

The HRA Journal

A publication of the Holographic Repatterning® Association



Photo: Jeff Cricco/CTO Late spring in the high country of Eagle Nest Wilderness, Colorado, USA. Courtesy Colorado Tourism Office

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Cover Image

This issue’s cover, a beautiful Colorado photograph by Jeff Cricco of the Colorado Tourism Office, was chosen to coincide with the release of Chloe Faith Wordsworth’s new book, *Quantum Change Made Easy: Breakthroughs in Personal Transformation, Self-healing, and Achieving the Best of Who You Are*. The cover photo represents the Spring like growth of Resonance Repatterning, as Chloe’s book plants new seeds which flower in the minds and hearts of individuals and groups around the world.

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

Activating the Leader Within

We now live in an age of self-responsibility where each of us is a leader making decisions for our lives and experiences as never before. Consumers gravitate towards shopping choices that customize purchases. We question the decisions any professional or organization may make for us, including our schools and our doctor. The latest consumer trends point to an era where we tend to decide for ourselves what we want and how we want it. Increasingly, as we live life from this standpoint of self-responsibility, we recognize that within each of us is a leader, ready to be activated.

We sometimes think that leaders are special people that most of us could never be or become. But most leaders are simply everyday people with the personal coherence to take responsibility and coherent action on something that they believe needs doing. They continually work on relationship coherence to bring about the results they envision in collaboration with a group.

I have been thinking a lot lately about how our own association has shifted from a leadership model of being taken care of by a dedicated few in the past, with no structure in place for mutual collaboration, to one where everyone is entitled to participate in the governance of the organization. I really appreciated the leadership of Ardis Ozborn, Shady Sirotkin, Lyndis Guinness, and others who in the beginning envisioned the need for our association. Like true leaders, they acted on that vision for the benefit of people like me who, for the cost of a member-

ship, could gain public credibility for the studies I had so heavily invested in. Like many new organizations, a few people did the work in an entrepreneurial style and many benefited as a result. But as our organization matures, and Resonance Repatterning® does become (and in some places IS) a household word, we must now move into a model of governance that empowers all of our members to take responsibility for the organization if we wish to experience the full benefit of an organization of like-minded individuals with shared vision and purpose.

We have the potential and the power to do amazing things together — such as national promotion of the value of having sessions with practitioners, or the creation of a peer mentoring program. We act as coherent leaders when we take action on the things that bother us that we notice are happening in our group, or take the time and interest to act on ideas so big that only a group collaboration can bring it to life. When we give voice to our ideas within a group, we can create magic together.

Our new group possibilities challenge our professional development and ask us to access that leader within each of us to act on those issues, no matter how small, or ideas and possibilities, no matter how big or outrageous. Most of our current board members will tell you how exciting it is to be part of a group that works together with shared purpose, values and vision, AND the benefits of applying the Resonance Repatterning System to the work we do. Participation on the board of directors has given each of us professional development experience we could pay thousands to receive in other settings. We learn from each other, from our synergy and each of us has gained skills that we can directly use in our own business we would never have dreamed possible.

The Holographic Repatterning Association is an extraordinary group of people who specialize in coherence. Our association and coherence is as good as the collaboration or contribution each

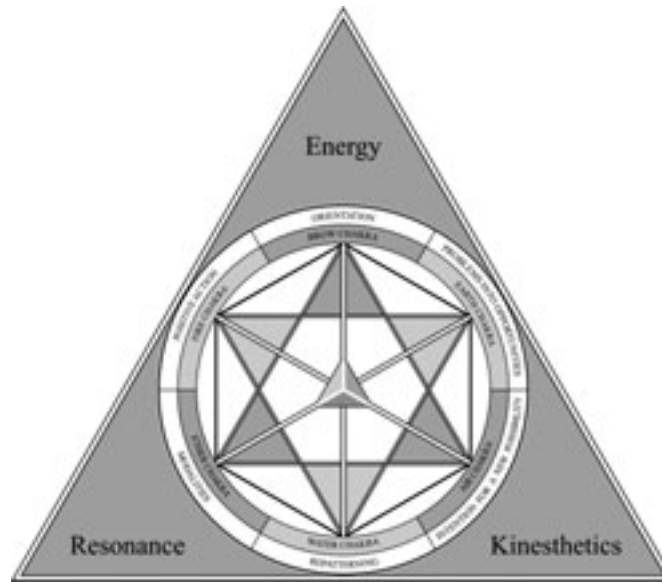
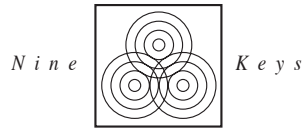
member makes overtime and a willingness to exercise personal coherence and growth. I ask each of you to read the articles in this edition of the journal, especially the article on how imperfect human beings make the best board members and how the work of the board is easily accomplished by an ever-changing volunteer group. I encourage you to become familiar with the inner operation of the HRA, and the volunteer tasks that bring vitality to our organization.

When we come together as a group, we experience entrainment and a higher level of coherence. When we entrain for our mutual goals, vision and philosophies — anything is possible.

In the coming months we will survey members for their satisfaction with the Holographic Repatterning Association, and to find out what more—what next—is in the minds of members concerning our work together as a group. But most importantly, we will be encouraging, seeking and electing members to the Board, and for committees and projects, to take responsibility for this organization and come together for even more coherent action.

I am asking you to look within, and activate your personal leadership potential and consider volunteering some of your professional time in the year ahead. Visit the members website (www.HRAMembers.org/governance.htm) to find out more about where your talent is needed and how to participate. You will be making a contribution that supports your purpose as a practitioner and your professional community.

Happy Spring!



The Nine Keys



By Chloe Faith Wordsworth
Excerpted from Chloe's recently published book, *Quantum Change Made Easy*

From the Prologue

Quantum Change Made Easy introduces you to the Nine Keys that Resonance Repatterning® students, practitioners and teachers use on themselves and with others. The keys, listed below, are interrelated and all work together to help practitioners of the Resonance Repatterning system create greater health, happiness and harmony for themselves and others.

Each chapter on the Nine Keys ends with a guided activity that gives you

a taste of the Resonance Repatterning system. These activities may help you change your resonance with a problem and boost your resonance with new coherent patterns. When you complete the activities, perhaps you'll feel less emotionally charged; the repetitive stories you tell yourself may change; you might find yourself seeing a problem from a different perspective. If you would like a deeper and more complete experience of Resonance Repatterning, you are welcome to have a session with a Certified Practitioner.

