time differences for the mutual convenience of the client & practitioner. His website is www.healthy-life.ca

Michael Fisher – Resonance Repatterning Sessions



Michael Fisher is a longstanding certified practitioner and teacher of Resonance Repatterning. Currently, Michael is doing phone-in sessions with clients in Birmingham, England; Seattle, Washington; Connecticut, New York;, Zurich, Switzerland; and Calgary, Edmonton; and Kamloops, Canada.

If you would like to take the opportunity of having a phone-in session with me, my regular fee is US $110.00, I'm offering a 10% discount to readers of the Resonance Repatterning Journal for the next three months. A phone-in or proxy session typically takes up to an hour and a quarter.

Go on - Do Something Just for You, You May Be Surprised What Comes Up.

Either phone me at 604-264-9011 or e-mail me: mefisher@healthy-life.ca . My website is www.healthy-life.ca

CERTIFICATION CORNER

Birthing into New Possibilities

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

CERTIFICATION CORNER is a regularly appearing column in the RPA Journal. Written by Victoria Benoit, Certified Resonance Repatterning Practitioner, Designated Observer and Teacher, each issue will focus on the Resonance Repatterning certification process. If you have a question that you would like to see answered in the RPA Journal you can email Victoria at: Victoria@ExtraordinaryOutcomes.com

As the buds begin to birth forth out of the soil in to the light, we see validation of the faith and trust we had when we planted the seed, knowing full well that it would, without a doubt grow and flourish.

How about bringing this same faith and trust to your Certification Journey which has been so perfectly designed for your healing and growth.

When you to registered and declared your commitment to develop your self, your relationships and your skills through this process, the seed was planted. Are you watering this seed and making sure it has proper nutrients and sun to flourish? Are you taking care of yourself along the way? Do you have a strong foundation of love and support?

The spring time is associated with the Wood Element. A tree has a firm structure or root system, yet is flexible when the strong winds come. Are you

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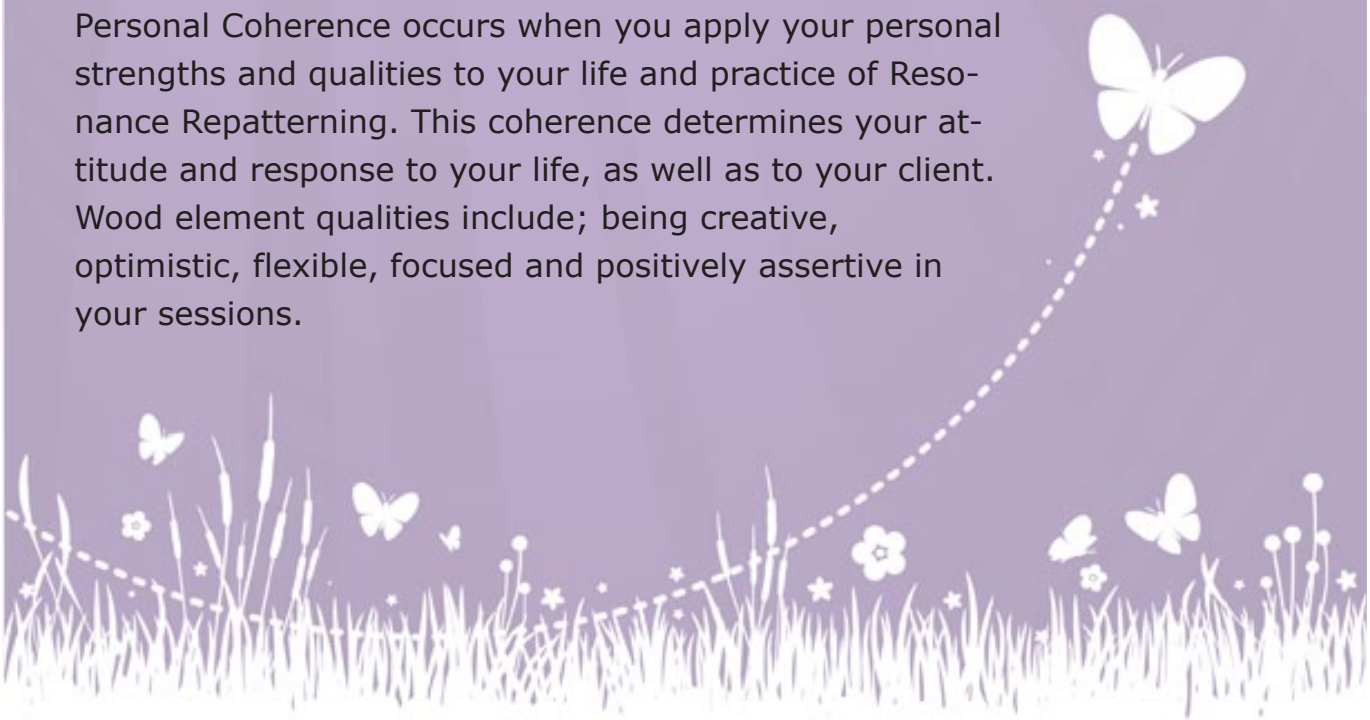
able to be flexible and bend with the ups and downs, the successes and disappointments of life and your Certification Journey? Are you allowing yourself to use this process to grow toward your highest potential? There are many ways you could choose to transform; that you chose this one says a lot already about who you are and what you are up to in your life personally and professionally.

In reviewing the 5 Element Qualities Repatterning, which was specifically developed to support the role of Certified Resonance Repatterning® Practitioner, let's look at the qualities of the Wood Element in Awareness Coherence, Personal Coherence and Relationship Coherence.

Awareness Coherence is about your knowledge, technical ability, skills and abilities, awareness, understanding of Resonance Repatterning and how you apply your learning in a session. The Wood element qualities include: knowing when, what and how to share your knowledge in a session so it will be heard and experienced as meaningful, having a positive impact on the client. It's about being able to focus on the client and get out of yourself enough to really 'be there' for them.

Personal Coherence occurs when you apply your personal strengths and qualities to your life and practice of Resonance Repatterning. This coherence determines your attitude and response to your life, as well as to your client. Wood element qualities include; being creative, optimistic, flexible, focused and positively assertive in your sessions.

