

The

HRA Journal

A publication of the Holographic Repatterning® Association



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Cover Image

This issue's cover represents the many hands of our association holding an intention for World Peace and the evolution of human consciousness by shifting inner awareness through the techniques of Resonance Repatterning. See the feature article about the World Peace Hologram by Carolyn Winter on page 4 of this month's journal for more details.

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

The HRA Journal

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From the President

Carolyn Winter

The year is rapidly drawing to a close and I find myself pouring over my professional goals for HRA and my practice wishing I had yet a few more months to meet my own deadlines. We have the good fortune of having Lynne McTaggart join us for our Annual Meeting and Virtual Conference on February 23rd 2008. Chloe will join us as well in a virtual capacity that transcends time and space and remains a surprise for attendees. In the meantime, we have quite an exciting lineup of events leading up to this conference.

To begin with the board will be hosting a virtual HRA planning meeting on January 6th for interested members to help shape our direction in the next year or two. The planning session will give participants an opportunity to experience virtual meetings, and the decision making process we use at the board meetings to conduct

our affairs. We hope those of you who attend find ways to express your views, and opportunities to help make your ideas happen within the association. Nominations to the board for the next term we feel will be a logical outcome of this process. Mark your calendar for January 6th for this event.

The World Peace Hologram program website is also soon to be re-launched. (January 2, 2008) The new site responds to the considerable feedback received early last summer from practitioners and participants alike. Hopefully, it will offer an easier way to navigate, join in, participate and provide practitioners with creative ways to offer the proxy session or two throughout the years.

The World Peace Hologram program is actually poised to receive some world attention during our virtual conference. We will formally re-launch the program at the conference with a WPH repatterning. There is a possibility, of also linking our program with Deepak Chopra's Alliance for Humanity which may offer an event that includes many peace groups – ours included. Please stay tuned for more news there. My personal professional goal is that by February 23rd, 52 practitioners or more have listed themselves as a volunteer at the site, with a commitment of one session (or more) in 2008 and 2009 so

that we can promote everyone in this volunteer effort year round.

This fall we announce the recommended name for members to vote on for the association. Our virtual voting is still in progress, but we expect to finalize this process by the end of the year. I am personally grateful to all the board members for their due diligence in considering this very important decision but in particular for Shyama Orum who led the consultation process and Crystal Chissell who considered the legal implications of any name that we selected. I feel confident that whatever is decided will become a coherent part of the organization we are building together.

Please take a look at all of the articles within this journal and circle your calendar for important association dates – January 6th, February 23rd/24th.

On behalf of the board I extend a warm invitation for your involvement and support. Whether you respond with an email, participate as a volunteer, or express an idea... together we are more... much much more.

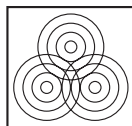
Carolyn

Still the prez.

Important Events Mark Your Calendar

January 6, 2008
Virtual Planning Meeting

February 23-24, 2008
Virtual Annual Meeting



World Peace Hologram Imagine the Possibilities



by Carolyn Winter,

Resonance Repatterning Practitioner
and HRA President

Every once-in-a-while I receive an e-mail from someone I will refer to as Marie, who is a member of my free online group proxy program called Energize. I started the Energize program seven years ago as a marketing tool to help skeptical Web visitors, who had never heard of me or resonance repatterning, to become comfortable with my online group proxy services. It was a marketing tool I used as other sites use EZine newsletters prior to inviting them to become part of my paid services.

For me, Energize is a marketing tool, using something I enjoy doing every day

—re-patterning. For Marie and her circle of friends it is far more.

Marie lives in a low end trailer park. She accesses programs like mine by visiting the library and spends her precious one hour of allotted time visiting sites like mine to get the help she cannot afford to buy. She uses the program to affect changes for a host of major challenges —health conditions no one can diagnose, an inability to work, no money, no family support and very poor living conditions.

Over the seven years of offering the program, Marie also has accessed the World Peace Hologram program (<http://www.WorldPeaceHologram.org>) and uses it faithfully for the problems in her life.

The results Marie experiences either through the World Peace Hologram program or my own program are amazing. She has progressed from a place of despair and hopelessness in her life to a life where she is generally optimistic. When she loses her coherence she goes to the list of positive actions that have been given out in either one of these groups.

Results for Marie may not be like winning a lottery ticket, but for her it may just as well be.

Marie learned a few new ways of handling her energy with the positive action exercises offered. She feels like she wins nearly every week as she finds loose change on the ground or occasionally the large sum of a \$10 bill and she is now grateful. She feels that her gratitude for pennies falling into her life led to her husband getting a good deal on a set of tools for his trade so he is now able to win more short-term contracts. With more gratitude held in place with more optimism, Marie now finds that the bills are being paid every month with a little leftover.

With a little extra money, Marie is able to address her healthcare needs and she has visited several alternative healing professionals who ask about what she is doing for herself. She tells them about the online repatterning and how it is changing her life. As a result of her sharing, the professionals sometimes have more than

enough curiosity to visit the sites as well and then send other people from their practices.

