

# The HRA Journal

A publication of the Holographic Repatterning® Association



From the President . . . . . 3  
*Carolyn Winter*

Using Your Sense—of Smell . . . . . 6  
*by Sally Herr*

Metal Element—The Connection . . . . . 10  
*by Michael Fisher*

Living the Five Elements . . . . . 14  
*Compiled by Kimberly Rex*

Certification Corner . . . . . 17  
*by Victoria Benoit*

Practitioner Interview - Jennifer Wolfe . . . . . 20  
*Interviewed by Sally Herr*

Great Ideas . . . . . 22  
*by Sally Herr*

Practical Advice. . . . . 23  
*by Elizabeth Tobin, JD*

Attracting Clients Through Volunteering. . . . . 27  
*by Bobbie Martin*

What is of Value to You? . . . . . 29

From the Board: Proposed Code of Ethics . . . . . 31

New Membership Feature. . . . . 35

2009 Teleclass Schedule & New Classes . . . . . 38

Certification Team Thanks Students . . . . . 40

Link to Directory of Certified Resonance  
 Repatterning Practitioners . . . . . 40

World Peace Hologram. . . . . 43

Upcoming Events . . . . . 46

Virtual Conference . . . . . 47

**Cover Image**

The cover photo of this issue of the Journal alludes to Metal Element, represented by stone. Coherent qualities of the Metal Element include truth and what we value, such as the colors of Autumn. For more on the Metal Element, please see the articles by Sally Herr, Michael Fisher, Kimberly Rex, and Victoria Benoit, as well as the article "What is of Value to You?"

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## From the President

Carolyn Winter

Opportunities to exercise and expand your professional presence are flowing once again in this edition of the Journal.

**W**e have known for sometime that a review and rewrite of our Ethics policy was needed as one last official piece to becoming a professional organization with a certification process. Our thanks to April Smith-Gonzalez who headed up the ad hoc committee of Richard Garrett, Michelle Garrett, LaDeane Fenton, who have provided the board with a two drafts of the policy and process to consider. They have used standard models for this type of policy but, as you know, Repatterning Practitioners break all the molds for old models. Our ethics policy may be no different. As you become familiar with the policy and its implications for your practice, you will have, I am sure, your reactions, questions and suggestions. We all need to take the time to review this policy, become informed and exercise our professional judgment for what is needed. Read April's article in this Journal and participate in the teleconference calls we will be scheduling around this topic.

**Our World Peace Hologram program for 2009** is taking wonderful shape with 48 different practitioners offering a session next year including a session by the founder of Resonance Repatterning Chloe Wordsworth. Twelve Monthly teams of practitioners have each selected a theme for their month, and individual sessions. The first half of the year, we have our weekly topics focused on themes contributing specifically to inner peace — family, career, health, money etc. and the second half of the year focuses on world peace with themes including basic life need, a green planet and world events. Program participants have the opportunity to submit their specific information online, track changes in an online journal, and, starting in 2009, contribute to a monthly opinion poll we hope will track the changes we have created with WPH.

The printed calendar goes on sale this month and is an opportunity for each practitioner to promote themselves, and the larger Resonance Repatterning community. That is just the beginning! With a calendar of commitment in place we now have the marketing messages in place that the association can now promote to the public and our subscribers.

Please join me in acknowledging Kimberly Rex for organizing the printed World Peace Hologram calendar for 2009, for pulling all of us together to talk with one another, to collaborate on this project and supporting all of us in having a professional presence in the movement for peace worldwide. Post your acknowledgements at the blog: <http://www.WorldPeaceHologram.wordpress.com>

What is the new MY ACCOUNT feature? New features at: [www.HRAMembers.org](http://www.HRAMembers.org) now include the opportunity to update your own account record. If you have not already done so, please login and visit <http://www.HRAMembers.org/membership/MyAccount.asp>. You will be able to change your contact information, review recent payments, review your courses taken and add in your official Resonance Repatterning Institute courses, and certified members may activate the new web listing. We now have certified member listings that provide information on your services, languages spoken and other details. For a nominal annual fee, you may also obtain an enhanced web page listing that you can change as often as needed.

Our new web features also include the opportunity to set an annual professional goal that you can keep to yourself or share with peers in an online peer to peer repatterning program. Members at all levels are invited to repattern the group submissions for professional goals and intentions in several other categories including certification, practice, marketing and others. This will be a new feature at the website that needs 1 volunteer to help with co-ordination. Does this speak to you? The volunteer(s) would be working with me personally to develop this new area of the association web site.

Professional presence is much like the leadership energy Chloe spoke of in her October 2008 newsletter. Connect to your own inner source to ignite your professional presence. Set your professional goals to activate your inductor and set the current flowing. Build your capacitor for professional presence by being out there, by contributing,

by getting involved, by solving problems that need attention and that benefit others. The energy will always come back to you in ways you could never have predicted. Do what you can but don't drain yourself or your resources or hoard your resources. By the same token, act on your professionalism by encouraging others to participate and share in creating a community of presence for Resonance Repatterning.

Take advantage of all the opportunities your Association offers you to build your own professional presence with your Resonance Repatterning practice. In this journal you will find many ways to stay informed, involved and expand your awareness.

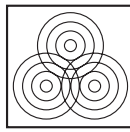
My thanks to the leaders among us who in recent months have contributed so much to make programs of this association available to you. In particular, Karen Kent for organizing next year's three teleseminars, to Kimberly Rex for organizing World Peace Hologram, and to all of the WPH team captains and volunteers who have made the calendar possible, to Sally Herr who continues to contribute dual leadership with the Certification program and the Journal, to all of our newest volunteers, Jennifer Wolf who has stepped in as secretary on the board of directors, Pat Martin of Texas who is serving on the Certification committee, to Jonathon Martin of BC and Nancy Martin of Rhode Island who have joined the Journal committee, and to Crystal Chissell who has resigned from the board after four years of active service.

*With love and light,*

*Carolyn Winter*

*President*

PS – Be sure to join us at the annual virtual conference on February 21 2009 with Chloe Faith Wordsworth as our speaker.



# Using Your Sense— of Smell

by **Sally Herr**, Resonance Repatterning Practitioner, Portland, ME  
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Each of the elements have a sense attributed to it. The sense of Wood is sight, the sense of Fire is speech and taste, the sense of Earth is taste, the sense of Metal is smell, and the sense of Water is hearing. This fall edition of the Journal is devoted to the Constitutional Acupuncture element of Metal and in this article I will review various ways in which clinicians can use the sense of smell in their work.

In Constitutional Acupuncture, there are four diagnostic signs:

- the emotion that has the most inappropriate expression in the person
- the color of the face
- the odor that emits from the body
- the sound of the voice, particularly a tone that is incongruent with the emotion being expressed. <sup>(1)</sup>

All of these signs, of course, are important and no single diagnostic sign should be observed by itself.

The sense of smell is a most primitive (in terms of origin) of senses. Even bacteria smell/taste their environment. The olfactory nerve has no barrier as it enters from the nose to the brain. At the same time, for humans, the sense of smell is not usually essential to our survival. As a result, we pay less attention to smell than we do to hearing, seeing and touch and therefore our sense of smell is not relied upon as much as other senses. If we place greater focus on smells, we can strengthen our ability to smell more keenly.

There are various ways that we can use the sense of smell in our diagnostic and therapeutic tool box:

### **1. Diagnosing the presence of a smell associated with an imbalance of an element.**

The sense of smell can be challenging. If we see a color, then look away, we expect to see the same color when we look back.

However, we become acclimated to smells very quickly, and what we smell when we enter a space is soon no longer noticeable.

Therefore, it is helpful to notice the smell of a person upon meeting them, as they first enter a room, or smell their coat as they remove it, for example. As with most skills, the harder we try, the harder it is to succeed, so relax in your efforts.