From The Nine Keys

The Nine Keys are much more than individual steps. When put together in a synergistic system, they provide an empowering and beneficial way to bring order to your life and help you manifest your potential.

A friend told me about meeting with a small group of business people in their private club. They were curious to learn about the field of quantum energy in which we live, so she introduced them to the

THE NINE KEYS

- 1 ~ Energy**
Everything is energy. Energy is everything.
- 2 ~ Resonance**
Change your resonance, change your life.
- 3 ~ Kinesthetics**
You are wired for coherence and self-healing.
- 4 ~ Orientation**
Oriented, you face the direction that nurtures your soul.
- 5 ~ Problems**
Underneath every problem is an empowering truth.
- 6 ~ Intention**
All great outcomes begin with intention.
- 7 ~ Patterns**
Bring your hidden patterns to light.
- 8 ~ Modalities**
Modalities harmonize and balance the flow of energy.
- 9 ~ Action**
Every coherent action leads to more coherence.

fundamental principles of Resonance Repatterning. Since they were in a seaside community, she included the cosmic question by a student fish who asks the philosopher fish: “So what’s this ocean you’re always talking about?”

At one point in her talk, one of the men interrupted her to say: “I appreciate the principles you describe. I’ve read books about the power of my mind and creating my own reality. I just don’t know how to actually put it to use, especially to benefit my business.”

I agree with this businessman. It is one thing to learn scientific principles about the ocean of frequencies in which we exist and yet know nothing about; it’s quite another thing to know how to apply them in a practical way. It can seem impossible, even with inspired self-help books and therapy, to undo habits such as the need to be right or being overly reactive. Like everyone else, you might have a great deal of inner patterning or imprinting that keeps you constricted, limited and even resistant to positive change. Too many people feel locked up from the inside without a key, unable to free themselves from the pain and limitation they suffer, or from the suffering they impose on others – often the people they love the most.

Positive change requires a structured system for gently opening the door to resonate with your true strengths and gifts. This book describes such a structured system: the nine fundamental Keys on which the Resonance Repatterning system is based. By reading the book and doing the activities at the end of each chapter, you will discover something new about yourself, and you will see how to actually put the basic principles of the Nine Keys to use in your own life, in a practical way.

The Keys

The first three of the Nine Keys—Energy, Resonance and Kinesthetics—reveal the beauty and potential of the invisible world of energy

within each one of us. This is the inner world of vibrating frequencies, through which we know the truth of what supports our life and what doesn’t.

The next four Keys form a prism: Orientation, Problems, Intention and Repatterning. Each facet of the prism reveals a different way to see and transform the resonance that limits us. Each one of these Keys will show you a different way to change your resonance with disorientation, resistance to problems, the projections that block intention, and non-coherent patterns of energy. Through these four Keys, you will also be able to identify the new patterns that will support your upward spiral to well-being, better health and fulfilling relationships.

The last two keys are Modalities and Positive Action. When you select and implement a modality, which is a highly coherent frequency, negative frequency patterns are neutralized and positive frequency patterns are amplified. Then through coherent actions you resonate with, you are able to sustain your new patterns and potentially send ripples across the entire spectrum of human consciousness.

If you feel stuck or triggered at any point as you read these pages, I encourage you to stop, take a deep breath and use the Action steps in the box at the end of the chapter you are reading. You may be surprised at how powerful these small tools are for re-establishing a sense of balance and well-being. You may realize that you became stuck for a reason and that you are ready to benefit from the practices offered at the end of the chapter or from a practitioner who can more specifically touch the place asking for self-healing.

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*Quantum Change Made Easy:
Breakthroughs in Personal
Transformation, Self-Healing and
Achieving the Best of Who You Are.*

Resonance Repatterning® at A Glance

The System

The Resonance Repatterning system, based on the Nine Keys, offers personal transformation, self-healing and achieving the best of who you are. Almost anyone can learn this system regardless of their background or training.

The Idea

We are energy beings living in an ocean of energy frequencies. Our quality of life is determined by the frequencies we resonate with. We can consciously change the frequencies we resonate with, and change our experience of life through the Resonance Repatterning® system.

The Innovations

- The Resonance Repatterning system is an integrated, practical, energy-based method that provides the means for putting theories from the human potential movement and new physics into action in daily life.
- More than seventy-five Repatterning protocols are documented in training manuals, facilitating easy access by students and practitioners. They include statements that reflect a full range of coherent and non-coherent frequency patterns for resonance transformation.
- Resonance Kinesiology (the Resonance Repatterning muscle checking system), based on a precise theory of muscle checking, accesses information from the body-mind to identify and transform the frequencies we resonate with.
- A worldwide range of modalities is compiled in a readily accessible format in the Resonance Repatterning manuals. The modalities are used for transforming resonance patterns in a Resonance Repatterning session and can also be applied in a practical and beneficial way in the home and work setting.

(continued on page 6)

Resonance Repatterning at A Glance

(continued from page 5)

- The Energy Constriction Release is a powerful process modality for in-depth relief when an unconscious, highly charged emotional memory manifests as discharging (usually anger or tears) or disembodiment (a disconnect from present reality).
- A universal application, the Resonance Repatterning system can be useful in any situation: health, relationships, career or business; education, athletics, creative activities; global organizations and political systems. Resonance Repatterning can be applied in any human activity for the achievement of greater coherence and well-being.

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Reprinted with permission from *Quantum Change Made Easy*.

HRA Radio Casts

Our very own radio show! By now you have probably noticed many websites adding sound elements in very creative ways. Inspired by our TeleSeminars being recorded last year, we are now recording a monthly program with a variety of speakers.



Board Member Sally Herr, from Portland Maine, has stepped up to the plate and volunteered to organize the events for the next 10 months and will be playing host to our specially invited guests. Our thanks and appreciation to Sally for taking on "RadioCast"!!!

Members have two ways of participating in radio cast. You may be part of the live listening audience by signing up for the event at the members web site <http://hramembers.org/Programs/radiocastcenter.asp>. You will need your HRA members.org username and password to login to this page. Once there,

you will find the link to sign up for the next event and receive your call-in instructions.