Through Marie's incidental promotional efforts, I personally have received two new clients who are happy to pay for sessions. On one hand I can say my marketing program is working, but more importantly my driving need to help others is being met in ways that I rarely get a glimpse of. If repatterning is helping Marie move from a life of despair to one of purpose, meaning and healthy living, I can't help but think what is happening for the larger group of participants either in my own practice or our collaborative effort with the World Peace Hologram. I can't help wondering how the world is changing as a result of such a small effort—doing a session, by proxy, for someone I have never met, and by whom I am seemingly not paid.

How can a regular group proxy online series contribute to world peace? New Resonance Repatterning students are often gripped with the possibility of creating world peace with sessions. Learning repatterning seems to offer a practical application for the newest theories about our world.

Joseph Chilton Pierce, in his book, *The Biology of Transcendence, a Blueprint of the Human Spirit*, explains the recent sciences that describe the heart as pumping out a frequency that forms a field in the shape called a torus. Simply put, it looks like a donut of energy swirling in and around a center hole. It is postulated that all energy fields have this torus effect and that every part of the torus is holographic in nature. It contains all of the information about the energy system in all of its parts. The torus energy field, loaded with information about who we are and pumped out by our heart, affects the torus fields of those around us and those we touch. Our holographic bits en-

ter the fields of others to be uploaded by their heart. This raw energy information is then transported by heart energy, free of judgment, to the pre-frontal cortex of our brain where a director of sorts decides how to interpret the incoming signals. The director is our perception and, depending on the holographic bits held by our perception (unconscious patterns, energy constrictions, energy blocks etc.), this interpretation governs the degree to which a response will be conscious, uplifting and supporting of world peace. Pierce describes a world where all of the overlapping torus energies form a field or matrix and that the earth itself has its own torus in which we are constantly interacting with our own field of energy. A repatterning student will be quick to con-

one of two leaves. The leaves were in a laboratory in Arizona while the intenders were in a conference hall in New York. The astonishing results showed that the leaf that received the positive attention glowed with extra photon light, while the other leaf looked dark and depressed.

While Lynne McTaggart's ultimate goal is to use the focused attention of a group to create world peace, the researchers have laid out a plan that starts small and is working towards larger goals. My guess is that a quantum leap will happen for the experiments as the group grows larger, and the intenders more proficient.

Chloe Faith Wordsworth, in her November 2001 article (HRJournal, November 2001), explains how world peace is really about the work each one of us has to do to be coherent, and conscious. World peace has much to do with decisions of leaders of countries and industries, and of consumers making choices that have a direct impact on the planet and each other. Are we conscious of the products we buy and the child labor involved or the factory

World Peace Hologram takes our personal intentions and expands it with the entrainment of a group energy for a stronger, widespread field effect with positive results.

we opened in a developing country with no regard for safety or standards? Do we look at our own actions as a contributing factor in looking at the violence that leads to war? For Chloe, peace is very much a personal responsibility.

Through the World Peace Hologram program, whether peace is achieved on an individual level or as part of a group, our collaborating Resonance Repatterning practitioners have a way of offering hope for the planet on both levels. It is an expression of the purpose of our work as summarized in our vision statement and operates as a microcosm of collaboration and good will.

Our long-standing World Peace Hologram program admittedly has had its marketing and technology challenges.

clude how regular sessions can make a difference. Lynne McTaggart offers phenomenal optimism in the books she has written that captures the recent and current research explaining more about the nature of energy fields. Her latest book, *The Intention Experiment, Using Your Thoughts to Change Your Life and The World*, was written in response to her own enthusiasm about the research on how energy works and the potential for using effective intention. Her book invites the participation of readers in a series of experiments aimed at involving the reader in contributing to the proof. The experiments are part of a research study that collects the data and shows how well intention is working. And it is. For example in one experiment, 400 participants focused on the image of

(continued on page 7)

Hosting a World Peace Hologram Event in Your Community

by Carolyn Winter

Hosting an Introductory session in your community with a World Peace Hologram group proxy session offers a unique way to promote your Resonance Repatterning business and offer a community service at the same time. Promoting the WPH and your Intro together helps you to build recognition for the work that you do and the much larger group of professionals that you belong to. The consistency of each practitioner doing their event, contributes to an expanding field of awareness among the general public that will come back to you long after your event is over.

The basic idea combines the simplicity of doing a normal group proxy session including the energy fields of all those who have given permission from the online WPH program along with the participants in your live community event which you might normally offer as an introductory session. To add interest to your event, you may wish to focus your event on a local issue of interest to people in your community – Resonating

with Safer Streets, A Prosperous Local Economy, Outstanding Education, having a Green City etc. Think about topics that are relevant to your community. Repatterning those areas no doubt have a share resonance in some way world wide and to the rest of the group.

Consider getting support for you event by collaborating with other practitioners or student practitioners in your neighborhood. Invite a local spokes person who brings visibility to be the proxy for your world peace session. Your presentation may simply focus on talking about RR as you are doing the session and interpret the statements in terms of your topic and world peace.