In Five Element Constitutional Acupuncture, the smells that are associated with each element are as follows:<sup>1</sup>

<b>Wood</b>	Rancid	Like rancid butter or cut grass. Slightly prickly to the nose and a bit musty at the same time.
<b>Fire</b>	Scorched	Like clothes coming out of a tumble dryer, the smell of ironing or burnt toast.
<b>Earth</b>	Fragrant	Unlike "fragrant" flowers. Heavy, cloying (too rich or sweet). A smell that hangs around the nostrils.
<b>Metal</b>	Rotten	Like rotting meat or a rubbish bin or garbage truck where many different substances are decomposing. Grabs the inside of the nose with tiny prickles.
<b>Water</b>	Putrid	Like a mixture of a urinal and chloride of lime. Can also be like stale wine, a tom cat's spray or bleach. A sharp smell.

## 2. Use of smells as powerful memory stimulants

Remember the smells of your mother's cooking as a child? As you recall the smell, an entire story might come to mind. Odors are powerful memory stimulants which can spontaneously cue emotions and earlier experiences. Research suggests that because of the uniqueness of the olfactory system with its direct contact to the limbic system and our emotions, stimuli are processed on an unconscious nonverbal level connecting the past with the present in a way very different from the other senses<sup>2</sup>. (The Limbic system connects the higher and lower functions of our brain and is called both the "Emotional Center" and the "Conscious System" of the brain.) Therefore mentioning certain scents or asking about odors during the discussion of an earlier experience can bring about a deeper awareness of feelings and emotions, allowing the client to feel the experience more directly.



## 3. Smells of an earlier experience can be held in our body—even as far back as childhood

As Resonance Repatterners, we understand that when experiences are too overwhelming to be immediately discharged, the memory or activation is held as frozen potency. This charge is held within the body until it can be skillfully released through the use of energetic approaches that access the wisdom of the body.

Sometimes included in the discharge that follows is a definite and recognizable smell or aroma within the room. On various occasions, for example, I have smelled ether during memories of birth. Another time, when a client was recalling the noxiousness of living in a womb of a smoking mother, the smell of cigarette smoke was emitted. Sometimes it is only the client who smells or vividly remembers the odor. At times, when I recall being very ill as a child, the physical smell/taste of vomit arises. Observing these odors can be very confirming in our work and they can be seen as a sign of releasing of old patterns.



#### **4. Therapeutic Use of Aromas**

The use of essential oils has been used since antiquity to address emotional and health issues. When a client needs a modality which includes an aroma it is very interesting to notice the client's responses. One can observe the subtle clues of a release in tension the client shows through the expression in the eyes and face, gestures, phrases and even sounds and movements made just before speaking.

#### **5. The importance of remaining Fragrance Neutral**

It is important to avoid wearing scents and fragrances during sessions, including the fragrances that are in skin care products and shampoos. Dry cleaning chemicals, laundry detergent and fabric softeners can also have noxious odors which may not be noticeable by the wearer. Such odors can subtly alter our mood. With the manufacturing of artificial fragrances with little regulations, these substances can have an accumulative harmful effect on us—especially to our limbic system, which has no protective barrier between the nose and the brain.

#### **6. Have confidence in your smelling ability**

In the book, *Surely You're Joking, Mr. Feynman*, Richard Feynman described a parlor trick of having someone hold one playing card, then place it back in the deck. He would then say that he was part bloodhound and could sniff out the correct card—which he could. Observers of this trick never believed that his ability to smell could possibly be that good, and they wanted to know how he really did this trick. I tried this trick and I, too, was successful in sniffing out the correct card. Trust your sense of smell. Develop it. It will support you in your work.

<sup>1</sup>. Five Element Constitutional Acupuncture by Angela Hicks, Hohn Hicks, Peter Mole (2004).

<sup>2</sup>. Annett, J (1996). Olfactory memory. A case study in cognitive psychology. *Journal of Psychology*, 130, 309-319.

# Metal Element – The Connection

By Michael Fisher,

Resonance Repatterning Practitioner, Vancouver, British Columbia



The Five Elements — Wood, Fire, Earth, Metal and Water — in Chinese Philosophy emerge from a primary cause: the Tao. The physical creation unfolds from this primal vibration, and creates the duality of matter or form. The Five Elements are associated with each of the 12 Meridians. While the Meridians are the real energy pathways, in our system the elements contain the characteristics and qualities that make us who we are. The Yin/Yang duality

becomes the Five Elements, each of which represents a vibrational pattern with its own Yin/Yang qualities. It is impossible to have one of the qualities without the other.

For the purposes of this article we are going to discuss the Metal Element connection to the other elements and ultimately it's own qualities as applied to Resonance Repatterning.

In creation or nature, as we have come to understand each of the elements, Fire controls or melts Metal, Metal is tempered or cooled by Water, Metal is contained in Earth, and Metal cuts Wood.

The Metal element needs the other four elements to sustain it and to find balance and harmony.

The Metal element frequency is connected to the Divine Father within and also to our Worldly Father. It is associated with Money, Security and Power. We learn how to value ourselves and others. Our Metal element needs acknowledgement.

In a session of Resonance Repatterning, a trained practitioner can quickly evaluate imbalances and determine what is needed to return the Body-Mind system to homeostasis, or balance, once more.

We all enjoy anecdotal evidence of the effectiveness of a session of Resonance Repatterning, so I hope that in the following two stories you will make the connection with how the Metal Element played into these two sessions. By coincidence, rather than by design, these two sessions have a further connection as it concerns a father and his son.

When I was still living and practicing in South Africa I received a call from a long-standing client, who had never had a session of Resonance Repatterning, to say that he was very worried about his son who lived and worked in Milan, Italy. Apparently, his son, a young man, had collapsed twice in the boardroom in his high-powered advertising agency, Saatchi and Saatchi. He was examined by the doctors who could find nothing physically wrong with him. Could I help? I explained that I did a discipline in which I could do a proxy session on his son, but I would need to have his son's permission to do it.

"I give you permission." "No, it doesn't quite work that way. I need your son's explicit permission."

So he arranged for his son to give me his permission and I further told him I would only give the results of the session to his son over the phone in Milan.

I did a proxy session and in my feedback with the son I told him that I had established that he was being affected by being surrounded by computers in a large communal office. The positive ions were draining his energy. Further, after an 8 to 12 hour day he was returning to his apartment and eating microwaved food, with its resultant side effects. He held onto the toxins. I also went on to explain certain emotional components that came up in the session: "I am judgmental of myself and others for not living up to the perfect ideal all the time. I cannot stand being wrong."

The son quickly agreed to what I had discovered at a physical level and I told him what the positive actions would have to be, but he didn't agree

that the emotional aspects applied to him. I did not argue but told him to keep me informed of his progress.

There were no further incidents of a health nature and about a month later, he went down to see his aunt on a farm in Tuscany, who offered to read the Tarot cards for him. She told him things that came up for him at an emotional level and he said "but that is what the man in South Africa told me."

The main thing was that the frequencies around what he was resonating with had changed and he was able to move on with his life.

A number of years later the father's companion told me that he was having great financial difficulties and wanted to sell his business as he had overextended himself. The problem was that for six months there had been no buyers. She was trying to convince him to come and have a session of Resonance Repatterning with me, even though my session with his son had been successful. Eventually he phoned me and in his usual forthright way he said "Michael what is this sh... you do?" I laughed and told him and he said, "Anyway just do it!"

I said, "No L... you must come and see me and we'll do a session." Now let me explain that this was a very worldly businessman with a travel business on two continents, London, Rome & Johannesburg. In other words what we call a "suit." Well dressed, sophisticated, who had lost his previous mistress to murder by a member of the Sicilian Mafia (but that is another story and perhaps I will submit that story to the Journal as she had also been a client of mine). I had previously treated him for elimination problems (Colon Meridian).