Say That Again! - To listen to any of the events after the fact, visit the same web page to hear the events online or if you prefer, download the event as an MP3 file. MP3 files are the type that you may upload to your ipod or other MP3 player to hear in other places besides your computer.

When you listen to any of these recordings you will be in the loop of information with the Resonance Repatterning community, and feel more connected no matter how isolated you may be geographically.

Have you had a chance to listen to the growing number of interviews at our RadioCast Center? Here is a summary of what has been recorded so far. Let us know what you think, and any ideas for future radiocasts. Email RadioCast@hramembers.org with your comments.

Recent Radio Casts 2007

April 20th 2007



Teacher and practitioner Bobbie Martin with Host Sally Herr on Resonance Repatterning® in the Workplace.

February 20th 2007



Ellen Shapiro with host Sally Herr "Marketing Methods for the Healing Practitioner"

The Year Ahead with Chloe Wordsworth



In January of this year Carolyn Winter interviewed founder of the Resonance Repatterning system, Chloe Wordsworth, about the goals and plans for the Resonance Repatterning Institute for the year ahead. Hear

Chloe's wonderful account recapping the accomplishments of the Institute to date, the unique aspects of the Resonance Repatterning Institute web site, and plans for a year ahead.

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Radio Cast Archives 2006

November 29th 2006



"What to say when people ask, 'What is Resonance Repatterning?'" with Jane Winne, RR Practitioner and Host Sally Herr.

October 23rd 2006



"How to Give a Demo and Attract All the Clients You Want" with Victoria Benoit M.C., RR Teacher and Practitioner and Host Sally Herr.

September 8th 2006



"How to Put the 'WOW' into your Licensed Trademark Name and Logo" Gail Glanville, Managing Director, Resonance Repatterning Institute

August 15th 2006



"Developing PR for RR - Doing It Smarter Not Harder," Carolyn Winter, President HRA with host Sally Herr, HRA Board member

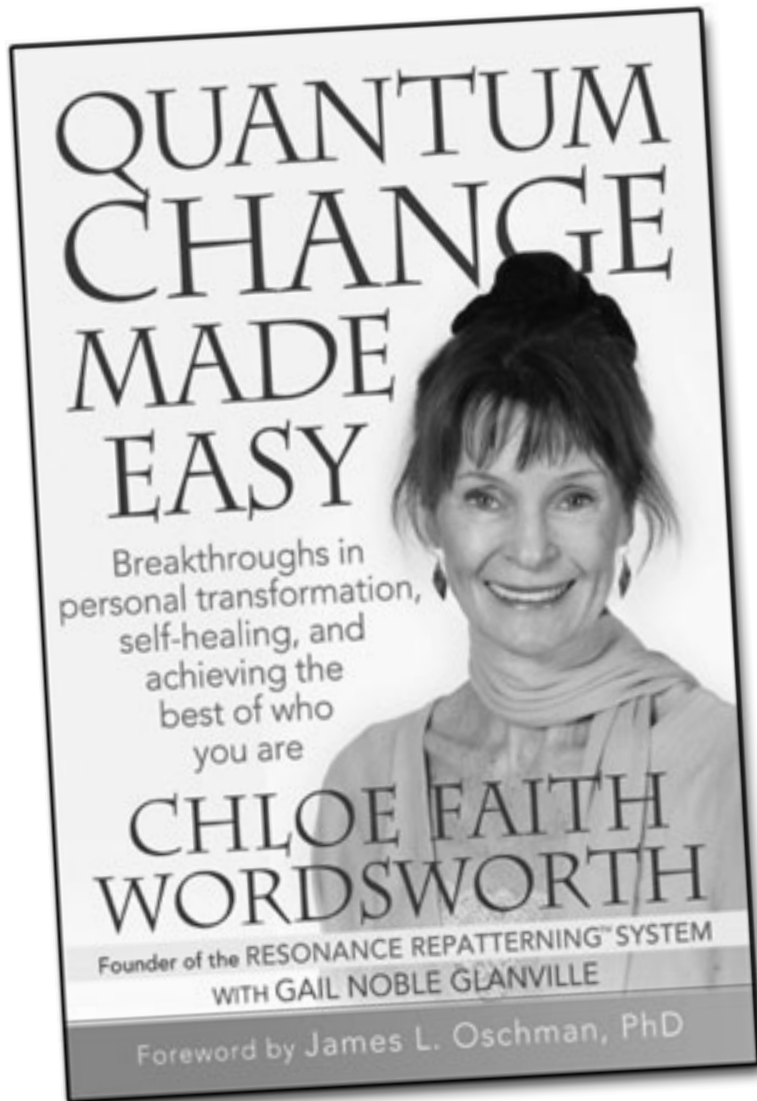
May 30th 2006



"Resonating with our new name!" Chloe F. Wordsworth, Founder of Resonance Repatterning

CONGRATULATIONS CHLOE

ON PUBLISHING YOUR BOOK!



“This book will help many of us experience better health and more rewarding lives...it gives readers practical techniques they can use to enrich and empower their lives.

From the Foreword

“Resonance Repatterning displays a sophisticated understanding of the ways subtle influences can bring about large shifts.

There is no work more significant for these times.”

—James L. Oschman, Ph.D.

Author of *Energy Medicine: the Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance*.

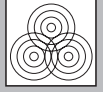
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These special copies are available only from the Resonance eStore.

To order your signed copy today: email [Netta@ResonanceRepatterning.net](mailto:Netta@ResonanceRepatterning.net), call 1.800.979.1787 or order online at [www.ResonanceRepatterning.net](http://www.ResonanceRepatterning.net).



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: I have had an established, full-time practice and now all of a sudden my clients have stopped coming and my volume has dropped dramatically. Please help!**

**A:** First, I want to acknowledge that this can be one of the most challenging situations for any-self employed person to experience. I have been through this twice in my 7 years of practice and I want to assure you that this situation is temporary. Use the Resonance Repatterning system so you can maintain your center of equilibrium and be fully where you are. Accept that things are changing and that you and your practice are in a process.

There are many reasons why one's practice can drop off, and most likely it is a combination of things. The first place to look is within. Take an honest look at your practice and your motivations for doing this work. Is there an aspect that is out of balance? Is your practice the main focus of your life? Do you leave room for personal relationships and social activities? Do you take time to nurture and recharge yourself? Are you driven by unconscious fears of not having enough? Needing to fix things? Needing to feel needed?