Host your event in an accessible part of town, where participants may access it by public transit, or within easy reach by car.

Plan your event 3-6 months in advance and be sure to have it listed at the WPH website so that it has time to be picked up in the search engines. A longer lead time gives you ample opportunity to

promote this event with your clients, and in your newsletter. At the planning stage you may also wish to consider writing a media release, inviting local media to your event or to be interviewed prior to the event.

Be sure to have Chloe's book *Quantum Change Made Easy* on hand to sell with a bookmark in each copy with your contact information and perhaps a special offer if you are trying to promote your business.

When your event is over, share your results with your colleagues and write up how this event benefited your clients and community. Submit your article to this journal – we would love to share your outcomes with our Resonance Repatterning community.

The new WPH website will be launched January 2 with a new practitioners support area. Stay tuned for more details and support for your 2008/2009 Intro Events with WPH.

Change Your Unconscious Patterns

by Michael Fisher, Practitioner, Teacher, Designated Observer, Vancouver, Canada



The renowned anthropologist Ruth Fulton Benedict once famously observed that, "From the moment of his birth, the customs into which (an individual) is born shape his experiences and behaviour. By the time he can talk, he is the little creature of his culture." In Bob Proctor's take on this, I have substituted the words 'Unconscious Patterns' where

he uses the word 'Paradigm':

Dr. Benedict wrote those words back in 1931. She was actually observing a universal fact of life that has been true for every man or woman from every era in the history of humanity. It's a fact we've touched on before. But I want to explore it at greater length today because it is so absolutely critical to your success.

It goes without saying that first and foremost, Insight of the Day is about freedom ---freedom from the constraints that keep you from calling forth and realizing your full potential, and freedom to all of the good and beneficial things you want in life.

Yet you cannot be free unless and until

you know exactly what it is that governs, shapes and directs the apparatus that controls your behavior and the results that behavior gets you. That apparatus being, of course, your mind...and, more specifically, your Unconscious Patterns.

As Bob Proctor acknowledges "Paradigms are a favorite topic of mine, because everything I teach and everything I do is based on the premise that, as the great Napoleon Hill so simply and profoundly put it, "thoughts are things." Your thoughts create your life." And Unconscious Patterns are the very foundation on which thoughts are created. Unconscious Patterns are your mindsets: Your ideas, the little habits that your brain has developed over the years. The

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Change Your Unconscious Patterns

“operating system” on which your mental processes run.

Effectively, your Unconscious Patterns create the prism through which you view and make sense of the world around you. Information is presented to your mind in one way or another. Your mind runs through all of the things it already knows about that piece of information and figures out where it fits in with the bigger picture. Then your mind makes a determination: the information in question is good or bad, friendly or unfriendly, desirable or undesirable, possible or not possible—all based on your existing Unconscious Patterns.

Like most other concepts, Unconscious Patterns in and of themselves are neutral. If your Unconscious Patterns are

positive, you will make sound judgments, have a happy, growth-oriented life, good, strong relationships, a healthy self-concept, and the ability to adapt successfully to changes, upsets, and unforeseen events.

On the other hand, negative, stilted, limiting Unconscious Patterns keep people stuck in the old ways of thinking and doing that ultimately get them nowhere. Negative Unconscious Patterns keep a person as imprisoned as surely as do a cell and set of iron bars. Maybe even more so, since it imprisons them in the place where all true freedom resides: the mind.

It follows, then, that if you want to create change in your life—if you want to start getting new and different results -

then you’ve got to change your Unconscious Patterns.

Michael Fisher can be contacted at: 604-264-9011

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World Peace Hologram *(continued from page 5)*

Even so, this program has over 700 registered members and an amazing number of visits to the web site every month. There is so much more that we can do with this program to reach large groups of people who need the help, to promote the value of having Resonance Repatterning sessions and the value of services each practitioner provides. Our re-launch of the website in January 2008 will certainly help these efforts with many improved features.

It is by no means a fancy website, but it is a functional website that allows practitioners the means to list themselves as a volunteer and to list one of three kinds of events — a teleconference call, a community event or a proxy event only — and to report back to participants with summaries and notes. All of these elements offer practitioners the opportunity to educate the participants about the Resonance Repatterning® System and their own services. For practitioners who would like to collaborate, it is a place to share promotional efforts that are working and to share resources. Practitioners who use the program to focus a routine introductory

session in the community may talk about Resonance Repatterning and their services while offering something that can be a tremendous community benefit, such as WPH Focusing on Community Recycling, Safer Streets, Growing a Local Economy, or any number of topics relevant to a practitioner’s community. When we focus an Intro event on how we can help, we have a natural way of also promoting who we are and what we can do with Resonance Repatterning.