He made an appointment and I explained the process. His positive intention was he wanted to sell his international business for a substantial sum of money, but he also wanted to stay on as a consultant for a good annual salary. He was unable to clear his debts, and he worried about money (A Metal Element Quality.)

I always remember that his positive action after the session was to do free movement to "the forest pygmy" tape I had, which I gave to him.

I thought that he would never do this, but he was so committed that he did.

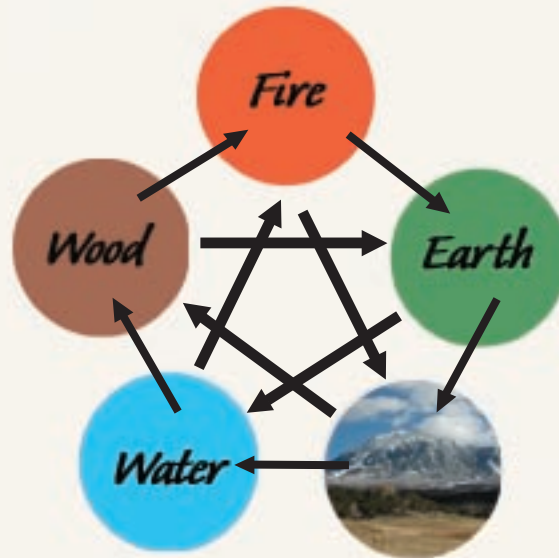
The session was on a Thursday and on the following Tuesday I received a phone-call that I will repeat verbatim: "Michael Fisher!" "Yes L..." "You are a (Expletive) Genius." "What are you talking about L...?" " No don't understand, you are a (Expletive) Genius." "What has happened?" "Well on Sunday, I had to fetch one of my important international clients from the airport, a very wealthy man and I took him back to my house for lunch. Over lunch I casually informed him that I had been trying to sell my business, without success."

"I'll buy your business," he replied "but I don't want to have to run it. I just want the travel perks." "Then and there we signed the letter of intent and I got exactly what I wanted."

I congratulated my client and assured him that I am only a facilitator in the process. He subsequently sent me a beautiful letter that I still have in my possession.

I hope you have enjoyed reading about these two incidents as much as I have enjoyed writing about it. The value of the Metal Element is in this work we call Resonance Repatterning.

*Michael Fisher can be reached at 604-264-9011 or [mefisher@healthy-life.ca](mailto:mefisher@healthy-life.ca).  
His website is: [www.healthy-life.ca](http://www.healthy-life.ca)*



## Living the Five Elements

Compiled by Kimberly Rex

Resonance Repatterning Practitioner, Bellingham, Washington

### Living the Five Elements: Fall

#### Metal Element:

**Coherent Qualities:** Metal Element coherent qualities relate to value and what we value, clear intellect, inspiration, respect, fathering, connection, letting go, breath, Divine purpose, money, appreciation, acknowledgement, and truth. The correlating internal organs are Lungs (Yin) and Large Intestines (Yang).

**Non-Coherent Qualities:** When Metal Element is out of balance we may feel a loss of spiritual connection, as though we are not connected to true value or resonate with a loss of value in our lives. Grief. Issues with debt, money, lack of appreciation, being in denial, or not completely truthful with something. Our connection to the vertical axis of spiritual connection may feel as though it is lost. We may find ourselves needing to resolve some father or fathering issues. When Metal Element is out of

balance, intellect might become more about perfectionism and judgement.

**Sense:** Smell

**Color:** White

**Foods:** Szechwan, Indian, pungent and spicy

**Sounds:** HEE Harmonizes the Yin Lung Meridian

**Consonant Meridian Sounds:**

**Lungs:** Q Divine connection and inspiration

**Large Intestines:** M Supports letting go

**Music and Sounds:** *Amazing Grace, Ave Maria; Elements Series* by Peter Kater, *The Four Seasons*: Alan Roubik, and John Rutter, *Gloria #13, The Lord Bless You and Keep You.*

**Herbs:**

**Lungs:** Comfrey, Elderberry, Flaxseed, Slippery Elm, Horehound, Licorice, Mullein

**Large Intestines:** Fennel, Flaxseed, Oregon Grape, Slippery Elm, Psyllium

**Aromatherapy:** Cinnamon, Cloves, Black pepper, Eucalyptus, Fennel, Ginger, Marjoram, Tea Tree, and Thyme

**Films that Illustrate Metal Element:** *Scent of A Woman* (values), *Quiz Show* (a loss of values), *A Man for All Seasons* (willingness to die for his values), *Dead Poet's Society* (artificial values), and *A Few Good Men* (empowered right values)

**Movement:** Tai Chi with a focus on breath and revitalizing our Qi/Chi.

**\*Movement for Metal Element:** Toning the HEE sound, feeling your physical lungs vibrating and becoming aware of the lung's capacity to release grief (emotional level), and to feel connected to the Divine within yourself and others, which enables you to expand your sense of self-worth and to value others.

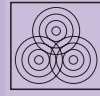
1. Inhale as you raise your arms in front of you to shoulder height with your palms facing the floor.
2. Hold your breath and bring your wrists to your chest. Make claws out of your fingers.
3. Exhale with a HEE sound, moving your "claw" fingers out in front of you at shoulder height. When your arms are stretched in front of you and you have no breath left, suddenly open your fingers.
4. With the HEE sound, be aware of releasing all toxins from your lungs and its partner meridian-the Large Intestine Meridian-and anything else that comes in the way of your self-worth and feeling connected to the Divine.
5. Slowly lower your arms.
6. Do three Harmonizing Breaths: Inhale through your nose, keeping your tongue on the roof of your mouth. Exhale through your mouth, relaxing your tongue on the floor of your mouth.

Slow, balanced, "spiritual" movements.

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*Material compiled by Kimberly Rex, MS Practitioner of Resonance Repatterning and Board Member for the Repatterning Practitioners Association, Board Chair for World Peace Hologram. She does proxy, in-person, and phone sessions for individuals and groups, gives telesessions, and works with both human and animal clients.*

Website: [www.windowstotheheart.net](http://www.windowstotheheart.net) Contact: [krexinbell@aol.com](mailto:krexinbell@aol.com)



## The Journey to Competency

**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: [Victoria@ExtraordinaryOutcomes.com](mailto:Victoria@ExtraordinaryOutcomes.com)*


**A**s the autumn leaves fall from the trees, it would be wise for us to allow our disappointments and judgments of ourselves for not being perfect, to fall away as well.

As with any journey, there can be bumps in the road. How do we respond to these bumps? Do we give up or do we persevere, learn about ourselves and then refocus on our positive qualities and the improvements we have made?

Autumn is the season of the Metal Element. It has to do with valuing ourselves and being valued. It has to do with having incisive intellect, inspiring others, being respected, feeling connected to our own Divine nature, as well as letting go of what we no longer need. It's also about holding a high standard and being a model of high values and ideals on how to live and interact with others.

As you are moving through your certification

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journey, towards being a professional there are high standards and competencies that are expected. This opportunity is unique in that we not only evaluate for knowledge or awareness coherence, which is doing the Modalities and the process of Resonance Repatterning® competently, we also evaluate for personal coherence and relationship coherence. Here are some examples regarding personal coherence.

**The Lung Meridian**, one of the Metal Element Officials, requires that you resolve issues of low self worth and feeling that others don't value and appreciate you. A lack of self-worth may result in certain compensations: an unnatural humility or projecting your self in ways that appear arrogant or driven by pride. This apparent arrogance, a cover for a sense of inadequacy, pushes people away and prevents them from appreciating who you are, your brilliance and what you are able to contribute.