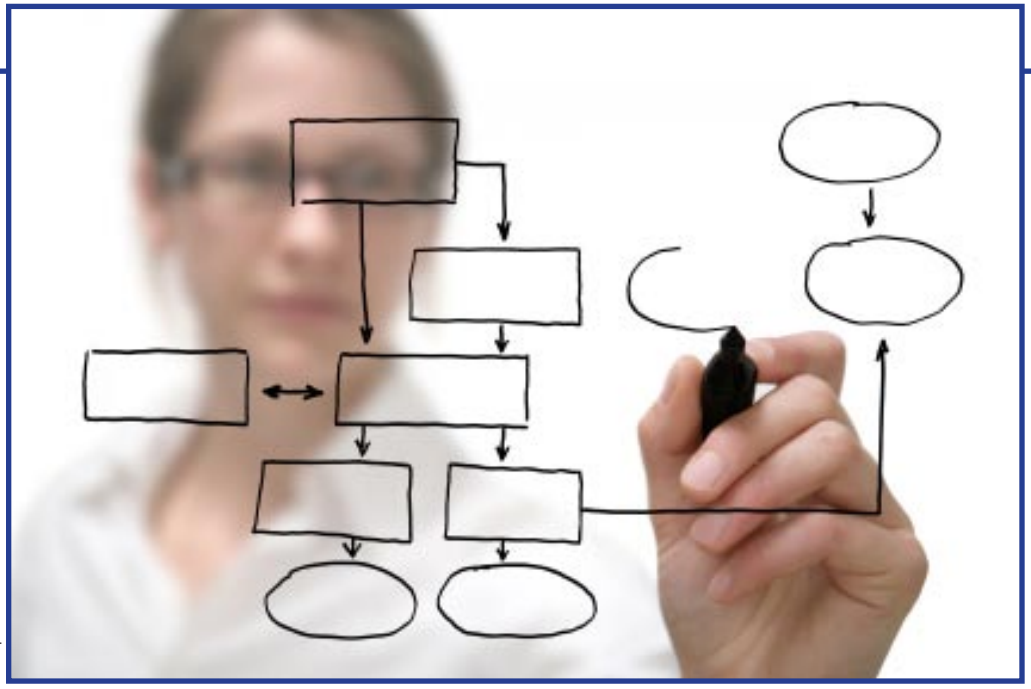


Relationship Coherence is about the relationship strengths that you bring to your relationships which determine the quality of your relationships. It determines how you respond in your relationship interactions during a session. Wood element qualities include: slowing down and allowing for silence when it is needed, being patient with your client, being focused on them as your priority, having flexibility in your voice tone, speed and volume, providing hope and optimism to your client.

You may want to evaluate yourself from the perspective of the Wood Element as it relates to your awareness, personal, and relationship coherence. Ask your peers. Ask your certification mentor. Receive sessions. And most importantly have fun!

As you continue to embark on this wonderful journey, remember to have the faith and trust in yourself as you did earlier last week perhaps when you planted the tiny seed in the dirt. This process was designed for your healing and growth. Allow it to work on you, with you and for you and watch for the new possibilities all around you.

Find out about Victoria's opportunities for certification mentorship in her ad on the previous page in this Journal or call 602-864-7662. She is currently scheduling certification observations and is willing to travel.



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RESEARCH PROJECT ON RESONANCE REPATTERNING

Interview with Diana Bowen

Diana Bowen is a licensed clinical counselor who is completing her doctorate in Counseling Studies at Capella University, living in China, Maine. She is beginning a research project on the process of Resonance Repatterning. She plans to interview 8 to 10 Resonance Repatterning practitioners and ask open-ended questions about their experiences in doing this work — the process of Resonance Repatterning — and their impressions of working with people in their healing. Her goal is to publish the research and to expand the base of conventional practitioners who know about Resonance Repatterning, giving them information that would describe its benefits.

Sally: Tell me how your research project on resonance repatterning is going to be created.

Diana: I want to know about the experience of the practitioner when engaged in sessions with clients. What is the practitioner's experience? What is the practitioner's philosophy of healing, what are their thought processes? This will provide a deeper exploration of what Resonance Repatterning is and, hopefully, interest others in using it.

I will use a qualitative research approach, which means data comes from themes that are taken from the interviews. My intention is to interview 8 to 10 people who are practitioners of Resonance Repatterning in order to better

understand the conditions around healing with Resonance Repatterning.

The approach I plan to use is called grounded theory, which means that theory is discovered through the themes found in the interviews. It is a good method to use with relatively unexplored topics, and is useful for practitioners wanting to put relevant theory into practice, rather than applying preconceived ideas that might or might not be appropriate when working with individuals.

Sally: At what stage are you in the research project?

Diana: I am in the initial planning stage. I will begin writing the proposal after this semester ends and will need to submit the proposal for approval to faculty advisors in the summer months. I will not be starting the interview process until the project is approved by Capella University, probably by the end of the summer or first of the fall. I am hoping to have finished the project by March of 2010.

Sally: What results would you like to see from this research project?

Diana: I would like to publish this research project in a professional journal so that practitioners can better understand what Resonance Repatterning is. There are a number of journals that I believe would be interested in such an article, such as, *The Journal of Alternative and Complementary Medicine, Advances in Mind-Body Medicine, Journal of Humanistic Psychology, the Journal of Bodywork and Movement Therapies*, and *Alternative Therapies in Health and Medicine*. I personally do not know anyone in my circle of colleagues who knows about Resonance Repatterning. To say that counseling and support professionals don't understand the significance of Resonance Repatterning is an understatement. Resonance Repatterning is much more effective than other approaches I have used and I believe, once practitioners of conventional therapies understand what Resonance Repatterning is all about, they will be as excited about it as I am.

Conventional talk therapies are slower than Resonance Repatterning. They are certainly part of the process but you can get sidetracked when using them alone. Conventional therapies sometimes never reach the stories under the story that the client is initially presenting. Ultimately, that is not helpful. With Resonance Repatterning, a clinician can zero in on many relevant and specific points during any given session.

Sally: Tell me how you became interested in Resonance Repatterning.

Diana: In 1997 and 1998, I was physically very ill with adrenal insufficiency. I was so ill, I had to drop out of graduate school. My naturopathic doctor tried to help but ultimately did not know how to address my health problem. She referred me to Resonance Repatterning Practitioner, Naomi Khronlocken. The results were a very gradual improvement over a period of about nine months to a year. I was able to go back to school and was amazed by this process. Resonance Repatterning really addresses healing at its core and uses the skills based on ancient ideas of health and healing that society has lost.