We know from new physics that entropy and disintegration are not inevitable. The natural way of the universe is expansion and growth and we, too, are geared for expansion and growth. Within this ever-expanding process

there are cycles within cycles and a natural rhythm of expansion and contraction. We see this in nature when the tides ebb and flow, the moon waxes and wanes, the harvest of autumn gives way to the "dead" of winter, to be reborn in the springtime. We experience this cycle in our rhythms of waking and sleeping, eating and elimination. There is the inflow and the outflow. Sometimes this flow is very subtle and sometimes it is more dramatic, making the contrast more noticeable.

Here are some more things to consider:

You may be in a growth phase, making a quantum leap, and need this time-out as you integrate to your new, higher level of coherence. I experienced this just after I had become certified. Once I received my certification, all of my clients stopped. I went two months without a single client. My certification process was a time of intense and rapid growth. When I came home from doing my final observation my husband commented that I was different, that I had changed energetically. I made a quantum leap that night which took me months to fully integrate.

This happened again a few years ago when I went through a period of processing intense grief from my childhood. For three months my client sessions dropped down to about two a week. I needed that time to focus on my own healing. I came away from this time-out with a new vision for my practice and the kind of people I wanted to work with. In the months that followed, some of my old clients returned and I attracted many new clients who were an energetic match for my new, higher level of coherence. This healing process strengthened me energetically so that I could be present for my clients in a deeper way than before.

This is the perfect opportunity for you to think about what you would like to change about your practice and how you do business. For example, are you

happy with the rates you are currently charging? When business falls off, your initial impulse may be to think about lowering your rates. It seems counter-intuitive, but this may be the signal that it's time to raise your rates. When you set your rates you are defining an aspect of the energy exchange between you and your clients. If you feel that you are putting out more energy than you are getting back, this creates relationship non-coherence. Restructuring your fees can help bring your relationship with your clients into balance, creating relationship coherence.

As Certified Resonance Repatterning Practitioners part of our job is to continue moving up the spiral of coherence and growth. Usually this is a gradual process and our clients, through their sessions with us, move up the spiral as well. When we make a quantum leap, our frequencies may shift so dramatically that we may no longer be an energetic match with our current clientele. This may bring us into the completion

*(continued on page 10)*

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



**Proxy Programs Starting in May, 2007**

Take a multi-dimensional approach to feeling fully nurtured and supported on all levels. Move into resonance with creating vibrant health and abundance!

Elizabeth Tobin, JD  
Certified HR Practitioner

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# ■ HR PRACTITIONERS ■



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

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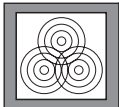
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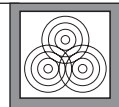
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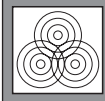
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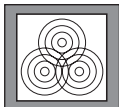
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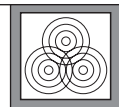
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Everything radiates a frequency: your thoughts, your backpain, your feelings of lack or abundance. The frequency patterns you unknowingly resonate with shape your experience of life.

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You can change the frequencies you resonate with and change your experience of life for the better... the purpose of the Resonance Repatterning system.

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[www.ResonanceRepatterning.net](http://www.ResonanceRepatterning.net) Schedules/Seminars, Schedule 2007

# Moment of Discovery

By Chloe Faith Wordsworth

In my early career as a healthcare practitioner, I used the on/off muscle checking response of my finger muscles to explore which modality a client needed. I had not yet made the connection that our kinesthetic sense naturally mediates not just physical nerve impulses and meridian energies, but other frequencies as well.

## The body knows

A breakthrough moment came when I was working on an eight-year-old child I'll call Tommy, who had cerebral palsy. Since birth, his legs had been crossed over each other and his elbows bent and locked to his rib cage. His fists were tightly closed and he couldn't speak. Each week his mother would carry him in and place him on my massage table. I would do Polarity Therapy and Cross Fiber Therapy on him, in an attempt to release the intensity of his muscular contractions.

One day, with his mother's permission, I decided to experiment with muscle checking. Could I use the on/off muscle response of my own fingers to learn more about what his body-mind needed? I began to question exactly what he might need, using the on/off, strong/relaxed response of my finger muscles to let me know. Yes, this supports Tommy's system or No, this does not support Tommy's system. Muscle checking indicated that he needed a particular Polarity contact—cupping my fingers in front and behind his ears and slowly rotating both his ears for ten minutes. I knew, theoretically, that this was a wonderfully relaxing Polarity contact, but generally I would only hold the contact for about a minute. Ten minutes was a long time!

Breathing slowly and deeply I began the rotation. Tommy's

mother and I watched in silence. After about five minutes we could see his body relaxing. And then slowly it happened: his arms began to open. Bit by bit, over the final five minutes of the ear rotation, they opened until his arms were lying, almost flat, on the table.

Tommy's arms returned to their tightly bent position as soon as the session was over, but Tommy, his mother and I now had a felt sense of what was possible. Equally thrilling, his body-mind frequency field knew what modality he needed in that moment for his arms to open. Similar sessions followed, all with differing modalities. Gradually his arms began to stay open until, some months later, Tommy was able for the first time in his life to hold a spoon and feed himself.

This was the power of the kinesthetic sense accessed through muscle checking. Tommy's system always knew exactly what he needed. Because we are all parts of the universal hologram, indivisibly connected and unified, I was able to use kinesiology – my own on/off muscle response – as a tool to pick up the electrical messages from his autonomic nervous system and verify which modality he needed for his self-healing.

Now I knew there was a natural connection between the body's nervous system, the subtle energies it responded to, and the muscles it fired. What's more, I could use kinesiology to access that response, that inborn sense, in support of another person's self-healing.

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Congratulations to Our Newly Certified Practitioners!

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Master's Degree in Counseling

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

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In this 8 week TeleSeminar, Victoria Benoit will facilitate discussion among peers to support each other in our role as practitioners. This is an opportunity to share challenges, ask questions about the remote corners of the Resonance Repatterning System, connect with peers for mutual support and also be repatterned for the issues we have in common. A total of 16 hours for 16 CEU's would meet the annual re-take requirement.

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Early This Spring.

Register early to reserve your space.

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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!