**The Large Intestine Meridian**, the other Metal Element Official, allows you to let go of any negativity you are experiencing so you can be fully present. It challenges you to create closure on all unfinished business so you are able to resolve your issues as they arise in the present.

As you continue your journey, be aware of your own personal coherence and take action on resolving any unfinished business and get the support you need to shift your resonance, making it possible for you to open the space for more possibilities in your life.

**Next, here are some examples of relationship coherence regarding the Metal Element:**

**The Lung Meridian** has to do with a willingness to resolve issues with others, rather than the 'safer' Metal response of cutting off, withdrawing, becoming cold or putting up an "iron curtain" between yourself and others.

**Relationship coherence for the Large Intestine Meridian** requires that you are able to acknowledge, free of judgment, whatever comes up in the client's session and accept or allow it to be

as it is. This means you can handle what is apparently negative without losing your equilibrium. When your client's pain is activated, this Meridian supports you in being able to put to one side (to let go of) any similar pain that is activated within yourself, at least temporarily, so you can remain fully present for your client. Then after the session, you can proceed to get the support you need to clear the pain that got activated. Each time you do this, you will be able to take your clients even deeper on their next session.

**Some of the knowledge and awareness coherence** for the Metal Element is being confident with the muscle checking and explaining what you are doing during the session and answering your client's questions articulately. It's about being ok saying, "I don't know" while maintaining your sense of worth.

**The Lung Meridian** requires you to face failure and your inadequacy of being imperfect. It's about opening yourself to the value of receiving feedback and to the possibility of being inspired by feedback. Feedback is aimed to support you on your continuing journey of becoming a model and inspiration for others...someone who can hold a high standard and represent the Repatterning Practitioners Association.

So as you move forward having your observations for certification, remember to breathe. Know that within you already, is a Certified Resonance Repatterning Practitioner, and your journey is about chipping away everything that's not that. Have fun and know that all is well. Let your spirit guide you.

*Find out about Victoria's opportunities for Certification Mentorship on her ad in this Journal and on her website at: [www.ExtraordinaryOutcomes.com](http://www.ExtraordinaryOutcomes.com), or call 602-864-7662. She is currently scheduling certification observations and is willing to travel.*



## *Jennifer Wolfe, Bellingham, WA*

*Jennifer Wolfe is the Resonance Repatterning newest board member. The Board Members are very happy that Jennifer has joined. Jennifer was Interviewed by Sally Herr, Certified Resonance Repatterning Practitioner, Portland, Maine.*



**Sally:** Tell me about yourself. What do you do for a living, your background?

**Jennifer:** I have been employed as an office professional for about 25 years. I have been at my current job with the Washington Education Association, the Washington State Teacher's labor union, for the past 18 years. I am kept busy as the office manager and bookkeeper for a regional office in Bellingham, Washington. Prior to that, I worked in the interesting world of investments for Merrill Lynch and Edward Jones.

**Sally:** Tell me about your family.

**Jennifer:** My husband, John, and I have two sons and we are very proud of them. Jesse, age 20, is a junior at the University of Puget Sound and Derek, age 14, is a freshman in high school. I am also blessed with a large extended family, most of whom live nearby and love family gatherings!

**Sally:** Do you have any pets?

**Jennifer:** We have one very cute and sweet dog. She is a Pug named Coco and yes, she does snort a lot!

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

**Jennifer:** I learned about RR when I met Jennifer Johnson in 1998. She asked if I wanted to try something different that she was just

learning about and I said, "Sure!" I received quite a few sessions from Jennifer J. and they changed the course of my life. I found I could actually have the things I wanted in my life that I could not seem to manifest before, eliminate the things I didn't want and be free of depression! Jennifer encouraged me to start taking some of the classes. I took Empowering in 2002 and found I wanted to learn more! I kept taking classes and became a Student Practitioner in 2005.

**Sally:** How do you apply RR with others, yourself, at work, etc.

**Jennifer:** At this time, I am Student Practitioner in the process of "doing my own work" and completing my certification requirements. I intend to begin working with clients part-time and I look forward to building an RR practice after I retire from my job with the WEA.

**Sally:** What inspired you to become a member of the board?

**Jennifer:** I wanted to become a part of the Board after I sat in on the planning session board meeting that was held in January 2008 and experienced this year's Virtual Annual Meeting. As I listened in, I learned there was a need and thought this could be a great opportunity to learn about the association and contribute my skills and talents. I have seen how RR can be of great benefit on a personal level and I am very interested in being involved with a Board that applies the principles of RR in a business environment.

**Sally:** Tell us something that no one knows about you?

**Jennifer:** A few people know this about me, but not too many. I have recently taken up learning to play a beautiful musical instrument, the harp. I am finding that playing a musical instrument is relaxing and re-energizing! It's a wonderful modality!

**Sally:** Thank you very much Jennifer, it was great to learn all these interesting things about you.



## Answering with Our Fingers

By Sally Herr, Resonance Repatterning Practitioner, Portland, Maine

*Dear Sally,*

*I want to know if, when muscle checking to identify which item in a list is needed, do you need to say "No." for every off response. E.g. "It's 1-5." No. "It's 6-10." No., etc.*

*Sincerest Regards,*

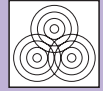
*Robyn*

That is an excellent question. It is important to clearly indicate the results of the muscle checking so that the client is able to follow what is happening during a session. The client's system needs to know what the response is. In Resonance Repatterning the client and practitioner are always in partnership as opposed to other systems in which the client is in the receiving mode. Personally, at times, when I have been a receiver, and the practitioner has not clearly indicated whether the muscle checking was an on or off, I felt a bit confused.

At the same time, if I am saying "no" too many times, it may be de-energizing to the client's system. So instead of saying: "Is it 1-5. No. Is it 5-10. No. Is it 10-15. No. Is it 16. Yes." I might say: "It is 1-5." (and demonstrate with my fingers a "no" muscle check). "It is 5-10." (Again demonstrating the response.) "It is 10-15." (Demonstrating again the muscle checking response.) Is it 16. Yes." Perhaps as you read this you sense that the second way is more energizing. The second way still keeps the client informed without saying "no" too many times.

Sally

*Note: Thank you Naomi Khronlocken and Meryl Chosish-Weiss for your input with regard to this answer.*



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

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

**Q: Stephen Covey wrote Seven Habits of Highly Effective People. Can you give me seven habits of proxy group organizers?**

**A:** The proxy process is a powerful and efficient method to work with large groups of people. I find it to be a very sacred way to work. In addition, proxy groups are convenient for the participants and more affordable than private sessions. I've been doing proxy sessions since 2001 and I still marvel at how the sessions are so relevant for each participant.

**1. Pick a topic for the session.** If you are doing a multi-session series, break the main topic into sub-topics. This puts the sessions into a context that gives people something to relate to.

Pick a topic that you need to work on. The old adage that people teach what they need to learn applies here: Proxy group practitioners facilitate what they need to heal. If you're offering a product that is near and dear to your heart you'll be a more confident and believable marketer.

In the alternative, focus on a topic around which you know people need

**Join these On-going Monthly Proxy Sessions**

**"Clearing Family Patterns" & "Ultimate Well-Being"**



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

Elizabeth Tobin, JD  
Certified Resonance Repatterning®  
Practitioner

**et@LizTobin.com**

**617-469-2930**

**Register Now at:**

**<http://LizTobin.com>**

support. You can get ideas from looking at the themes that come up in your private client sessions, or by watching what is happening in your own life and in the world at large. I once heard a fortune teller say that people always ask about their health, relationships and money. Stick with issues that have universal appeal and you can't go wrong.

**2. Set a target goal of the minimum number of people you want to participate.** Do everything you can to keep publicizing the group until you have reached your goal. You may not reach this goal, or you may exceed this goal, but either way you have set a clear intention that you can work towards. Once you reach your goal, set a higher goal for the next group.