I have continued working with Naomi to maintain my health and to support my work as a community mental health counselor. It is very frustrating to work as a clinical counselor in the community mental health system. I have learned other energy therapies, for example EMDR and Emotional Freedom Technique, which taps on meridian points that have helped clients and helped me in my work with them. Using these energy therapies have helped me to stay in this work. I love doing it and have been working in the field almost nine years. Unfortunately, the majority of current systems of helping are not holistic, which is not helpful. I can only go so far with conventional therapies. Resonance Repatterning has what conventional therapies are missing — the energetic, holistic aspect of a problem.

Sally: Tell me more about the peace that you find through this work.

Diana: In the 1980's, I was drawn to study quantum physics. I read books including *In Search of Schrodinger's Cat: Quantum Physics and Reality*, which discusses the fact that the observer changes the observed. It pointed out that all beings, human and nonhuman, are energetically connected at the smallest level. The book was feeding a part of me that had not had expression for most of my life. It was spiritual, but much more than that. At the same time I began an informal study of Buddhism and started practicing meditation, which further validated my growing beliefs about the role of energy in our lives.

Another book that was highly influential at that time was *The Mayan Factor: Path Beyond Technology*, which taught me about different

perspectives on time and dimension. This book introduced the idea of the Harmonic Convergence and spoke about the Mayan calendar, which reflects the idea of the connectedness of humankind throughout millennia. It also suggested that humans are currently undergoing a dramatic developmental shift in our level of consciousness, something that I found exciting because it is very life affirming.

I read and studied these ideas in isolation because I did not know anyone else who was interested in them. Yet, I somehow have always known that something vitally important to our collective lives as humans was missing. I knew that the concepts in these books represented fundamental and universal principles about existence that had been lost. I became excited about Resonance Repatterning because I believe it addresses aspects of our reality through those principles. This is very exciting because it represents a giant leap in our understanding of health and what it is to be human.

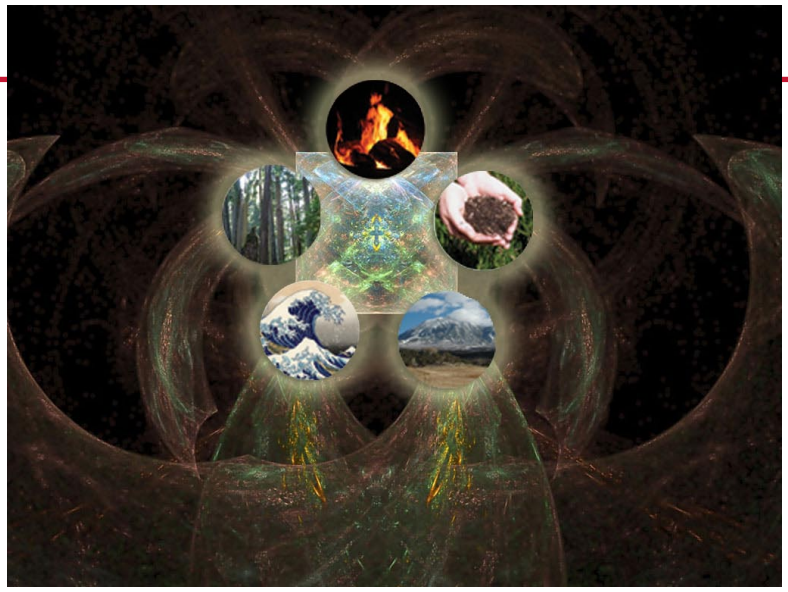
Sally: Have you taken any Resonance Repatterning workshops?

Diana: I have taken the Empowerment Seminar and found it very helpful for my own personal clearings. Currently I am devoting myself to completing my doctorate, which is very time consuming. When the research project is complete, I look forward to taking the full series and becoming a Repatterning practitioner.

Sally: Thank you so very much, Diana, I look forward to reading the results of your research project. I do not need to wish you good fortune; I can see that you have excellent tools at your disposal.

Diana is a licensed clinical counselor (LCPC) working at Maine General Counseling in Augusta, Maine. She is interested in talking with practitioners who would consider being part of the research project. You can contact her at her home number, 207 968 3413, or her email address dwolfl@fairpoint.net though sometimes her ISP erratically filters out important emails! If she does not reply within a day to your email please feel free to call.

Interviewed by Sally Herr, Resonance Repatterning Practitioner, Portland, Maine. Email: sallyy@maine.rr.com



Depression and the Five Elements

by April Smith-Gonzales, *Resonance Repatterning Practitioner, Bradenton, FL*

Editor's Note: This is the first in a series discussing depression and the five elements. This Journal focuses on the Wood Element. Subsequent Journals will cover the other elements.

Depression in today's modern society is all too common. Even among people who have a rich spiritual life, and may normally be very happy, this state of dis-ease can occur sometimes without warning. Depression is defined in *Dorland's Illustrated Medical Dictionary 30th ed*.(2007) as "a mental state of altered mood characterized by feelings of sadness, discouragement, and despair." This entry goes on to describe medical conditions such as major depressive disorder and schizophrenia that may include depressed mood as part of the diagnosis. This definition accurately represents the basic idea of depression and helps us understand why the modern health care community seeks to find solutions to this sometimes crippling disorder.

Many people who have "depression" often have physical manifestations of pain as if their emotional pain became physical pain. Many of the solutions such as medication or traditional talk therapy are somewhat limited in how much they help the clients we meet. People often say that medication only takes the edge off,

only helping them be a bit more functional while others state that therapy only drags to the surface whatever the problem may be and doesn't really resolve it.

All forms of the healing arts have their place and the intent of most health care practitioners is to benefit the client, thus many have received great benefit from medicine and therapy. As Resonance Repatterning Practitioners though, we are excited that we have a more lasting solution and a way to resolve these issues in a quick and painless way. Often in actuality, a combination of Repatterning with modern medicine and traditional therapy can yield phenomenal results that exceed what any single healing modality could accomplish alone. For some, Repatterning is the therapeutic modality that unifies all other therapies and provides relief and resolution to past issues in a lasting, noninvasive way.