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*"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."*

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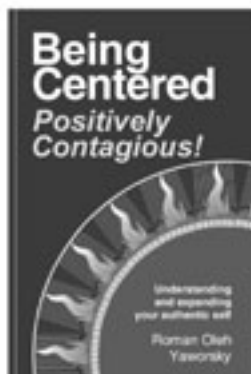
"Helping You Create the Life You Love"

### There are two directions for healing.

One direction asserts the need for individuals to learn to adapt or to become whole within the framework of society. The other, establishes the need for the individuals to find their authentic self before re-entering society. The path of adaptation is artificial; the path of re-connection is vital and very real. Often the choice is made, as with most things in life, on the basis of fear and ignorance of one's true nature, and a life lived from fear has really not been lived at all.

In order to break this spell, we need to wake up to the experience of living through our hearts, soul and spirit. This book is a journey towards that heart. It is a journey I have taken, and it is a journey that I now share. It is a journey towards being centered.

When you are centered, when you are in your heart, you are alive! Not only are you alive, but you inspire others to be alive. Aliveness is contagious! It is what everyone seeks, even if they don't know it. The aliveness that comes from being fully in the moment, fully in your own joy, is priceless. Yet, in its immediacy, it is always present. We search for it in the things around us, but it is present when we find ourselves... It is only a heartbeat away.



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**A book that offers a very different perspective for healing and your personal journey of transformation. It asks two basic questions:**

***How did you lose your authentic self; your uniqueness, joy and power?  
And how do you get it back?***

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## Being Centered Positively Contagious!™

by Roman Oleh Yaworsky

It is difficult to regain our core and our center through intellect, will and intention alone.

---

This book is really about a short cut.

---

That short cut is through the heart. When we return to our connection with our own heart, it takes us closer to our core, and we become centered. Then our courage and joy shine to others. This process is contagious.

This book takes a very practical approach to regaining your heart. It gives you the opportunity to discover where that connection may have been weakened and it offers you the tools and means to regain the fullness of your joy, will and power. And it takes you through the process, step by step.



**Lauren Johnston O'Connell, Resonance Repatterning® Practitioner, Austin, Texas**



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

**LJO:** I started receiving RR from Nancy Crossthwaite after a friend's husband had a huge shift around finances as a result of his sessions with her. I didn't ask for any details, nor did I care, at that time, to understand the process. But I knew I had to do something to change the way I was reacting to life. I was able to see things in a positive light when everything was going well, but the minute there was something that seemed to "happen to me," I couldn't deal with it in the same positive way.

I didn't realize at the time I was in denial about having any power over my life; I didn't take responsibility for the beauty I was creating, nor was I acknowledging my part in creating the negative. What was not apparent to me at the time was that there was a lot of unconscious negativity buried inside of me. RR helped me achieve clarity, realizing what I wanted to create in my life; in the process all the negative stuff surfaced and I was able to clear it in order to align myself with that which I intended to manifest. RR made it easier to go through this transition.

**HRJ: What is your education and background?**

**LJO:** After a few college level classes in small business management and drama, I decided I wasn't interested in the college life. I spent seven years in the restaurant/bar business, then, on a whim, went to cosmetology school. I started working as a hairdresser at a small shop, but quickly realized I didn't like working for other people. I opened my own hair salon, which I ran, solo, for 17 years. I loved working alone—just me and my client. It wasn't until my RR practitioner became ill and I was unable to see her that I considered learning RR for myself. I started taking RR classes, but I didn't intend—at least not consciously

—to make a career change; I was simply learning to do the work on myself. I liked doing hair, yet, when asked to do a session on my acupuncturist, I felt drawn to helping others through RR. Before I knew it I had built a nice size RR clientele. This year I retired from doing hair after finding the perfect hairdresser to take over my clients. I still earn half my income managing the salon, which gives me the freedom to pursue my passion and purpose.

**HRJ: What does RR mean to you?**

**LJO:** RR means the world to me; it changed my life, guiding me to my passion and purpose. I believe it is the system that will profoundly change the world as we know it and assist us in making the paradigm shift that the planet needs. This shift is inevitable, and with RR I am certain it will happen coherently and with grace instead of with needless struggle. My motto is: "Work on your self and the world will shift." My favorite quote is by Gandhi who said, "We must be the change we wish to see in the world."

**HRJ: How do you apply RR with your clients and in your life?**

**LJO:** I do RR sessions with my clients based on Chloe's materials and have had great success facilitating my clients to a higher level of well being. I love being of service to people and RR makes it easy and fun to do. I apply RR daily, doing at least a modality, if not an entire session, on myself to keep me clear, coherent and energized. It's like having a cup of coffee to get you going, but is much better for you and the buzz lasts longer.

I believe that doing sessions on myself is what has attracted constant new clients to me. My relationships have greatly improved, especially my relationship with my husband. If I am feeling stuck or find myself in a blaming mode, I do a session and quickly find the clarity I need to take positive action. RR has helped me

to fully appreciate my life, my work and my relationships. The state of appreciation is where we are most connected to our Higher Self, and that is where we have the most profound experiences and extraordinary outcomes.

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

**LJO:** Yes, sessions with my client Ruth over a period of a year have been most valuable for both of us. We committed to working together every other week for one year and she met her partner a month later. Ruth also referred everyone she knew to me, and my practice flourished. My confidence grew, and I realized there is nothing I can't do, including writing a book, which we are currently working on, and we expect the manuscript to be completed by early next year. I believe that the sessions with Ruth have been a springboard, teaching me that anything is possible.

**HRJ: Do you have a vision of the future of RR?**

**LJO:** Writing this book, with the goal of propelling RR into the mainstream, is my vision. I feel deeply that people would benefit profoundly from the practice and that they should know that it is available. People need to know there is an easier and more satisfying way to do their personal work, and that doing this work is what will change the world, making it a beautiful more fulfilling place in which to live.

*Lauren Johnston O'Connell is a Resonance Repatterning Practitioner in Austin, TX. She can be contacted at [lauren.spot@gmail.com](mailto:lauren.spot@gmail.com) or 512-472-5101*



# Treasurer's Report: Financial Overview for 2005-2006

## Reflections on Where We've Been and Where We're Headed

Submitted by Ellen Shapiro, CPA, MBA, HRA Treasurer

**W**hy bother with financial statements if you're not an accountant? The HRA Board is legally required to report to you on finances, but beyond that, the financials tell us where we've been and are useful in pointing us where we need to go.