For participants, the World Peace Hologram (WPH) program website is a place to unload the problems where they need help and are wondering about the Resonance Repatterning® System. It is a low risk way to experience the service without feeling foolish or that they have wasted money — an important feature for skeptical first time web visitors. The soon to be re-launched World Peace Hologram website, will now offer participants online tools to help them evaluate sessions and the results in their own life and in their world view. It’s a chance to be part of a group focusing not only on their own

inner work, but to see a payoff in the world at large when peace arrives in their heart. It is also a chance to be part of something bigger that can focus on creating more coherence in the world, on situational topics and events such as natural disasters, impending crises (greenhouse gases), and wars.

Some of the new features in the re-launched version of WPH will help participants connect more tangibly with the energy of the session and the results they are experiencing. All participants will have the opportunity to set an overall intention of world peace for themselves, as well as an overall intention for inner peace. An online peace diary will help participants link their submissions to the session notes and tangible outcomes in their lives. The peace diary can be applied to inner peace and world peace. Participants may sign up for three different levels of emails including a weekly summary card, WPH Focus for the month newsletter, or quarterly program reminder. In all of the communications, participants will have the opportunity to provide feedback on how the program is

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Voting for Our Association Name Change

by **Shyama C. Orum**, Certified Practitioner and HRA Board Name Change Committee Chair, New York, NY



This is an exciting time for practitioners of Resonance Repatterning® as the book *Quantum Change Made Easy* and your efforts are making our work more widely known. We are at a new beginning and we need a new name for our Association. Chloe Faith Wordsworth has phased out the name Holographic Repatterning® and our license to use this trademark has expired, so we can no longer be the Holographic Repatterning® Association. What will our new name be?

From May to September of this year, HRA members completed a survey of

name preferences. While there were many wonderful suggestions, the majority of respondents chose one: Repatterning Practitioners Association. This is a great choice for several reasons. It tells who we are (Practitioners), what we do (Repatterning) and emphasizes our community (Association). It abbreviates to something easy to say – RPA. And it aligns with our unique mission of supporting members in having successful practices.

Now we need your vote. We can go forward only if 51% or more of the membership votes in favor of a new name. With your support the Repatterning Practitioners Association (RPA) can begin creating events, promotional materials, a web presence and more to promote the great work we all are doing. We welcome you to contribute to this adventure.

Some of us have asked, why not use Resonance Repatterning® in our name? There is a simple reason for this. Resonance Repatterning® is a trademark and only certified practitioners may use it. Our membership includes practitioners who are not licensed or eligible to use this trademark. In order to represent everyone fully we must create a unique identity that represents all levels of our membership.

We now have an opportunity to name and build an organization for all of us. We invite you to participate by going to www.hramembers.org and casting your vote. You may also call 1-800-685-2811 to request a paper ballot sent to you. We look forward to joining you in this step forward for Repatterning Practitioners and the people we serve.



How to Vote

The HRA board has recommended the new name to be

The Repatterning Practitioners Association.

A special vote of members has been called and is conducted virtually and by mail for none email account members.

For information and to vote visit:

<http://hramembers.org/nameannouncement.asp>



THE HRA Annual Meeting & Virtual Conference



KeyNote Address

By Author Lynne McTaggart

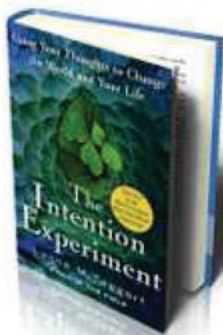
The Intention Experiment

Using Your Thoughts to Change the World and Your Life

The HRA board is pleased to announce that Lynne McTaggart author of "The Field- The Quest for the Secret Force of the Universe" and "The Intention Experiment, Using Your Thoughts to Change Your World and Your Life" - will be speaking about her latest work at our virtual conference.

Her presentation will be a wonderful tie in with our soon to be re-launched World Peace Hologram program.

We have an exciting lineup of related events to share with you at this time. The program will be held over 2 days with events open to the public.



Advance Announcement

DATE: February 23 & 24, 2008

TIME: Various times

LOCATION: By Teleconference Call and computer (Optional)

MORE: The Annual Meeting Event includes a special virtual appearance with Resonance Repatterning System Founder, Chloe F. Wordsworth, an Organizational Repatterning with Carin Block (Family Constellation Repatternings) to help us resonate with our new name

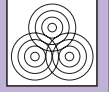
- Professional Development Group Repatterning to resonate with our Association Mission, Vision and Goals as well as our personal professional goals. **Entrain with a powerful group energy to support your practice!**
- Certification Hour with Victoria Benoit and the Certification Board
- Keynote Address - **The Intention Experiment, Using Your Thoughts to Change Your World and Your Life** - by Lynne McTaggart (Presentation Scheduled February 23rd at:
 - Johannesburg 8:00PM
 - London 6:00PM
 - New York 1:00PM
 - Chicago 12:00 Noon
 - Denver 11:00AM
 - Los Angeles 10:00AM
 - Sydney 5:00AM)
- World Peace Hologram Introduction and Repatterning with Carolyn Winter
- A variety of group repatterning topics will be offered on February 24th and participants will have the opportunity to join in any 2 topic areas.