**3. Write a description of the group.** Explain why the topic is important and how it shows up in people's daily lives. Make it as personal as you can. Write from your heart as if you are speaking directly to one single person. Some people are motivated to fix a problem; others are drawn to a new possibility. Describe your session in terms of the problem the group will address and the benefit participants will receive.

You will need to continually educate people about the proxy process, itself. Remember to include in your outreach materials a description of what the proxy process is and how it works.

**4. Publicize your group in as many ways as you can.** Reach out to new markets by collaborating with other practitioners whose work synergizes with yours. Enlist your clients to help you grow the group by offering them an incentive if they bring people into the group. Incentives can be a discount on their own registration or a cash-back bonus tied to a percentage of the registrations that they bring into the group, etc.

**5. Send invitations in a timely fashion.** Depending on whether it's a one-session group or a multi-session series give people at least 1-3 week's notice. Don't be afraid to send reminders. Most people act on an email invitation within the first 48 hours and then they forget about it. Send your final reminder a day or two before the registration closes. I've even sent reminders a few hours before the registration deadline.

Release the limiting belief that people will be annoyed if you send more than one notice. I've learned that for every person who is annoyed, there are others who are grateful for the reminder and the opportunity to participate in the group. Focus on the people who are grateful. I've had the number of participants double in the last 24 hours before the registration deadline thanks to one final email announcement.

**6. Communicate with your registrants in a timely manner.** Whether people are registering on-line or through the mail send them a welcome email confirming that they are on the group roster. You can also include a brief reminder of how the proxy groups work and any session logistics.

If it's a multi-session series, I always send the registrants a reminder that the next session is coming up. This reminder includes the date of the session, the session topic and some questions to get them thinking about what they would like to receive from the session and what they would like to release.

Once the session is complete, send all of the participants the session report within a timely fashion. I send mine usually the same day, and no later than 24 hours after the session. This makes the session more immediate for the participants and helps them connect with the shifts.

If you wait too long to send the report, the participants might not recognize that their positive changes were a result of that session, and the session loses relevance.

**7. Make yourself accessible.** For newcomers to a proxy group, the process can seem too removed from the one-on-one attention they get in a private session. Include in your marketing materials an invitation for people to contact you if they have further questions. Don't worry about being inundated with calls. Most people won't take you up on it, but just knowing that a friendly presence is there for them can alleviate their doubt.

If you would like to see how I put these seven principles in action, visit my newly designed website at <http://LizTobin.com>

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



## ATTRACTING CLIENTS THROUGH VOLUNTEERING IN RESONANCE REPATTERNING

By **Bobbie Martin**

Resonance Repatterning Teacher and Practitioner, Kansas City, MO



I was recently having a conversation with Carolyn Winter and other teachers and practitioners, and the concern was voiced that there is a lack of response for volunteering for Boards, committees, etc.

Now, I understand that response, there is always more than enough

to do and I have also been guilty of holding back and...my experience every time I volunteer to serve on the Board, which I did for 5 years, or volunteer to organize classes, which I have done for almost 10 years, is that my practice grows.

Yes, my practice always grows when I commit to doing something within the organization. I have been asked many times, how do you maintain such an active practice, which I have done over 18 years and 12 of that using Resonance Repatterning as my primary process that I offer? And one of the essential pieces is that I keep learning and growing and stimulating myself with classes and interactions with the association and the other practitioners and teachers through the conferences and volunteering.

You all have heard of the Law of Attraction and I know that this is primarily what is happening for me. My energy goes up because my focus magnetizes whatever I have committed to. It's simply the law of attraction. I don't seem to have to do anything beyond that and my business will inevitably go up, sometimes as much as 40 to 50%.

So if you are looking for a way to open up your practice more, try volunteering on any of the committees or volunteer for a post. You don't have to know all there is to know. There are many people around who will be glad to help you and will be glad to hear your new ideas. The

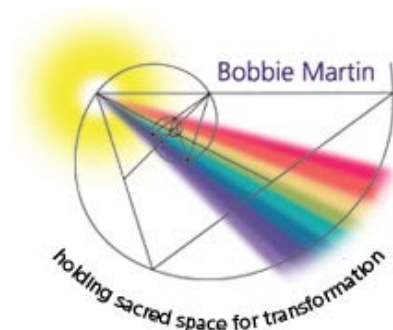
Association is a living organism that must be fed with new ideas and new energy. Value yourself and your practice enough to be one of those that nurtures your Association, and I guarantee it will nurture you and your practice and the whole will benefit. You have something beautiful to offer.

I have said for many years that Resonance Repatterning attracts some of the most amazing people I have ever met. Getting a chance to meet some of these people is one of the best gifts I have been given, and in the process many of these people are some of my very good friends. For this reason alone, I would say that my 5 years on the Board was worth it. And my practice continues to grow because I continue to teach in the last few years and continue to organize classes for others.

Consider it as a gift and option for yourself.

*Bobbie Martin*

*RR Teacher and Practitioner, Kansas City, MO*



*For over 20 years, Bobbie Martin has been a practitioner and teacher of processes facilitating people strengthening the inner spirit and embracing their Sacred power. Bobbie Martin has a BA in psychology and graduate training in industrial psychology.*

*She is a teacher of Resonance Repatterning and served on the National Board for 5 years. She has been an accredited practitioner RR for over 10 years and works with clients from all over the world. Her academic background, her work experience in the corporate arena and full-time practice in the intuitive and healing arts makes Bobbie Martin uniquely qualified to assist you in living to your full potential.*

## WHAT IS OF VALUE TO YOU?

The fall season is connected to the element of metal which holds attributes including: Inspiration, Values, Spirituality, Divine Connection. In honor of the Metal season, the Journal Committee members decided to ask various people this question: **What is of value to you? What connects you to the next moment?**

Here are some answers to this question:

*"My spiritual path is of the greatest value in my life: that inner divine remembrance that connects one moment to the next; that greatest of all challenges — to live in a state of inner listening tranquility, to know that kind of peace, not just as a peak moment, but as a reality to be lived whatever the outer life is doing."*

—**CHLOE WORDSWORTH**, Founder of Resonance Repatterning

*"Love, forgiveness and the bliss of a pleasant surprise. It's the bliss of a pleasant surprise more than anything."*

—**CAROLYN WINTER**, President of the Repatterning Practitioners Association  
Toronto, Ontario

*"Integrity. When I am aligned with my values and open to engaging with integrity to understand someone else's values, then we connect."*

—**LYNN MORGAN**, Honolulu, Hawaii

*"Appreciation. Gratitude opens the door to the next wonderful thing. Appreciation of what ever is happening in the moment. Even if it appears that it is something that you cannot be thankful for. Holding the consciousness of love."*

—**PATTI TOWHILL**, Hope Valley Rhode Island

*"My dreams. Every morning I dream of the world that I look forward to. Some of my dreams are personal—the clients that I look forward to meeting or a tour through an ideal day. Some of my dreams are world encompassing—e.g. Wars will be a thing of the past and nations will resolve their differences through consultation. All of humankind will share*

*a love for the whole of our planet. Cars as we know them will be a thing of the past with a new source of renewable, inexpensive energy being discovered for transportation and heating. Schools will treat all students with utmost respect, allowing intuitive abilities to flourish. These children will amaze us with their creative works. Slums and poverty will be no more. We will focus on making our country, community, the land, and homes more beautiful and peaceful."*

—**SALLY HERR**, Portland Maine

*"Authenticity, being authentic. To be true to my heart and being honest with the world with appropriateness. Being authentic and honest allows me to let go of the past moment and not thinking about what I could have said, done, etc. and therefore, my whole being is available for the next moment. I'm not saying I've achieved this EVERY moment of my life, but being authentic is an important value to me."*