As you can see from the statements on the facing page, the HR Association operated at a loss in 2006. Our bottom line (income after expenses) in 2006 was down about \$10,000 from 2005. The main reason for this is that our teleseminar series with Ardis, which was offered twice in 2005, generated a significant bump up in income for 2005. Also some of the expenses associated with that weren't paid until 2006.

Also, note that our printed, mailed HRA journal, which is indeed beautiful and a highly valued membership benefit, uses up about 1/3 of our entire operating budget. I think we all enjoy it, but from a fiscal point of view, it's kind of like driving a luxury car when you're living on a student budget! In 2006, one of the issues was created online only—saving much of the costs. The truth is we really can barely afford it—and the Board has discussed switching to an online only or less than 4 print issues per year.

Overall, at this level of operations, and with 4 printed journal issues a year, our membership dues just barely sustain us. I hope you can see why we really do need you to pay them, and why a dues increase was needed this year. In order to operate at a more comfortable margin and create some operating reserves (money in the bank), we need to either grow our membership and/or find other ways to increase our revenues.

Our other growth goal which necessitates increasing our revenues is that we also want to purchase membership software that will ensure continuity, automate and save a very time consuming part of Josephine's weeks, so she can be freed up to provide more direct membership service and get involved in other new and more expansive projects.

The teleseminars are a vital way of generating revenue—and we need other creative ideas, too—please put on your thinking caps and share your ideas! How else can we serve our members in new ways that can generate revenue for us?

On the expense side, we paid more in administrative costs in 2006 as well...this reflects a full year of salary paid to our wonderful administrator, Josephine Rovari, who came on board midway through 2005.

It is a tribute to our increased automation and the efficiency of our virtual operations (thank you, Carolyn Winter and Josephine!), and the services provided by our volunteer Board, that we are handling the business of the Association well—with an outlay that is 2/3 less than what used to be paid to a full time administrator. (Operating as we do, however, means that so far, we have not been able to have live conferences, a key part of the previous administrator's job)

We've come a long way in just a few years in terms of stabilizing operations, and creating a solid foundation for our Association. Now, in order for the HR Association to serve you better, and develop new initiatives...we need YOU. Yes—the HRA needs you to pay your dues—on time. It goes far beyond that, if we are to thrive and prosper as an organization, and as individual practitioners.

Please participate in teleseminars—and suggest new ones that you'd like to see. Also, we welcome your ideas on new ways to serve the members and promote our work. Ideas are always welcome, and if you also have the time to help implement those ideas through committee work or serving on the Board—usually it takes far less time than you'd think—please let us know.

Share your inspiration, step forward with your love and enthusiasm for this amazing work we do...Resonance Repatterning. Each one of us can make a difference...remember the butterfly effect. As you offer your ideas, money, and talents to the HR Association, you help RR reach more people and create a ripple of positive change in the world.

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### Practical Advice *(continued from page 8)*

life-cycle in our relationship with our clients. You may be in a completion phase and have not yet moved fully into your new beginning. This letting go may be necessary in order for you to move to the next level in relation to your practice.

Building a thriving practice is not an end in itself. Sustaining your practice can be a process that takes you to your growing edge. Divine timing is always

at play and moving in rhythm with the natural cycles is our challenge and our opportunity. When the universe gives you an imposed time-out take this opportunity to focus on your life as a whole. Too often, we go into panic mode and do not recognize and enjoy the gift of time that we have been given.

*Elizabeth Tobin, JD is a Certified Resonance Repatterning® Practitioner who earns her livelihood through her full-time HR practice. Geographically based in Boston, MA, Elizabeth serves an international clientele. If you would like to comment on this article or have a question that you would like to see answered in the HRA Journal you can email Elizabeth at et@megaHRgroups.com.*

*P.O. Box 215  
Boston, MA 02131  
617-469-2930*

**Holographic Repatterning Association  
Profit & Loss  
January through December 2006**

|                               | <u>Jan - Dec 06</u> | <u>Jan - Dec 05</u> |
|-------------------------------|---------------------|---------------------|
| Ordinary Income/Expense       |                     |                     |
| Income                        |                     |                     |
| Conference income             | 600.00              | 1,900.00            |
| Membership dues               | 30,096.00           | 26,602.32           |
| Sales-HRA Journal advertising | 0.00                | 562.00              |
| Sales-Teleseminars            | 4,500.00            | 14,180.00           |
| Sales-Teleseminar 2 ( rdis)   | 0.00                | 0.00                |
| Total Income                  | <u>35,196.00</u>    | <u>43,244.32</u>    |
| Cost of Goods Sold            |                     |                     |
| Conference Costs              | 1,189.50            | 0.00                |
| Total COGS                    | <u>1,189.50</u>     | <u>0.00</u>         |
| Gross Profit                  | 34,006.50           | 43,244.32           |
| Expense                       |                     |                     |
| Accounting fees               | 325.00              | 525.00              |
| Administrator fee             | 11,610.00           | 7,949.50            |
| Audio/Recording costs         | 99.00               | 105.00              |
| Banking fees-general          | 358.64              | 262.19              |
| Banking fees-merchant account | 556.48              | 706.31              |
| Business Gift                 | 87.72               | 0.00                |
| Computer software             | 651.58              | 0.00                |
| Foreign currency exchange fee | 91.16               | 27.13               |
| HRA Journal-printing & dist   | 4,568.99            | 8,490.70            |
| HRA Journal-design & layout   | 5,445.00            | 5,445.00            |
| Member communication          | 189.99              | 546.00              |
| Merchant account discount     | 265.39              | 535.84              |
| Office Expense                | 2,154.12            | 953.92              |
| Office Supplies               | 739.90              | 247.46              |
| Postage                       | 496.34              | 644.13              |
| Printing & repro              | 759.83              | 205.47              |
| Registration fees             | 20.00               | 149.00              |
| Rent Expense                  | 750.00              | -                   |
| Rental expense-postage meter  | -                   | 28.08               |
| Teleconferencing              | 99.00               | 2,006.66            |
| Telephone                     | 2,115.01            | 1,822.78            |
| Teleseminar teaching fees     | 3,731.40            | 3,775.47            |
| Web Hosting                   | 324.34              | 224.55              |
| Website/webmaster             | 830.43              | 1,026.34            |
| Total Expense                 | <u>35,271.32</u>    | <u>35,476.53</u>    |
| Net Ordinary Income (loss)    | (2,264.82)          | 7,767.79            |
| Other Income/Expense          |                     |                     |
| Other Income                  |                     |                     |
| Manuals/reprints/misc income  | -                   | 329.00              |
| Total Other Income            | <u>-</u>            | <u>329.00</u>       |
| Net Other Income              | -                   | 329.00              |
| Net Income                    | <u>(2,264.82)</u>   | <u>8,096.79</u>     |