The Fees will be \$50.00 for members and \$79.00 for Non-Members.

Registration opens December 1, 2007

February 23 & 24, 2008

More details arriving soon!



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



PRACTICAL ADVICE is a regularly appearing column in the HRA Journal. Written by Elizabeth Tobin, JD; Certified Resonance Repatterning

Practitioner, each issue will focus on readers' questions relating to establishing a thriving Holographic Repatterning practice. If you have a question that you would like to see answered in the HRA Journal you can email Elizabeth at et@megaHRgroups.com.

Q: Now that I have a website, how do I bring people to it?

In the last issue we covered some of the basics of developing your mailing list. Once you have your email management system in place, you can start using email in conjunction with promotions to bring people to your website. It's a circular flow that keeps expanding. You send out emails inviting people to come to your site for a specific activity and you include a registration form on your site. In this way, you can harness the power of the Internet. With each promotion that you do, you will have new people registering and the potential for expansion is great. In web parlance it's called "viral" ; word spreads like a virus spreads. People invite their friends, who invite their friends, etc., and your circle of influence expands. I highly recommend as a worthwhile investment, learning how to put a basic form on your website where people can register for your different promotions.

The Resonance Repatterning® process is wonderfully suited for making use of today's communications technology. Even if you prefer to work with clients in person, on a one-on-one basis, you can incorporate any of the following suggestions into your outreach strategy. Many of my private session clients first heard about me either directly through my Internet

marketing activities, or through someone who participated in my teleconferences or proxy sessions.

Invite People to Come to Your Website for a Specific Reason: Offer freebies to introduce your work to new people and also as a public service. Think of this as planting seeds; some of these seeds grow to fruition by becoming paying clients, you increase your name recognition, advance the Resonance Repatterning® brand, and most importantly bring transformation and healing to people who may not otherwise have access to your services.

- Free Teleconferences: With today's bridge line technology you can teleconference with people from all over the world. There are websites where you can reserve your own bridge line at no charge to you or your callers. Each person is billed only for their own long-distance phone call charges. With a little planning you can design a call that is informative and transformative for everyone involved. Ask people to register for the call on your website. This way you know how many people to expect and by registering participants are subscribing to your email list so you can let them know about your other services and future events.

- Free Proxy Sessions: This is a great way to introduce people to the power of your work. With the magic of the Internet you can reach lots of people in a short amount of time and with little expense and effort. Again, having a registration page on your site is key. Get their email addresses so you can send them the session notes and follow up with them again. You can even post the session notes on your site, so people can read the report well after the fact.

- Collaborations: The energy of this millennium supports collaboration. As we move into Oneness we can't do it alone. When you collaborate

you increase the magnetic field of attraction around your promotions and your sphere of influence grows. Collaboration allows you to tap into other networks and gives your clients additional information and/or services that compliment and enhance what you are offering. In addition, working with other practitioners from other disciplines is a great way to grow both personally and professionally; it can bring you to your growing edge.

- Reciprocal Links: Link to other sites that are aligned with what you do. By doing a little research you can find other websites that complement what you offer. Contact them and ask them if they would like to do reciprocal linking. You'll put a link to their website on your site and they will do the same. This cross-fertilization can expand how people can find you on the web.
- Real Time Word of Mouth: This may be

(continued on page 11)

"Manifesting Financial Freedom" & "Nurturing Your Body Nurturing Your Soul"



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Elizabeth Tobin, JD
Certified Resonance Repatterning®
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Doing RR with a Young Child

By Sally Herr, MA CCC/SLP, RRP, Certified RR Practitioner, Portland, Maine



As a Speech-Language Pathologist and a Resonance Repatterning Practitioner, I have the opportunity to do many sessions with children. I would

like to share some of my observations on working with young children, recognizing that there are probably as many strategies as there are people who work with children.

1. Children need a simple, brief explanation and they generally are happy to go along with the process. Sessions with children tend to be shorter. I generally give them something to play while I am fiddling with the books and the statements.

2. When parents are with the children during the session, I check to identify who needs the session. I have noticed that children and parents often have similar problems, manifesting uniquely. For example, perhaps both feel that their ability to communicate is blocked -in two separate ways.

3. Young children are often unable to verbally tell me what I need to know. On the other hand they are often exquisite in their ability to act out what they want me to know. If I have a question, I watch what they are doing, and most often, I get the answer. Sometimes I ask a question and tell them to show me. I asked

one seven year old boy to show me what it was like for him at school. When I asked that question, he was building with blocks (which he was very good at). He picked up a block and appeared to struggle to get it to fit—a perfect way of telling me, “I don’t fit in.” Then he gave me a broad smile as if to say, “Did you get it?” I often ask parents to confirm their observations. They can give me insights that I missed.

4. It goes without saying that children need and want to know that someone is in control and that they are safe. I make it clear at the very beginning that I am the leader and the care giver. I might start with a ritual-, such as having the child sit in a certain place, shaking out our limbs if the child is nervous, or doing calming exercises if the child is aroused. Sometimes I start a session by selecting a special aroma or rock especially for them. If I see this child regularly, I might start with singing the same song each time.