As Repatterning Practitioners, we see depression through the eyes of frequency and energetics, and from a variety of perspectives not only addressing the chemical makeup or anatomical structure. *Our Transforming Meridian Patterns* book gives us huge insight into the patterns behind different elemental types of depression. This series of articles will discuss the basic type of depression caused by a specific elemental imbalance. While these articles will discuss each element separately, keep in mind that rarely is one element out of balance alone. Clients will typically have a combination of elements either controlling (K'o cycle) or feeding (Shen cycle) the primary imbalance. These other elements may also need to be addressed to effect lasting change in your client. Any suggestions as to how to support the given element are also just that, suggestions, and as usual, we will muscle check for what is most appropriate in providing for the unique needs of our clients. In addition, since depression is typically a disorder of the system that comes on gradually over sometimes a long period of time, it may take some time and daily modalities to maintain an uplifted mood and sense of well being.

Wood Element and Depression

When one thinks of the wood element in nature the first thing that comes to mind is a tree. Different trees have different qualities that illustrate the qualities associated with this element in a person. For example, one could think of a giant sequoia tree. This type of tree is very tall, a huge presence, and strong — nothing could push over this tree. These trees are also very old and this brings to mind the quality of steadiness. Often these trees have survived fires, drought, flood, etc. showing their versatility, adaptability, and survival. In contrast, a palm tree displays qualities of immense flexibility — very important during big winds that are common in parts of the world where palm trees are commonly found. These trees can be very small or very tall, but always small in comparison to the giant sequoia. Palm trees are survivors as well; after a hurricane they are often the only trees still left standing. They also are commonly found near the ocean and they grow toward the water, understandable since water feeds wood.

In a person or organization, the wood element's typical positive qualities include growth, flexibility, upward movement, and unique identity. The wood element is also all about springtime and new beginnings. The positive emotions that manifest when wood is in proper balance include good organization, self assertion, creativity, and goal achievement. People whose wood element is in balance display solid vision and focus with a flexibility to change course if needed. They are also open to new ideas that will help them achieve their goal. These people form solid game plans and are decisive in their actions. Good judgment and discernment allows them to grow and reach their highest potential with perfect timing, hope, and amazing creativity.

On the flip side, the negative emotions associated with wood being out of balance include anger, frustration and resentment. Imbalanced wood can also manifest as a rigid need for control. A person may feel their timing is off and that they don't know who they really are. Imbalanced wood may also manifest in a lack of vision, focus, and goals. Instead the person procrastinates and gets bogged down in their rigid thought

process leading to being judgmental and critical. They may feel caught in the weeds so to speak and that their growth is stunted.

When someone whose wood element is imbalanced is in a situation where they feel they need to be in control but cannot be, this can lead to the feelings of anger and defeat. Since the person feels these emotions cannot be expressed in this situation, often the anger gets stuffed, and the client may even turn the anger inward on his or herself. Wood type depression can have very deep resentment and anger that for survival the person has had to repress. This turning of these emotions inward can cause the client to be super critical of him or herself, and perpetuate the depressed state. Inside, these types are shouting at themselves or others.

When wood is imbalanced, and the person is depressed, it may take enormous effort for them to seek help as the tendency is to be very indecisive. There may be impulsiveness manifesting as well which can lead to bad habits that further perpetuate the depressed state. For example, the wood depressed person may feel the need to do something to elevate their mood, so they will seek out some retail therapy (shopping). Impulsively they may purchase much more than they intended, thus tapping out financial resources. This can then cause them to be critical of their actions internally, fueling the anger turned inward that is already present. For a person in this situation it may be impossible to see the problem or any solution from a different angle.

On a physical level, since the meridians associated with this element are gallbladder and liver, one supportive suggestion would be to detoxify the liver and gallbladder. Essential oils beneficial to the liver and gallbladder include peppermint, lemon, lemongrass, and sage. In addition, their rigidity may manifest in extreme muscle tension due to their intense frustration. Deep tissue massage type modalities (Shiatsu, Rolfing, etc.) and stretching (yoga, etc.) may be very beneficial to maintain physical and emotional flexibility. In one's physical space, it may also be beneficial to place plants or trees with huge growth potential (choose bamboo over bonsai for example). Pictures of trees

may also do the trick to remind the person of the positive qualities of wood. If more survival and flexibility is needed, pictures of palm trees may be an option. Since most palm tree pictures are near water, this may also remind the person that water feeds wood, thus supporting that element as well can be very important.

Disclaimer

Any ideas presented within this article are not intended to diagnose, treat, or cure disease. Suggestions for balance are not intended to prescribe regimens or treat disease processes. Resonance Repatterning is not a substitute for medical or psychiatric care in the treatment of depression. Practitioners should strongly encourage clients to seek out a licensed health care professional if there is any indication that suicidal or homicidal thoughts are present, or if there is concern that the client's level of self care (for example, not eating or sleeping) could be detrimental to their health. Many times another underlying disease process may be present (such as cancer, thyroid, or adrenal issues), thus it is vital that we encourage the client to seek out a licensed health care professional if their condition worsens or is not improving.

Meet New Board Member:
Paula Caplan

Interviewed by Sally Herr

Sally: Tell me about yourself.

Paula: I am certified in Resonance Repatterning, not certifiable as some may say. (Laughter) I am a psychotherapist with a specialty in substance abuse and marital counseling. I am a single mom of two, a 13 year old girl, Danyel, in 7th grade and an 11 year old, soon to be 12 year old son, Emanuel, who is in 6th grade. We live in Park Slope Brooklyn where I have a brownstone. We have many pets, a big dog, two wonderful cats and a rabbit.

Sally: How did you find out about Resonance Repatterning?

Paula: I was introduced to RR through a presentation that Michelle Bongiorno and Merrill Tomlinson did at the NASW Addictions Committee and I was hooked. Immediately, I said this is what I have been looking for. I always believed that we are complicated and get stuck in a lot of ways and need a variety of approaches to get unstuck. I felt no matter how helpful any approach was, eventually people may plateau and may need additional modalities to resolve the issues and heal, and Resonance Repatterning offered a comprehensive range and depth of options.

Sally: Tell me about your decision to become a board member.

Paula: I wanted to volunteer for the Board because I wanted to be more involved, and because I learn by doing. Also, I am a problem solver with lots of energy and I wanted to give back to a system and a community that has given me so much. I have many interests which sometimes creates an obstacle in that I can get spread too thin. I enjoy gardening and do so in my small south-facing garden.