—**JANABAI RAYMUNDO**, Salem, Indiana

*"The issue is that we don't often stop to think about that. We don't spend enough time in the present moment. If we did, we would know that the only thing that is of value is life itself, that breath of life or spirit of light that connects us with spirit. That's all there is to it!"*

—**STEPHEN LINSTADT**, Sacramento, California

What do you value, what connects you to the next moment? How do you answer this question? Add your answer at <http://rpajournal.wordpress.com>

*Coordinated by Sally Herr, Resonance Repatterning Practitioner, Portland, ME. Email: [sallyy@maine.rr.com](mailto:sallyy@maine.rr.com)*

FROM THE BOARD  
RESONANCE PRACTITIONER'S ASSOCIATION PROPOSED  
**CODE OF ETHICS:**  
WHAT IT IS AND WHY IT MATTERS TO YOU

*The Resonance Practitioner's Association (RPA) Board has been aware of the need for a code of ethics and standards of practice for several years. In the summer of 2007 an ethics committee was formed to study and make a recommendation. We are very grateful for the research, careful study and hard work of the committee, headed by our very own April Smith-Gonzalez, even while she was in her third year of medical school. The Ethics committee was particularly excited and energized by the possibilities for assisting all of us in moving toward a more coherent and honest place between the Board, practitioners, and the public we serve.*

The committee presented its recommendations at a recent Board meeting, and we discussed the proposal extensively. These documents are in their final stages of being revised and are almost ready to be submitted to the members and soon thereafter to the public. As you read the documents, please be aware that a lot of time and consideration went into them and we examined many of the fine points at our Board meeting. We don't take this lightly and hope that you will also give your careful consideration and any comments once you have read them through.

**The RPA Board is committed to helping practitioners understand these documents.** After the documents are posted on the RPA website, there will be some educational events and forums. We are looking at holding a webinar or teleconference that will address each document and leave room for any questions to be answered. This will ensure that everyone understands exactly what is meant by this document and how it applies to their unique practice. In addition, a

radiocast has been scheduled to answer any questions that arise. Finally, the RPA Journal will now include a column relating to ethical challenges in our work and how best to address them.

**So, why do we need these new documents?** Our goal is to bring our Association into alignment with other professional associations, such as social work or medical associations, which all have published standards and ethics. We want to create a safer environment for you to practice and for your clients as well. As we discussed in our lengthy Board Call, being a client is a vulnerable position and the Code of Ethics helps us to be responsible, sensitive to potential ethical issues, and to know where our limits and boundaries are.

This article is our invitation to you to join us in becoming a more professional association, and we hope that you will not perceive this as “Big Brother” interfering with your practice. Nothing that is in the documents is likely to be too different than what most practitioners are already doing, but you will find clear guidance on certain aspects of what we do and outlining ethical and legal considerations that you may not have thought of.

As we uphold this Standard and Code, we line our practices up with a level of interaction with others that protects our position as practitioners legally. These documents uphold a standard that is higher than the letter of the law. Several states are in the process of legislating standards for “unlicensed health care practitioners.” Recently, Rhode Island adopted an amendment to their laws on “Health and Safety” that included standards of practice for these “unlicensed” professionals. The message here is, license or not, certain standards of decency shall be upheld by anyone who puts themselves in a position to provide health care in any capacity. Our Ethics documents are farsighted in preventing any issues that may arise in the state or country where practitioners live.

Please be aware that each state has its own regulations and that the Board does not have the ability to research this, so do network with

other practitioners within and outside the Association, or consult an attorney in your state who is knowledgeable. The Association's Code and Standard are not licensing documents so you need to check on the rules where you live and practice.

As Repatterning practitioners, we are committed to creating a safe healing environment for our clients. We do this in many ways including the way we handle ethical challenges. We value integrity in our relationships and strive to uphold the highest standards in our sessions. It is in this spirit that the RPA has decided that now is the time to have a document in place that spells out in detail exactly how we maintain our practices in an ethical way. In this way, we are all on the same page. In this way, we all uphold the same high standard and are accountable to clients, demonstrating that we care about their well-being.

**What are these documents?** The Code of Ethics is a document primarily focused on standards of Competence, Professionalism, Integrity and Honesty. This document spells out specific direction on conduct that is in line with our values as Repatterning Practitioners. The Standard of Practice document serves to ensure the highest level of competence among practitioners. This document covers our scope of practice, confidentiality, methods, physical contact, working with children, and fees. This document is a statement to the public and each other of how we interact with one another and in sessions. Having a Standard ensures that we uphold the highest standards of competence and fairness in running our businesses. The new Code of Ethics and Standard of Practice will give practitioners and the public some much needed guidance as to how a practitioner should address ethical dilemmas. There is also a document outlining the process for filing a complaint against a practitioner and the process by which the Association will investigate such complaints.

**Why do we need this, and why now?** Our members have been fine up until now without this. It is a fact that practitioners have been quite successful and as a rule we are all persons of integrity. This is not being done as a reflection on any past wrong doing or legal action, but

as a way of accepting our maturing into a profession and the responsibility and accountability that entails.

Alignment with these documents will only strengthen these qualities. As we grow as an organization, we clearly will be more in the public eye. We want to be viewed as an organization whose member practitioners value ethics. As an organization we agree to uphold the highest standards of integrity and justice in our practices. These documents allow us to put it in writing, so the public knows our basic values as practitioners. In this day and age, there are many unethical and unlicensed individuals in this world who are not clear in their marketing as to the true nature of their abilities and scope of practice. While a license is not required by law to be a Repatterning Practitioner, we want to be set apart from the multitude of uncredentialed self-proclaimed practitioners not only by our certification, but also in the standard we agree to live by as practitioners. By lining up with this Code and Standard, practitioners declare to the public and to each other their intention to maintain integrity, justice, and fairness in all our dealings. Practitioners also show that they value their skills and deserve to be held to a high standard in how they practice.

In conclusion, we, the RPA Board, hope each and every member of our association shares our excitement at completing this document. We know that this will foster better relationships between practitioners and their clients, practitioners and the public, and between the Association and practitioners. Our organization is only getting more coherent every single day as we move into compliance with the law and maintain a high standard of ethics in all our dealings.

## New Membership Feature “MY ACCOUNT” at HRAMembers.org

We have good news about your membership account. New changes at our website now make it possible for you to maintain your own membership record. In particular we are please to announce a new feature for members called: **MY ACCOUNT**

<http://www.hramembers.org/membership/myaccount.asp>

Your account consists of 5 main areas of information summarized on the page, which you may review and update at any time. These include:

**Main membership record.** Your membership account is now linked to your main hramembers.org login information. The Association uses this information to inform you of your membership record, renewals and any new policies, programs or special announcements. Login to this link to update your membership record. You will need to re-enter your password to confirm the changes.

<http://www.hramembers.org/login/register.asp?UserUpdate=True>

**Professional Goal.** Your login account now provides a space for you to state an overall professional goal. <http://www.hramembers.org/login/register.asp?UserUpdate=True> In the weeks to come we will launch a free community repatterning program where members are invited to volunteer to do a group proxy session for our shared professional goals. Of course, you will have the option of participating or including your goal. We'll be inviting participation from the Institute and also include the official goals for the Association. It is a very exciting practical application for the work we do.

**Payment Record.** Payments received will be recorded at this feature. Let us know if you sent a payment recently that does not appear here.