**Holographic Repatterning Association  
Balance Sheet  
As of December 31, 2006**

|                                 | <u>Dec 31, 06</u> | <u>Dec 31, 05</u> |
|---------------------------------|-------------------|-------------------|
| ASSETS                          |                   |                   |
| Current Assets                  |                   |                   |
| Checking/Savings                |                   |                   |
| BUSINESS CHECKING               | 6,550.71          | 9,915.53          |
| Total Checking/Savings          | 6,550.71          | 9,915.53          |
| Total Current Assets            | 6,550.71          | 9,915.53          |
| TOTAL ASSETS                    | <u>6,550.71</u>   | <u>9,915.53</u>   |
| LIABILITIES & EQUITY            |                   |                   |
| Liabilities                     |                   |                   |
| Loan Payable to Chloe           | 2,928.03          | 2,928.03          |
| Payments to Chloe               | -1,700.00         | -600.00           |
| Total Other Current Liabilities | 1,228.03          | 2,328.03          |
| Total Current Liabilities       | <u>1,228.03</u>   | <u>2,328.03</u>   |
| Total Liabilities               | 1,228.03          | 2,328.03          |
| Equity                          |                   |                   |
| Opening Bal Equity              | -456.44           | -456.44           |
| Retained Earnings               | 8,043.94          | -52.85            |
| Net Income                      | -2,264.82         | 8,096.79          |
| Total Equity                    | 5,322.68          | 7,587.50          |
| TOTAL LIABILITIES & EQUITY      | <u>6,550.71</u>   | <u>9,915.53</u>   |



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Correction to Practitioner  
Interview byline in the  
February, 2007 issue:  
Kathy Kulaas, LMT, Certified  
Resonance Repatterning  
Practitioner, St. Petersburg, FL

# Attention All Imperfect Human Beings— Consider Serving A Term on the HRA Board!

Grow your own skills and confidence, and contribute in a positive way to the growth of Resonance Repatterning®.

Surprisingly, many of you who are very committed to repatterning work don't realize that you are already qualified to serve on the Board..and that you can play an active role in shaping decisions around things like marketing, continuing education, certification, membership benefits, etc. in just a few hours a month.

Besides speaking English, being able to dial a telephone, and have some basic e-mail skills, there is no other particular career background required to serve on the Board. You would need to be willing to be involved in group decision making via our monthly conference calls, and enjoy growing your teamwork skills in an atmosphere of respect, camaraderie and coherence. It would help if you care about seeing yourself and other practitioners succeed in your practice. Most of all you would ideally also envision our work becoming an even larger force for good on the planet—and seeing that as something you want to be involved with.

Here is what Board members had to say about their experiences in serving on the HRA Board.

“Being on the board has helped me to see how the Association looks out for, and supports, Resonance Repatterning practitioners. From the student practitioner to the certified practitioner, the board has ambitious ideas and many of them have been put into action. It's been a pleasure to work with such creative practitioners and I am honored to have been part of this journey.”

—Karen Kent, MSW, LCSW

“Of all the boards I have served on, this one has been the most rewarding. It is a unique opportunity to be involved in governance using the RR process and a model for what is possible in other organizations. Serving on this board has also given me the opportunity to develop new skills in surprising and enjoyable ways.”

—Crystal

“It is an honor and a joy to be a member of the HRA board. I love being “in on” the plans and actions. I am wiser and more experienced because I volunteered to do things—such as interviewing for the RadioCast. The board members really enjoy being with each other. Because we use the RR process during our meetings, we achieve extraordinary level of coherence.”

—Sally Herr

“Being able to serve with a wonderful group of fellow practitioners has given me much more than I have given. I take from this experience more self awareness, personal coherence, and more relationship skills than I had before. Anyone who plugs into this group really enables our organization to spiral to a higher level. Through our collective intentions and efforts we can accomplish so much more, and this is an invaluable thing for me to have experienced firsthand.”

—April

We hope this will inspire you to put your name forward, or nominate someone else you feel would be an asset to our organization and who would be willing to serve. If you cannot commit to being on the board conference calls, you can still be of great help by serving on a committee. The main committees in need of new members are: a) membership outreach b) certification and c) continuing education.

**If you are interested, please let us know as soon as possible and no later than May 31st by phone at 800-685-2811 or e-mail to the Board President, Carolyn Winter at [hra@holographic.org](mailto:hra@holographic.org).**

## Further information on Board Member Responsibilities

What is expected when you are HRA board of directors? The following is to help all members understand what is involved in board governance and how a small amount of time over a 2 year period can make a valuable and fulfilling contribution to your professional career as a Resonance Repatterning practitioner.

**In General** – Collectively the board provides the organization with leadership by making informed decisions that meet legal obligations and abide by the values and philosophy of the organization. In general board members are asked to:

- Be familiar with the Bylaws of the organization, short/long term plan, vision statement and values
- Attend board meetings regularly, preparing for each meeting by reading the relevant email correspondence and reports
- Ensure that we are meeting all legal requirements for operating as a trade association – i.e. filing taxes, annual registration, etc.
- Help operate the association with integrity, coherence and accountability to members.
- Help to create an association of empowered members looking for ways to involve members in decision-making where possible or necessary.

**What Happens at A Board Meeting?** Board meetings occur monthly by teleconference call and last about 2 hours. Each meeting is opened with an orientation from the Resonance Repatterning system by our resident repatterner and we close the meeting the same way. In between meetings, members submit their issues and intentions to the resident repatterner (currently Victoria Benoit) for a group proxy session. This is a very unique aspect of our meetings that sets us apart from other boards. Everyone agrees that the repatternings contributes to wonderful meetings.