5. The modalities for children often need to be simplified and are frequently not in the book. I notice when it comes time to identify a modality, children are often already doing a very nice modality in the course of their play, for example building or playing dolls. Sometimes I am guided to join them in their play, allowing the child to complete the activity that they are doing, or do something a little different in their play. I find the modalities listed at <http://www.users.uswest.net/~tbharris/reinforcers.htm> to be

very helpful and I use them often. At this website there are a list of 100’s fun ways of playing with children-, such as putting a child on your back and pretending that you can’t find them, using wax lips or silly glasses, or crashing cars into a mountain of shaving cream.

6. Sessions can be done with the child present or absent. If the parents choose to bring the child to the session, it is important to remember that the child is actively participating, even though he or she is nonverbal or appears to be more interested in playing. Act as if the child understands exactly what is happening and hold the same amount of respect for this child that you would do for any client. If the child starts to be disruptive or falls asleep, for example, there is a message.

I share these ideas with the intention of sparking your creativity. Of course you do the work in your own unique way. My you use these ideas in new ways to serve your dear, young clients.

Sally Herr is an accredited RR practitioner, a member of the HR Board and a member of the HR Certification Committee. She also organizes RadioCasts. Sally has a Master’s Degree in Speech Pathology. She lives, works, and plays with children in Portland, Maine. If you have further questions, you can reach her at sally@maine.rr.com, www.SallyHerr.com, or call her at 207 879-6007.

Practical Advice *(continued from page 10)*

the most basic and perhaps overlooked method. It sounds obvious, but make sure your web address is on everything that you send out: your business cards, brochures, letterhead, flyers, print advertisements, and of course include your website in your email signature.

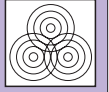
The question that the reader posed is, “How can I bring people to my website?” While getting people to your site is important, I think that what is really being asked is, “How do I let people know about my services?” Think of your web traffic as a

two-way street. You want to bring in visitors, but you also need to interact with them. I have found that sending follow-up emails, session reports, newsletters and invitations are ways to keep the connection flowing. The effective use of email in conjunction with your website gives you the opportunity to build ongoing relationships with people. Some of these people may become paying clients, some may become your most vocal endorsers sending you referrals, some you may never hear from, and to some you may be giving life-changing information and

transformation.

In the next installment we’ll explore some ways to make your website interact.

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 that you would like to see answered in the HRA Journal you can email Elizabeth at et@LizTobin.com.



Certification Made Easy

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



CERTIFICATION CORNER is a regularly appearing column in the HRA 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 HRA Journal you can email Victoria at HRVbenoit@aol.com.

The journeys we take in life are what we make them. They can be arduous, exciting, fun, challenging and/or easy. Our attitude is everything! Our resonance is everything!

The certification journey can be analogous to getting a Masters Degree in the Resonance Repatterning System. Like a Masters Degree, there is a graduation day established before you begin. I would recommend doing the same for your "Certification Journey."

- Read the certification manual from cover to cover so you know what will be expected of you.
- Choose a completion date. Make it attainable. Unless you are going at this full-time, I would not recommend less than a year.
- The next step which is so important is to do a session on yourself or receive one so you resonate with achieving this goal by the time you choose.
- Have sessions routinely during your process. Remember, five of the ten sessions you need to give and receive can now be done over the phone.
- Create a time-line for your self starting from the end date rather than today's date. You will be so surprised how attainable your goal is because you can see it out in front of you on paper and all the details of what to do when will be there, month to month, week to week, day to day. It will be so much more manageable this way. For instance, if you choose a date 1

year from now, then sometime in the last month or two, you will need to schedule your Mandala directed session intended for Certification.

- Go now to the IDeclare website at www.ideclare-hr.org. Get familiar with the Designated Observers. Find out who they are, what they offer, where and when.

Have fun with how you are going to create your journey. I recommend sooner than later schedule an observation so you can be given feedback early. The mistake some "Student Practitioners" have made in the past is waiting until they have finished all the requirements in Phase 2-Gaining Competence and then scheduling their observations thinking that as soon as they are observed they will be complete.

Old habits are hard to break. Finding out about some basic improvements that are needed is easier to change in the beginning of your journey rather than waiting until what you think is the tail end of your journey. Just because you have an observation does not mean you automatically get that section from the Mandala completed. You need to demonstrate competence in order to get that accomplishment.

It is so important to remember that this journey is about becoming and experiencing your self as an excellent human being and along the way you will be an excellent Resonance Repatterning Practitioner and then certification will be granted.

Along these same lines, it is also important to remember that certification is not about checking things off in your manual, although that does happen along the way. The seeming challenges that you come up against in your journey and how you deal with them is one of the points of the journey. For example, the learning you receive from drawing certification to you can be applied to the way you draw clients to you.