<http://www.hramembers.org/membership/fullpaymentrecord.asp>

**Continuing Education Record (CEU's).** Student Practitioners and Certified members are required to take 1 course per year as per our

policy statement. Recording of these CEU's has not been possible for the last 3 years, but is now available with the MY ACCOUNT feature. All teleseminars taken with the Association have been uploaded to your account and verified. Any other courses taken must be entered by members and a copy of the teacher signature card or signed certificate of completion is to be mailed in to the administration. A transcript of your record from the [www.ResonanceRepatterning.net](http://www.ResonanceRepatterning.net) Institute is also acceptable. A good scanned image sent by email will also be accepted. We'll have more reminders and information about this in the weeks to come, but you can get a headstart by updating your account as soon as possible.

<http://www.hramembers.org/membership/MyAcctCEU.asp>

**Certification Listing.** Our current practitioner listing is about to expire. ([http://www.holographic.org/hra\\_prac\\_p.cfm](http://www.holographic.org/hra_prac_p.cfm)) Our new listing gives certified members the option to list their services AND provide more details. For an additional fee we also have the option of setting up an Enhanced Web Page providing room for a bio, tag line, 2 web listings, and 3 detailed service/program descriptions. You may change your listing or Enhanced page at anytime.

Here is the new page listing for the USA/Canada (note we need you to sign up for this!)

<http://www.hramembers.org/membership/ListingUSACA.asp>

Here is the listing page for all other countries

<http://www.hramembers.org/membership/ListingCountries.asp>

Visit MYACCOUNT to make sure you are on the new list of certified members.

#### **Still to come:**

**1) Our website for Student Practitioners called IDeclare-hr.org** will be moving and integrated into the current [hramembers.org](http://www.hramembers.org) website eliminating the need for one more login account! The new location will provide a few more resources for Student Practitioners to connect and get support for their certification journey

**2) Repatterning Our Professional Goals** - this will be part of a

community-building corner of our website that will include a place to share resources, blogs, tip sheets etc.

**3) Email Services** - We are sorting out the best way possible to handle our communication needs with members. We have heard loud and clear that members want information pertinent to their account only including renewals, information for students versus the certified members etc. Please watch for a very important announcement about your email subscriptions with the association.

**BONUS** – Members attended a hosted a teleconference call hosted by myself, last September 29th where an orientation to the new MY ACCOUNT feature and a delightful repatterning session at the end was provided. The audio version is now online for anyone who could not make the call. The session is set up for your 'retro-intentions', so you will be included. Login at the MY ACCOUNT page <http://www.hramembers.org/membership/myaccount.asp> to hear the audio orientation.

If you do have questions about these new features, please contact Carolyn Winter at 1-800-685-2811 ext. 2 if you have any technical challenges accessing the site, or Josephine Rovari if you have any administrative questions at 1-800-685-2811.

## For a Directory of Certified Resonance Repatterning Practitioners

Visit us online:

[http://www.repatterning.org/  
repatterningpractitioners.htm](http://www.repatterning.org/repatterningpractitioners.htm)

## 2009 Teleclass Schedule

Get ready for three opportunities to enhance your Repatterning skills and expand your practices. All classes include a 30 minute repatterning to support integration of the material. Take advantage of early registration incentives!

**NEW Class** *How to earn \$2500 with a workshop series based on Chloe Wordsworth's book Quantum Change Made Easy* facilitated by Gail Glanville.

A pioneering series on how to use the book *Quantum Change Made Easy* to generate income, attract new clients and enhance your own ability to facilitate larger groups. Go more deeply into each chapter and become an expert at linking the material to a chosen theme for on-going growth and healing. You'll find the book has a built-in structure you can take to your advantage to lead in-person workshops and group teleseminars over and over again. Each meeting includes instruction, interaction, a mini-session and weekly review.

**Course Requirement:** Your own copy of *Quantum Change Made Easy*.

**Open Enrollment:** You don't have to be a Resonance Repatterning practitioner or student to benefit from this course.

**Time:** Wednesdays 11AM to 1PM Eastern Time

**Date:** Meets Wednesday February 4, 11, 18,25; March 4, 18, 25; April 1, 8, 15. We'll skip March 11. (Ten 2-hour teleseminars).

**Fee:** \$350 Register before January 14: \$300

**CEU:** 8 CEU's



Gail Glanville, a long-time Resonance Repatterning practitioner, entrepreneur and editor of the RRI Newsletter, owns Change Bistro where smart women bring their dreams to life. She loves to help people and organizations refine their message, throughline, frequencies and constellations. For holistic healing professionals, go to [www.changebistro.com](http://www.changebistro.com) for a free download *27 Ways to Prevent Burnout and Live the Life you Love*.

**NEW Class** *The Body's Hidden Messages* facilitated by April Smith-Gonzalez.

Many clients come to us to facilitate healing of a health challenge. As practitioners we use the Repatterning process to get to the root of the beliefs that hold this unhealthy pattern in place. Increase your awareness of the biology behind the health challenge and thus dig deeper in your client sessions. This class will explore different body systems and give you specific coherent and non-coherent statements related to each specific body system so that you can quickly address specific health challenges of your clients. We will be introduced to some of the 'science' behind the way our bodies operate which will enhance our understanding of areas such as the nervous system, cardiovascular system and all the others.

**Time:** Thursdays 7PM-9PM Eastern Time

**Date:** Meets Thursdays April 2,9,16,23,30; May 7,14,21,28; June 4,11,18

**Fee:** \$475; Register before March 19th, 2009: \$375

**CEU:** 24 CEU's



April Smith-Gonzalez is a Certified Resonance Repatterning practitioner, licensed massage therapist in Florida, and is soon to be an Osteopathic Physician (class of June 2009). Ms. Smith-Gonzalez taught piano lessons in the West Palm Beach, Florida area for 15 years before pursuing her dream of becoming a physician in 2004. She currently resides in Florida with her husband and 2 terrier mutts. Repatterning has truly changed the way she sees everything, and in conjunction with her Osteopathic training, gives her a unique perspective on dis-ease and how to address dysfunction.

### ***Peers Mentoring Peers***

A certified practitioner class to enhance and deepen skills in the Resonance Repatterning process. Skills development class has been offered each year as a teleseminar. As an Association with practitioners all over the globe, we are able to create community by sharing our experiences and skills with each other on the telephone.

**Facilitator:** to be announced

**Date and Time:** Fall 2009

**CEU:** 16 CEU's

Questions or comments? Contact Karen Kent, Chair, CEU committee. 609-716-8700

## **CERTIFICATION TEAM THANKS STUDENTS**

The Certification Team sends a whole-hearted thank you to the seven certification students who participated in the September 9th Q & A teleconference. Your questions were plentiful and had depth. Everyone present had the opportunity to become clearer about Resonance Repatterning and the Certification process.

We hope that you will join us for our next certification Q & A teleconference will be held on January 19th at 8:PM eastern standard time. The telephone number is: 712-432-1699, PIN 920277#.

Please feel free to continue the dialog by contacting us with your questions and concerns either by e-mail ([sally@maine.rr.com](mailto:sally@maine.rr.com)), or by calling 1-800-685-2811, option#3.

Thank you again,

Sally Herr (Chair), Shirley Lanyi (Secretary), Mary Cameris, Meryl Chososh-Weiss, and Pat Martin



# WORLD PEACE HOLOGRAM

## STAYING CONNECTED TO WHAT IS OF VALUE IN A TIME OF CHANGE

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

**I**n this place of Metal Element where energy can become non-coherent when we feel challenged by money issues, feelings of depletion and extremity, the perspective we take is important.

Creating more balance and harmony personally has implications for how we navigate through these times. It is important to stay connected to clarity of thinking, speaking and acting upon our truth, and to look at values in regards to choosing leaders in respect to character vs. personality or appearance. These issues can create both intellectual and organic responses when it comes to big questions regarding choices about investment of our time, money, energy, and focus.

Metal Element also speaks to father and fathering. It addresses not only fathering on the biological and relationship levels, but also the fathering of principles and ideas forwarding themselves into existence

and creation. This element holds the quality of both seeing the big picture and holding the horizon in view as a potential for development through intention..