The work of the board is generally carried out by individuals or committees, so that when the board meets we spend our time evaluating their recommendations and make final policy and key operational decisions. Typical decisions made at our meetings include:

- A review of finances and administrative statistics that report the health of the organization compared to our operating plan
- Approve an annual operating budget
- Review the year end financial report and report this to the membership
- Record and approve minutes of each meeting

- Host an annual meeting

**Routine Decisions Arising From Committees:** To make sure an item is fully studied or investigated, an area needing a decision is typically assigned to a committee of 3-4 individuals or a board member does some work in advance of the meeting. Here are some of our main committees and their responsibilities together with decisions that are then delegated to the board.

| <b>Committee Work</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Board Responsibility</b>                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Continuing Education Committee:</b></p> <ul style="list-style-type: none"> <li>• Survey members (ongoing) for teleseminar topics of interest</li> <li>• Consolidate feedback and make recommendations to the board on topics and contracts with instructors</li> <li>• Report on evaluations of each seminar offered by HRA</li> <li>• Collect information on Allied Modalities for board approval</li> <li>• Organize RadioCast interviews of interest to the membership</li> </ul>                        | <ul style="list-style-type: none"> <li>• Approve teleseminar topics and contracts for the following year</li> <li>• Review and approve proposed allied modalities for the year ( 1-2 meetings per year only)</li> <li>• Review and make suggestions for RadioCast interviews</li> <li>• Review seminar evaluations</li> </ul> |
| <p><b>Membership Committee:</b></p> <ul style="list-style-type: none"> <li>• Continually collect feedback from members (online form) and report back to the board quarterly with recommendations arising from feedback</li> <li>• Propose new membership fees for approval by the board</li> <li>• In conjunction with the board secretary and administrator, plan the next virtual annual meeting and conference</li> </ul>                                                                                      | <ol style="list-style-type: none"> <li>1. Receive and review membership feedback from committee</li> <li>2. Review and approve: <ul style="list-style-type: none"> <li>• New membership fees</li> <li>• Fees and plan for annual meeting</li> <li>• New policy recommendations from the committee</li> </ul> </li> </ol>      |
| <p><b>Certifying Board:</b></p> <ul style="list-style-type: none"> <li>• Receive and review recommendations for certification and approve within guidelines</li> <li>• Propose new policy as needed to the HRA board</li> <li>• Review and revise the manual as needed</li> <li>• Communication with students, teachers and the institute as needed</li> </ul>                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Annually endorse the decisions made by the certifying board on behalf of the HRA</li> <li>• Review and approve any new arising policy recommendations</li> </ul>                                                                                                                     |
| <p><b>HRA Journal Committee:</b></p> <p>The journal continues to be our valued form of communication throughout our community. This year the committee is looking at ways to obtain more articles from members, determining the topics and themes for the journals over the next 8 issues and identifying the information that members would most like to read about. The committee will be formalizing its roles and functions. We will need columnists, reporters, editors and most of all feature writers.</p> | <ul style="list-style-type: none"> <li>• Decide on withholding the print version of the journal as needed due to funds</li> <li>• Review and approve any policy recommendations</li> </ul>                                                                                                                                    |

**New Projects -** In addition to the routine decisions made by the board are decisions related to new projects and projects that are part of our long range planning or have been brought forward by members. Here are some of the new things on the board agenda:

- Renaming the Association
- Establishing an annual process of approving allied modalities

- Establishing Cluster group conference calls ( see membership above)
- Review and update the annual plan for the following year.
- Review transition concerns with the phasing out of the Level 1 Membership category
- Review concerns from members living outside USA/ Canada

*(continued on page 14)*

Board of Directors New Projects *(continued from page 13)*

The work of the board is supported by a part time administrator Josephine Rovari, who maintains membership records, manages the mail, phone enquires, email, processes certification applications and provides other administrative support.

In the best selling book *“Blink” the Power of Thinking without Thinking*, author Malcolm Gladwell gives a riveting account that explains how even if we aren’t experts, we already possess knowledge and that it is at our finger tips—if we are free of our limiting beliefs. He is of course speaking about the amazing decisions we make when we are coherent and the fact that in this interconnected world we have access to all knowledge. In this respect, all board members arrive already well-informed and more than able to make decisions on behalf of the membership. Our commitment to repatterning, makes all of our decision as coherent as possible.

The power of a trade association is that it gives its members credibility by virtue of setting standards for certification, and maintaining a registry of certified members. Furthermore a trade association can be pivotal in promoting the work of its members, creating a favorable business environment for its members, and support its members through networking activities. The real power of a trade association is held with each member who acts on the potential and contributes through participation on a committee, a project or the Board of Directors. All contributions define and strengthen our profession and contributes to the success of each one of us.

The question is are you ready to act on the organization’s potential and become part of an exciting group that creates initiatives and makes decisions that spiral all of us to a higher level of professional coherence? If your answer is yes, please contact any of our board members or myself to discuss next steps.



*On behalf of  
all the HRA members we send  
heartfelt congratulations to  
Chloe F. Wordsworth  
on the release of her inaugural book  
Quantum Change Made Easy*





## The Holographic Repatterning™ Association Together we are more!

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

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

#### Governance:

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

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

#### Membership Services:

The focus of membership is to find new ways of connecting with members and responding to membership needs. In the coming year we will be looking at how to set up regional cluster groups teleconference calls, set up an annual survey of members, and survey members on changing the name of the Association. We will also look at how to better connect with teachers and provide information about classes in the Association.

#### Programs:

**ELearning**—This year we have confirmed two TeleSeminars for members. The recently completed **“Marketing RR from the Inside Out with Ellen Shapiro.”** Beginning October 10th we will offer **“Peer Mentoring” program with Victoria Benoit.** Watch your email “InBox” for details.

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

**RadioCasts**—Visit the [www.hramembers.org/radiocastcenter.asp](http://www.hramembers.org/radiocastcenter.asp) webpage for the latest interviews or to sign up for participation in upcoming live recordings. One of our latest interviews is with Bobbie Martin on using resonance repatterning in the workplace. An archive page for all interviews from 2006 is also set up at the radiocast center page.

#### Special Projects:

**Renaming the Association**—visit [www.HRAMembers.org/news.htm](http://www.HRAMembers.org/news.htm) for the latest news on this topic.

**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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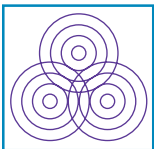
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