Certification is based on 3 principles: Awareness Coherence...your skill in doing a session, Personal Coherence...your coherence as a person and in your life and

Relationship Coherence...how you interact with others, how present you can be for another human being. This opportunity is not offered in many other disciplines. Most other certifications are about skill only. It is up to you...you can see this as an opportunity of a life time to be the best you can be or you can see this as a to do list. I recommend the first way, it will be a journey of a life time!

Another thing I recommend is to find a certification buddy or budette. Talk once a week, support, encourage and hold each other accountable to what they say they are going to accomplish that week and celebrate your accomplishments and reschedule what you did not achieve. Lighten up!!!!

Before scheduling an observation, be sure to re-read the Guidelines for Constructive Feedback in your Manual so you know what the Designated Observer is looking for.

Retake classes in a town where there is a Designated Observer and create a group or private observation before or after the class. If you are creating a group, do this in advance so it can be advertised.

Ask the teacher who is teaching the class if there are other students reviewing who are working toward certification so you can call them to organize student observations and exchanges that are required. The purpose of this is so that you get comfortable being observed so when you go to a Designated Observer it won't be so daunting and you'll know what it is like to observe someone else and what the observer is looking for. Whenever I do Observations, I remind the student practitioner to do a session for receiving praise, acknowledgment and positive feedback as well as to clear any concerns about being criticized. Look at the Observations as an internship rather than a test and you'll do much better.

Call another teacher who lives in the area to schedule an observation and or receive a session from them which will give you an experience of learning from a teacher and also work towards fulfilling your requirement to receive sessions from a "Certified Practitioner."

Call a "Certified Practitioner" in the town where the class is being offered and receive a session from them. Your travel time and expense can be cut down if you plan ahead and schedule opportunities rather than hoping something will work out once you get there.

There are a couple of Designated Observers who have offered Certification Retreats where you can spend a weekend or a week being observed and learning from others. Anything is possible if you believe and resonate with your journey being easy and exciting!

You could attend a Practitioner Supervision Seminar through the Resonance Repatterning Institute.

Find a Designated Observer who is willing to watch a DVD of you giving a session. Send them one a month or whatever will support you accomplishing your goal in your timeline.

Find a Designated Observer who is willing to travel to your area for Observations. Find other practitioners who would be willing to travel to your neck of the woods for observations. Get creative!! Have fun!!

A final reminder: Goals are either accomplished by our timeline or not. Ease up on yourself! Create a new date if you see that it's not going to happen when you thought.

All along, celebrate your success!! Focus on what you have accomplished and use what is left to motivate yourself to the finish line rather than to stop you from completing.


"I pace myself, staying in rhythm with my own best timing so I integrate my experiences and cope with challenges as positive opportunities for Extraordinary Outcomes." This is what you will get if you resonate with this wonderful statement from Orientation regarding your Certification.

My intention is that you feel inspired and motivated!

Go for it and have fun! Certification Made Easy!

Find out about Victoria's opportunities for Certification Mentorship on her website at www.ExtraordinaryOutcomes.com.

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World Peace Hologram *(continued from page 7)*

working for them.

Everyone is invited to be involved in this program and build a hologram for peace. Here are a few suggestions to make your participation easy and ongoing.

Make a plan that works for you and plan well ahead of time. The energy of support will begin to flow to you and your practice the moment you commit! Schedule 1 group proxy session per year and list that event 3-6 months or more in advance of your date at the WPH site. Advance planning helps the HRA help you to promote your event in the search engines and in the regular monthly emails that will be going to the group.

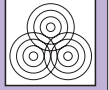
If you are a student or student practitioner, collaborate with a certified practitioner to host a community event. This is a live event you would host in your community, but you would also proxy in the WPH group and post the session notes back to the website. This is a great way to focus an Info Session, and support each other in spreading the word about the work that you do.

Decide on an event that is either a group proxy session only, or choose to offer it by teleconference call if you would like to proxy in the listed group and also have a live connection. You may also schedule a community event that proxies in the listed group.

Whether you are a practitioner or a participant, consider inviting members of groups you belong to by forwarding your email reminders or the link to the website. Take the time needed to orient a newcomer to the website. Some folks may need your help just to get an email address, open a login account and be shown how to navigate and use the site. The rewards for doing so will be well worth it.

Supporting WPH is an action you can take to support the field that includes you, your practice, your clients, your colleagues, your community, and your world, as well as the greater Resonance Repatterning community. Our collaboration in this

(continued on page 14)



How to Be Clear and Ready to Do Sessions in Seven Easy Steps

by Sally Herr, Certified Practitioner, Portland, Oregon

With this issue, we are inviting practitioners to email us “Personal Opinion” articles. This new column is similar to an opinion piece on a radio or television station which doesn’t necessarily reflect the views of the organization. We invite you to submit articles that reflect views that are not necessarily shared or endorsed by the official RR/HR organizations. Thank you.