I love animals, travel, being in nature, exercise enjoying occasional racquetball or tennis games.

Sally: Outside of your work, what are your interests?

Paula: I enjoy spending time with my kids, but at the ages they are now, I find parenting is often about waiting in the wings so I am available at the moments they decide they want mom involved. I'm currently coordinating a cookbook project for our block association. I'm a Gemini and exhibit a lot of Gemini traits. I've always wanted to dance (as a hobby) and now my daughter is a dancer so she is fulfilling a lifelong aspiration of mine. In high school, I was involved in a Peer Counseling program which served as a national model at the time and helped integrate other teenagers into school settings in which they may not have been able to participate without support. I also volunteered for years on a Parental Stress Hotline where we took calls from parents who were feeling overwhelmed.

Sally: Thank you, Paula, for agreeing to serve on the Board of Directors. We have greatly enjoyed your insights during these past several months.

Paula Caplan is a Certified Resonance Repatterning Practitioner in Brooklyn, NY. Email: eviveconsulting@nyc.rr.com

Interviewed by Sally Herr, Resonance Repatterning Practitioner, Portland, Maine. Email: sallyy@maine.rr.com

Marja Shelley: New Board Member at Large

by Nancy B. Martin

Welcome to Marja Shelley, our new Board Member At Large, who hails from Salt Lake City, Utah. She is also the only practitioner certified in 2008.

Her introduction to Chloe's work resulted from her brother's email link in 2002 to Holographic Repatterning and their upcoming conference in Scottsdale, AZ, on modalities. What was surprising was that he was not at all open to these ideas—nor is he to this day, even though Marja works with his wife and children. Never having experienced a session, she still felt drawn to register for the conference, but was still not sure what it was about after the conference.

The following year, she signed up for an intensive in Scottsdale with Ardis and realized when she was walking in the first day that she had committed a lot of money to something and she was not even sure what it was. After the first day, she knew why she was there, realized these tools were powerful, and that it was exactly what she needed to add to her energy work.

Marja's formal higher education was a degree in Business and Psychology in August 1996 from Westminster College in Salt Lake City. Informally, she grew up with a lot of focus on law through her father, who had his own law firm prior to becoming district attorney and then appellate court judge, which led her to working as a legal assistant for many years.

She first learned Reconnective Healing™ (http://www.thereconnection.com) from Dr. Eric Pearl. This work has been studied extensively by the University of Arizona. Reconnective Healing™ continues to be part of her energy work, as well as Theta Healing, astrology, and intuitive Tarot.

Resonance Repatterning means being part of living the positive changes for her clients and herself. It represents growth and a willingness to be

pushed outside her comfort zone (a truly invaluable tool, she believes, for her own family and for others).

Applying her expertise full-time now, she sees clients in groups—large and small—as well as one-on-one in person and on conference calls. Working with couples is another benefit she offers. Although she is the only certified practitioner in the area, she foresees more exposure with mental health professionals and students working towards certification. Soon she'll be moving into a new healing center that will broaden her opportunities considerably for giving more classes and making new connections.

The best part of RPA for her is liking the people she's meeting and working with. She also enjoys Shyama Orum in the Board's membership outreach, and seeing what additional assets we can offer.

As for a most memorable personal session, she said it was her first complete session that took place in Chloe's class on phobias. She was chosen for a Repatterning regarding her fear of heights that went back to ten months of age. She felt the major change two weeks later with her family at an amusement park in Las Vegas. Time constraints forced her to take the elevated Sky Ride. Not only was she not at all afraid, but was actually entrpalled looking down at all the people. Her husband was as surprised as she was, as he had observed her fear getting in the way of her enjoying heights all the time. She had always been "nobly persistent" (his words for stubborn) about heights in the past.

Her first presentation was in December 2004 where she met Ken, a hair stylist who wanted more abundance in his life. Shortly after the Resonance Repatterning, his career opened up to where he was hired for work on several movies. That extraordinary outcome surely convinced him of the power of this system.

Envisioning the future for RPA, she sees more people can be involved and be aware of the value of what we have. She also believes the larger the group, the greater the synergy and envisions others being a part of this.

Thank you, Marja, for sharing with us your experience, enthusiasm, creativity and conviction in the importance of this work.

Marja Shelley is a Certified Practitioner in Salt Lake City, Utah. She can be reached at Marja_Shelley@yahoo.com

Nancy B. Martin is a Certified Practitioner in Providence, Rhode Island. She can be contacted at: nancy.martin3@verizon.net

The Impact of Resonating with Employment – A WPH Report

by Carolyn Winter, *Resonance Repatterning® Practitioner, Toronto Ontario*

How does my resonance with career or a career situation make a difference for world peace? It seems on first blush a selfish thing to want for myself what much of the planet is in turmoil over — paying work. How does resonating with having work for me help the planet?

In my mind's eye it works like this. There is a lot of unemployment at the moment and we hear about it everyday on the news. If I am unemployed and allow my energy to become that frequency in other words, if I resonate with unemployment, I will stay in that state and attract more of it. Similarly, if I am employed—YIKES! My resonance and entrainment with being unemployed may shift my own experience and I may unnecessarily loose my paying work. It is a risk!

Whatever my vibration for employment, that is the energy I pump out into the world. Others pick up that energy consciously or unconsciously like a TV news report and their field of energy is now expanded with that vibration. As we entrain for the topic of employment either in our companies, our families or our communities we are supporting each other constructively or destructively with our resonances. Can you imagine the frequency weather map out there after all of the bad news on the car industry, other plant closings and job losses? Our most humanitarian frequency is then to resonate with the positive — full employment.

You are likely thinking: One person's thoughts can't possibly make a difference in the world. But please consider this happy coincidence. Maybe it is just my wildly creative imagination, but a few weeks ago I was a guest on the local radio show "Being There" on CIUT-FM, and in the 1-hour show we explored the topic of repatterning and demonstrated the process on air by repatterning the now sagging Ontario economy. The listening audience was invited to set their issues and intentions for career or work while I used the economy as a proxy for everyone listening. The car industry was used an example in the session. Delightful session, great interview, but who knows if it made a difference. You don't get much mail from a local radio show.

Two days later, my sister called to say that my brother-in-law, who was laid off indefinitely at the Oshawa GM Parts plant last December, was called back to work! We don't know for how long, but today — he is back at work.

Could it be that one little repatterning changed my world so much? It tempts me to want to focus my work on repatterning the car industry inside out.

I invite you to try this out for yourself. My talented and experienced repatterning colleagues Bobbie Martin and Kathie Joblin, as well as founder of Resonance Repatterning® Chloe Wordsworth, have done a session each for the month of April focusing on career. You can participate in retro-time (you know about retro-intending right?) by visiting the page of session notes for April, listening to the peace café and audios created for each session.

Here is the quick links page to the career session notes where you may "Retro-intend".

http://worldpeacehologram.org/Program/Notes2009/April.asp

Be an active participant and sign up for a WPH account. http://worldpeacehologram.org/SignUp.htm You will be able to access way more — submit issues and intentions for 12 monthly topics and 48 sessions, record results in an online peace journal and read the

detailed session notes (FASCINATING!!!) as well as a recommended positive action — something you can do to unlock the energy of your intentions.

Best of all - feel the peace in your heart radiating out to the planet. Perhaps the 'why' of it all is still beyond imagination, but you will feel a sense of inner peace and know as I have experienced… you have contributed to a hologram of world peace!

With love and light

Carolyn Winter

PS – and if you do have some extraordinary experiences to share as a result of your participation or retro-intending experience, do share your comments at the blog.

www.WorldPeaceHologram.wordpress.com / click the side bar for my earlier April post

http://worldpeacehologram.wordpress.com/2009/04/09/the-impact-of-resonating-with-employment/?preview=true&preview_id=261&preview_nonce=651c4d90a3

Carolyn Winter is the past president of the Repatterning Practitioners Association, and an active volunteer for the World Peace Hologram project. She has a full time practice providing personal consultations, and a variety of unique online interactive group proxy sessions including her free program called Energize.

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Healing One's Birth Journey

By Victoria Benoit, Certified Practitioner, Phoenix, AZ

"Why not start at the beginning?" I asked myself, on one of those days I was looking for new creative ways to help my clients. Even if a client comes for a session every month, one session might focus on an earlier experience at age 2, the next session we focus on age 10, the next age 4, then back up to age 18. It occurred to me that once I found out about the gestation and birth process of the client, most of the previous earlier experiences were an aspect of something unresolved from this mysterious and fascinating beginning.

I recently had an opportunity to work with a family where each participant had an opportunity to talk with their birth parents about what was happening with them during their gestation and birth. We used this information to do the Birth Process Repatterning. The results were outstanding!

The first daughter had a hospital birth with a Medical Doctor. She was positioned with her face up and when it was time, her mother pushed for six hours. Total labor was eighteen hours. Since she was stuck, forceps were then used and all her cranial bones got locked up from the head trauma. It was a long hard labor and they were unable to bond just after the birth but did so in the wee hours of the night. Some statements that were cleared were: I cause pain to the one I love, I am headstrong, I need to extricate myself from love, I have to get out of a relationship to be free, something is wrong with me and I am imperfect. Since the session: "A whole new world has opened up for me, I feel all my wildest dreams can come true, I have a clear vision of endless possibilities, and the power to choose anything I want!"

The next birth the parents wanted a home birth and a home birth they had! They also wanted a midwife who told them at four months that the baby's cord was wrapped around his neck. And indeed the cord was wrapped around his neck. It was a vaginal birth lasting about four hours. Dad got to cut the cord and everyone was glad he was a boy. Some statements that were cleared were: fear of commitment, I can't commit, I attract a partner who is not committed to me for who I am, danger is the only way to feel fully alive, I feel claustrophobic, I'm only breathing 50% so I'm only living

50% and there is a barrier between me and others. Since the session: "I am able to love and to move forward in my life. I feel powerful and complete!"

The third pregnancy started out uneventful until the forth month when the bleeding began. At that time, there was no real explanation and the doctor's told the parents that it was likely that the baby would be deformed. Can you imagine the fear that the parents had that got transferred to the baby through the placenta, plus the hesitancy to bond intimately? Their second daughter was born at home with a midwife and two birthing assistants. Again, Dad got to cut the cord and all was well. The baby came out as healthy as can be, a relief from the horror that was expected.

Upon evaluating the placenta, it was noted that at four months a male twin died which explained the bleeding. What it also explained, was the grief the baby had for five months which no one knew about and also the lack of real acknowledgement of the twin as a family member who died. Some statements that were cleared were: I am unlovable, I feel guilty for surviving, I feel immense grief at being separated, I am incomplete, I can't get away from death, Life is about death, I am afraid the bottom will drop out of relationship, I can't survive without you and my baby sister fills the void of my male twin. Since the session: "I feel free and light. I can now be a great mother and wife. I can be closer to my family and enjoy life to the fullest. My life is whole and complete and full of love and joy. I release my sister from the need to take care of me."

The fourth baby was the first baby born since the death of her maternal grandmother, which was a looming sadness at the birth, usually a happy occasion. There was a big presence missing. It was a natural home birth of only four hours duration. And again, Dad got to cut the cord. When she was born her hand was on her face. Some statements that were cleared were: I can't be myself, I survive by not needing nurturance, there is no time to integrate my experiences, I am shamed for expressing my uniqueness and individuality, I have to take care of other's every need or I will be rejected, my existence isn't important, I am only here to serve, I am not acknowledged for who I am, I am conceived to fill a need for everyone else, I am my older sister's masculine half, I am responsible for her and her needs and a world of expectation is put on my shoulders. Since the session: "I feel more free and am way more confident in myself, I am more outgoing, I haven't felt that people are judging me even when I say something stupid, I figured out that my boyfriend was not the guy for me, even though he is a great guy it wasn't

right for me, but I figured it out on my own and was able to do what it was I wanted and knew was right for me, thank you for helping me become me!"

What profound results these young adults have to move forward in their lives. I got a lot of my ideas after reading the two booklets on What Babies are Teaching Us by Wendy Anne McCarty, PhD. You can get these through Resonance Repatterning® e-store. (http://www.resonancerepatterning.net)

The psychology of the prenatal experience is so fascinating. Get creative! In your client intake form you may want to include birth order and any known facts about their birth. It usually brings up the client's curiosity about why you had that question on the form that led to educating them on the importance of repatterning what was trauma or perceived trauma for them from conception through their Birth Journey and beyond.