At the beginning of my spiritual journey, I asked my spiritual mother, Martha Jeffers, how I could become more intuitive. She emphatically said, “Pray! Pray! Pray!” I tried it. Unfortunately, it was not the quick fix that I was looking for. In retrospect, she was right, of course. How do you become intuitive? Live a holy life. Pure and simple! In this article I will spell out some of the specific things that help me to be closer to the light, to more clearly see with my inner eye, and thereby to be a purer channel for my clients.

Step One: Pray. Ask my Creator for assistance. I express my oneness with Creator and ask that whatever there is in me that is not of God, be released. I ask for protection for myself, my property, and all who are on my property. I ask that I, my property, and all others who are on my property be healed. It is said that Divine help is waiting for us, but we need to ask. I also give thank my Creator, all the

above brings great love into my heart.

Step Two: Clean my body. There is an old joke: Clean mind, clean body—take your pick. Actually, of course, they go together. I bathe or shower daily and wear freshly washed, energetically clean clothing. It makes a huge difference. My clients deserve this.

Step Three: Smudge. Sage for this purpose can be found in health food stores. This is a very quick—well, not so quick at times—way of becoming happy. I smudge my whole body—my charkras, souls of feet, palms of hands, my ears, above my head, my front and my back and every other side to which I am exposed. I find that my third eye and above my head the most clearing. I observe heaviness lifting. Sometimes it takes much longer than I think it should to get to the point that I can feel that the heavy energy has released. In addition to smudging, I might use tuning forks, singing bowls, etc. To clear my muscle checking fingers, (which can get very polluted), I place tuning forks on my fingers until I feel the vibration move up to my head.

Step Four: Clean my space—both physically and energetically. Energetically, I might smudge, spritz with sage and other essential oils and flower essences, use tuning forks, singing bowls, toning, flowers and plants, and love. I want my clients to be able to feel the lightness of my space.

Step Five: Get help from others. Get bodywork. Bodies of work that have been particularly helpful to me include exercising, Polarity, CranioSacral, Resonance Repatterning® (of course), Massage, and Yoga. All of these modalities lift up the dross that we might not be aware of. They work!

Step Six: Become grounded. For me, this can be quite difficult. I might stand in power spots on my property or take care of my mundane needs. Sniffing or diffuse grounding essential oils such as Young Living’s Grounding is very helpful.

Step Seven: Ask for protection. Diffusing sage and rose essential oils or using incense is quite helpful. Visualizing myself in a golden pyramid has also been very helpful to me.

These are steps that I do on a regular basis to clear myself. Preparing ourselves to be clear is the starting point for delving deep into our work, whatever it is. Obviously there are many other ways to develop clarity. Anything we do which brings us closer to our Creator will give us greater intuition and improve our ability to serve our clients.

Sally Herr is an accredited RR practitioner, a member of the HR Board and a member of the HR Certification Committee. She also organizes RadioCasts. Sally has a Master’s Degree in Speech Pathology. She lives, works, and clears herself in Portland, Maine. If you have further

World Peace Hologram *(continued from page 13)*

model helps us to link to the broad spectrum of other groups also doing the same. These include Lynne McTaggart’s Intention experiment, Deepak Chopra’s alliance for humanity, and many other world initiatives for peace.

World peace is something each one of us

can do for ourselves to change the quality of our torus energy field and pump out a world changing resonance. WPH takes our personal intentions and expands it with the entrainment of a group energy for a stronger, widespread field effect with positive results you may never actually see. But

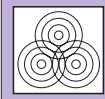
imagine the possibilities. Child labor may become a thing of the past in one quantum leap.

Bring peace home. It’s free.

<http://www.WorldPeaceHologram.org>



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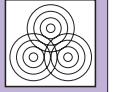
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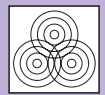
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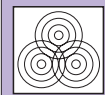
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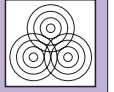
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What The HRA Board and Committees Are Working on Next—Your Participation is Key!

Governance:

Name Change – The HRA board has recommended the new name to be The Repatterning Practitioners Association. A special vote of members has been called and is conducted virtually and by mail for none email account members. For information and to vote visit: <http://hramembers.org/nameannouncement.asp>

Annual Long Range Planning – This year the board invites interested HRA members to help plan the direction, activities and resources for the coming year or two. A special planning meeting will be held January 6th .

February 23, 2008 Annual Meeting of Members & Virtual Conference - Guest Speaker author Lynne McTaggart, “The Intention Experiment”, with special appearance from Chloe F. Wordsworth

Membership Services:

Annual Evaluation – The HRA board has now put into place a membership survey and evaluation that we will ask members to complete upon their annual membership renewal. Your submissions will be reported to the HRA board quarterly to use in our planning process and will be reported annual in the annual report to members. Current Members may complete the survey at any time at: <http://www.hramembers.org/Membership/annualsurvey.asp>

Programs:

Elearning – Survey results for teleseminar suggestions for next year are now; The committee is now working on tendering for teachers to lead a class focusing on reviewing modalities in depth spring 2008 and peer mentoring fall 2008. The marketing course will be offered in 4 segments throughout the year.

Special Projects:

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

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