Victoria has been doing her 'Heal Your Birth Journey-Heal Your Life' workshops for over two years now. You can find out more information by going to her website at www.ExtraordinaryOutcomes.com or call her at 602-864-7662. Her email is Victoria@ExtraordinaryOutcomes.com.

Heal Your Birth Journey Heal Your Life℠

Spring 2009
San Diego, Austin, Phoenix
24CEUs

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

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

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

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

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

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Orientation

by Sally Herr, *Portland, Maine*

We have a great tool in Resonance Repatterning to shift our problems into opportunities. But we are only as good as our orientation — orientation to Source, to ourselves, to our clients and to our work. Personally, as a healer, my entire life is about striving toward the highest level of orientation. Every singer, every athlete, every actor, every teacher worth their salt have their rituals to prepare themselves for their performances. We, too, must have ours. The way we prepare will be unique to each practitioner, but preparation is necessary if we are going to do our best work.

I asked two Resonance Repatterning practitioners who I highly respect to describe how they prepare. The following is what they said.

Gail Glanville:

Before a session I begin to prepare several minutes ahead of time, putting closure on what I had been doing and consciously focusing on the energy of the person or group I'll be working with. I attune to the purpose of our gathering, review the materials to be used and/or any statements submitted ahead of time. By emptying of everything that's come before, I'm ready when the session begins.

And... I find the Orientation section handy later on in sessions when a new idea or opportunity has been established. Orientation used at this point is like a modality...the idea being to consciously reset one's internal compass to the new direction so that, even if one resonates with the new, one has the extra image of being oriented at all levels to the existence of something new.

Karen Kent:

I connect with my High Self, or Guides, before I see a client.

It's a quick prayer: I ask to be cleared by my guides, the space to be cleared, and that clearing be done between me and my client. I set the intention that I am clear during the session and that the session is for the client's highest good.

When I say this last part, I speak to the different levels of the client: the physical level, the spiritual level, the mental level, the emotional level. This way, any or all levels of the client's well-being 'hear' the safe space being created for these levels to just open up for change and healing. Then I MCS if I need anything else to become oriented and clear for the session. If so, I check the Modalities book and see what I need to do.

What do you do to orient yourself before a session? I would love to hear from you...Sally

Sally Herr is a Resonance Repatterning Practitioner, Portland, Maine. Email: sallyy@maine.rr.com

Please click on this link to see an online listing of Certified Resonance Repatterning Practitioners.

by Elizabeth Tobin, JD; *Certified Resonance Repatterning® Practitioner, Boston, MA*

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

Q: When writing material for my website or ads, how do I make myself approachable?

A: Make yourself approachable by making it easy for people to contact you. Put your contact info on everything you write. Include your email address or your phone number (preferably both) in addition to your snail mailing address.

Including your email address and phone number makes it easy for people to contact you in the spur of the moment, and makes you very approachable. This sounds basic, but I can't tell you how many websites I've visited where there is a form for the visitor to enter their contact info but there's no way for the visitor to easily contact the website owner.

Say it Out Loud

Invite your readers to contact you if they have any questions or need any further information. Just putting your contact info may not be enough. Say it straight out — that you want people to contact you — and people will feel more comfortable doing so.

How Revealing!

Let your personality shine through in your writing. Write in your own voice. Unconsciously, you may be still trying to please your 8th grade English teacher. Mark Twain said, "If we were all taught to speak the same way we were taught to write, we'd all stutter." If you feel pressured and tense you may be squelching your creative voice. Throw out some of the rules that make your

writing stilted and dry. But don't throw out the valuable rule of using the active voice.

Loosen up and let it flow. Let your unique personality come through in your writing and your readers will connect with you. They will get to know who you are and this builds trust. The more people trust you the more approachable you will be.

Do Get Personal

Do you know the one most important three-letter word that you can use when you write? I'll give you a hint: I've used it three times in the previous sentence.

It's you. Y-O-U.

Whenever you write any kind of copy, whether it's a sales letter, your website, or an ad, keep it personal. Keep it conversational. Pretend that you're writing a letter to just one person. You want people to hear your voice in their head as they read your words, as if you are talking to them directly. This is possible when you speak directly to them with your writing.

Try this. Read the following two paragraphs and notice which one feels more personal to you:

"We are conditioned from a very young age to avoid feeling our emotions. Inevitably, emotions surface and if we are disconnected from our feelings we will compensate with non-coherent behaviors, such as emotional eating, addiction, co-dependency, etc. When we allow ourselves to feel our emotions, their grip releases and we are no longer held hostage to them."

"Guess what happens when you stuff your emotions? They leak out sideways! And you develop compensating behaviors such as emotional eating, addiction, and excessive people pleasing. When you allow yourself to feel your emotions, their grip releases and you are no longer held hostage to them."

Lose the Gobbledygook

When I was studying law, it felt like I was learning a whole new language. I remember one of my professors saying that all of the "legalese," the jargon, in the legal documents helped to keep lawyers in demand. This is true. The average person needs a lawyer to translate a legal document into everyday, plain language so they can understand it.

We in the repatterning field have a lot of jargon, or terms, that we use. For example, "unconscious patterns," "coherent," and "non-coherent." This is gobbledygook to the average person and it can be intimidating. The last thing you want is for your reader to feel like they need a translator to understand your message.

You can make yourself more approachable by translating these terms of art into everyday language. How about instead of saying unconscious patterns you say blocks? Instead of coherent you say positive? Instead of non-coherent you say negative? Write in everyday language that the average person can understand.

The One Thing Every Reader Wants to Know

Yes, people want to know who you are and what you do, but what they really want to know is how you can help them. To put it bluntly they want to know, "What's in it for me?" Your writing's main focus should be on the benefits your readers will receive. Touch their emotions when you write. How will they feel after a session with you? What will change for the better in their life?

Invoke their senses. Take them on a journey into the future. Tell your reader to imagine, to feel, to see themselves being, doing, having xyz after working with you.

Focus on the benefits that people get from using your services, not on what the Resonance

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"I just wanted to say that the proxy was amazingly right on. I have been impressed by the work you are doing. I can feel that patterns are shifting and that I am completing issues multi-dimensionally. I feel very grateful that I have access to your work." ~ Katie Stewart, proxy group participant

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Register Now at:
http://LizTobin.com

Repatterning® process is.

Remember, the best way to be approachable is to be yourself. Infuse your writing with your genuine enthusiasm for your work. Be authentic and be truthful. You know how valuable Resonance Repatterning is in your life. You know how much your life has changed for the better because of this work. Put that energy of hope and inspiration into your writing and you'll have an irresistible attractive appeal!

Elizabeth Tobin, JD is a Certified Resonance Repatterning® Practitioner who earns her livelihood through her full-time RR practice. Geographically based in Boston, MA, Elizabeth serves an international clientele. If you have a question for Elizabeth you can email her at et@LizTobin.com.

EVENTS & OTHER SCHEDULES 2009

FALL 2009 – Peers Mentoring Peers

YEAR ROUND — CEU Course Approvals — *Submissions are received year round to approve seminars that qualify as an allied modality for the purpose of maintaining certification status with RPA.*
Make Submissions at:
http://www.RPAmembers.org/BoardRoom/Policies/proposedmodalities.asp

World Peace Hologram

From Roots to Shoots in 2009

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

For the past few years World Peace Hologram has been a place for sessions happening in the energetic world. Through proxy sessions either from practitioners standing in for participants or giving sessions by teleconference many times with few or no one on the other end of the phone lines, there has been work done, if you will, "under the radar." In having a conversation recently with one of the foundational creators of the website, Carolyn Winter, we discussed how the roots of the work has been proxy, and has been so far with limited direct interaction. With this said, we also cannot miss the fact that **great change has been happening on the planet which requires internal orientation, digestion, understanding and positive action.**

New to the process for 2009 is that we are working with more teleconferences, archiving recordings for listening afterwards, and inviting both participants and practitioners into ***Conversations with Peace Cafés*** on the first Sunday of each month to discuss, ask

questions and activate the Peace Reflections from the previous month.

This moves our work from the invisible to the tangible participatory intelligent field of action like shoots of new plants sprouting from underneath the earth orienting themselves to a new phase of life in the world. With a global call for moving into a new paradigm, the work at World Peace Hologram plays a vital role for positive and coherent change as we start to become accustomed to the new shifts taking place in our lives. Being able to attend a teleconference directly, listen to recordings, or attend the Cafés help us to digest and integrate new awareness. These opportunities also help to create new language for nurture and understanding in the paradigm shift.

We are all experiencing this new shift. Every session offering from a practitioner is a gift to each one of us. Each monthly topic serves to support us in creating greater wholeness in our lives through the interconnection and connectivity between topics.

Like a plant emerging from the earth, growth relies on many factors: earth for grounding, water for circulation, digestion, air for transformation of carbon into cellular expansion and sunlight for photosynthesis.

Understanding that the process is holographic in nature, we can begin to see how working with a specific topic like health supports abundance or personal empowerment. Summarizing highlights from the sessions also creates greater orientation for what is life-energizing and enhancing for us. The session notes and recorded archives enhance visibility and comprehension of the process. The modalities and **Peace Reflections** might be used as a meditation in practice. The **Peace Cafés** serve as venues to integrate and activate new and more coherent conscious possibilities in the shared evolution of humanity individually and collectively.

Here's a look at the Coming Attractions and Archive Resources.

Session Topics
http://www.worldpeacehologram.org/Program/upcomingevents.asp

Session Notes
to get a SUMMARY with recordings and Peace Reflection for each month at http://www.worldpeacehologram.org/Program/Notes.asp

Print out the Quick Links page for teleconference number and Links to every step of the process at **http://www.worldpeacehologram.org/Program/quicklinks.asp**

May: ***Abundance and Finances with Peace Café***
on June 7th

June: ***From the Personal to the Universal with Peace Café***
on July 5th

July: ***Empowering Yourself and the World with Peace Café*** on August 2nd

I'd like to express enormous gratitude to each and every one of the practitioners for contributing to making the journey more peaceful for all of us. Special gratitude to the **Team Coordinators** for your roles in helping to orient your team to the process, for using Resonance Refastening as a tool for working through new opportunities for growth with computer navigation and session protocols. The value of feeling oriented in the midst of new territory and change is priceless! Gratitude to Ellen Shapiro, Janene Sneider, Victoria Benoit, Carolyn Winter, Ray Iasiello, Karen Kent, Laura Frisbie, Wendy Teague, Carin Block, and Nina Frank.

Participants to Date: 1079

Kimberly Rex, MS is a member of the RPA Board of Directors, and Chairperson for the World Peace Hologram Project. She works with clients locally, by phone and proxy at http://www.windowstotheheart.net

World Peace Hologram Vision Statement

We are an association of people from around the world who have the ideal of putting love into action by being an instrument of transformation for ourselves and others.

We acknowledge the inherent goodness, strength and wisdom within all beings. We live and work with integrity, empowering ourselves and others to manifest a higher consciousness.

Through our work we are inspired to resonate with life enhancing intentions, which bring healing to ourselves, our communities and our planet.

The Repatterning Practitioners™ Association
Together we are more!

Login at www.RPAmembers.org for more details

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

On the Board Agenda:

- Finding a replacement for the president role on the board.
- Implementation of the Ethics Policy and Setting Up a Committee (We need 2-3 people to help organize a webinar, and set up the working process.)
- Discussion of a needs survey to be sent by mail to members
- New possibilities for teleseminars and CEU's to address needs of international community
- Planning World Peace Hologram 2010
- Discussion of a branding process to develop the distinct identity and purpose of the association for marketing purposes starts in June.
- The annual survey for teleseminar choices for 2010 is about to be launched by the Continuing Education Committee.

Volunteer Opportunities: The Association is an all volunteer organization. We depend on the involvement and contributions of all of our members. There are some very simple ways you can pitch in and benefit!

- Learn key virtual tools that bring groups together that you can apply to your own business
- Engage in meaningful discussions with colleagues and share ideas
- Have consistent repatternings for our shared goals and vision as we use the RR System in meetings and between meetings.

Choose a committee, a project or board participation.

Choose a committee, a project or board participation. Currently we need:

- **Membership Chair to work with Carolyn Winter on membership communications and benefits.**
- **RadioCast –** needs 2-3 people to help organize radio shows and interviews with members
- ***World Peace Hologram Committee*** – Members need to help develop the program, and the way we market it.

Contact Past President Carolyn Winter at 1-800-685-2811 ext 2. to discuss possibilities for volunteering. In addition to the personal benefits of working closely with others in the Association, you will be making a contribution that benefits all of us for years to come.

WORLD PEACE HOLOGRAM

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