Within the matrix of our beliefs, attitudes, and influences is a biological wiring which looks for patterns, sizes situations up quickly, and predisposes our choices to survival in the moment exclusive of the needs of other "groups" or localities. As we have become increasingly connected on the global level through the Internet and images streaming into our consciousness, an opportunity for considering a deeper and larger spectrum of response presents itself for our consideration.

Our connection to a Greater Self through the Unified Field brings greater awareness of our connectivity through the energetic fabric of consciousness creating a new possibility for sharing and sustainability.

Two books well worth reading in regards to our perceptions in the light of our biological and spiritual evolution of our complex technological and high-stress world include *New World, New Mind* written by Robert Ornstein and Paul Erlich. This book covers the fact that we have created a world so complex for our inner technology that we need to remember how we are wired when making long-term decisions. The authors state that we are wired for fight or flight and quick sizing-up of situations, in most cases still responding to the Reptilian Brain stress response in serving as a survival mechanism. Also covered is the inability to sense change over time, and continuing to reside in a "local" perspective. Recorded, in fact, is the long history of spatial and perceptual distinction of communities without awareness of others.

The second book is entitled, *Ethics for the New Millennium* by His Holiness the Dalai Lama whose message encourages us to look

at our current world situation in regards to our connections to each other through a far-reaching community joined by interdependence and global effects.

***“If we have no peace, it is because we have forgotten that we belong to each other.”*** —Mother Teresa

In giving sessions for World Peace Hologram these past few months, it has been striking to consider the energy of the group which came forward in a place of moving energy into being seen and heard, connecting more at the heart through social connection, and honoring our connection to the elements and the Earth as essential to our continuing forward. Positive Actions were those of moving into action through being seen and heard, taking more time to ground our energies through relaxation, meditation, spending time in nature, running an energetic cord into the Earth, and allowing energy to support us from the core so that we are supported as we move into a more expansive awareness. Valuing our connection to the present through care of our energy in nurturing ways allows us to step out of automatic responses and moves us into the still point. In this place of quiet, we expand into a Greater Self rather than depletion.

During this time, we might ask ourselves, *“Where do we spend our power? Where is our energy out of balance? Are we in debt or out of balance with give and take? Where can we clear up the knee-jerk responses from the past which have become antiquated by our need to move into a future with new possibilities? What integral truth within us needs to be heard? And, what do we need to say and do with this wisdom?”*

In response to events, issues and intentions placed at the site and proxied by practitioners during the past few months, awareness, focus and coherent positive action with topics of governmental leaders, rights for all species, issues around

pollination and colony collapse of bees, supporting people and communities in the trail of hurricanes, and honoring non-violence moved the energy of the personal into the global field of unified concern.

As we complete this year of 2008, we wish to acknowledge with tremendous gratitude the value of the contributions of all of the participants who submitted intentions and issues to create more coherent and positive energy in the hologram of peace, and acknowledge how valuable ALL the practitioners who donated their time again and again to this project are in the process of creating positive change!

**Gratitude to August-October WPH Volunteers:** Laura Frisbie, Karen Kent, Patti Towhill, Kathy Kulaas, Victoria Benoit, Carolyn Winter, and Kimberly Rex

Gratitude to our 963 Participants who submitted intentions and issues

**INVITATION to the World Peace Hologram Inaugural Calendar Project: Support the Expansion of Peace by purchasing a calendar at [www.worldpeacehologram.org](http://www.worldpeacehologram.org)**

At this time we would like to invite each of our readers to open to a New Opportunity for 2009 with a project which will focus on specific topics each month to nurture a deepening of support for personal and global issues more expansively.

World Peace Hologram will be offering a beautiful calendar for 2009 that you can hang on your wall to remind you of the specific topics each month. 48 practitioners from all over the world will give sessions with the Resonance Repatterning protocol to support creating greater peace on the planet. This will change the way participants interact with the site. Starting with Inner Peace topics from January to June, topics will include Family in January, Relationships in February, Health in March, Finance/

Career in April, and Abundance in May. June will begin the journey from the Personal to the Universal with the following months focusing on Green Planet, World Events, Humanitarian and Life Needs. The year will conclude with a focus on Universal connection.

Included will be a research component for each month with an opportunity to submit new intentions and issues. Participants will be invited to measure, respond and express their thoughts and positive actions through blogging and testimonials as we build a holographic peace web of connection.

Your purchase of a calendar will support the circulation and expansion of peace in the hologram through enhancing the capabilities of the site to reach more people and communities all over the globe. Taking part will empower each of us, and enhance the success of our collective resonance.

Support this project by purchasing the Inaugural World Peace Hologram Calendar. We are launching the Make a Date with Peace 2009 World Peace Hologram. See the calendar and purchase it by going to the website: <http://www.worldpeacehologram.org/wph2009.htm>

Funds will expand this peace project so that we can create a larger database, enhance programming and interaction with our growing community and greater presence on the globe.

### **What part will you take in the Hologram of peace?**

*Kimberly Rex, MS is the RPA Board Chair for World Peace Hologram, and can be contacted at [kimberlyrex@worldpeacehologram.org](mailto:kimberlyrex@worldpeacehologram.org). She is a Certified Resonance Repatterning practitioner, Person-Centered Expressive Therapist, and works locally and non-locally through sessions in-person, by phone and proxy at [www.windowstotheheart.net](http://www.windowstotheheart.net)*

This is the link for donating to the World Peace Hologram Project to support website expansion, maintenance and education. Please use this link to choose World Peace Hologram as the non-profit to support to create an expansive and deepening peace:

<http://www.iGive.com/worldpeacehologram>

It's simple! Just click here and fill-out the form. With over 700 online stores donating a percentage to your selected cause, and \$5.00 extra donation given within the first 45 days of your registration, we can build a budget for the site.

And, please share the link with friends, clients and family. You can put it in your emails, newsletters and greetings! Let's show our gratitude for the work that Resonance Repatterning is offering the world!

<http://www.iGive.com/worldpeacehologram>



# Heal Your Birth Journey Heal Your Life<sup>SM</sup>

January 16-18, 2009  
Phoenix, AZ  
24CEUs

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

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

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

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

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

**www.ExtraordinaryOutcomes.com**

**Victoria Benoit, M.C.**

Certified Practitioner/Designated Observer/Teacher

**602-864-7662**

**Victoria@ExtraordinaryOutcomes.com**

## EVENTS & OTHER SCHEDULES 2009

**JANUARY 26, 2009 – Certification Team Conference Call. 8-9 PM EST**

**FEBRUARY 4, 2009 – Start date for Gail Glanville's course:  
*How to earn \$2500 with a workshop series based on Chloe Wordsworth's book  
Quantum Change Made Easy***

**FEBRUARY 21, 2009 Virtual Conference – Annual Meeting. 1 PM EST.  
Save the Date!**

**APRIL 2, 2009 – Start date for April Smith-Gonzalez's course:  
*The Body's Hidden Messages***

**FALL 2009 – Peers Mentoring Peers**

**YEAR ROUND – CEU Course Approvals –** Submissions are received year round to approve seminars that qualify as an allied modality for the purpose of maintaining certification status with RPA.

**Make Submissions at:**

<http://www.hramembers.org/BoardRoom/Policies/proposedmodalities.asp>

# VIRTUAL CONFERENCE 2009

**DATE:** February 21st 2009 /

**TIME:** 1:00PM Eastern/ 10:00AM Pacific

**PLACE:** By Teleconference call

## **ANNUAL MEETING AND VOLUNTEER RECOGNITION**

(1 Hour)

**GUEST SPEAKER, CHLOE FAITH WORDSWORTH** with an overview on the Resonance Repatterning® System and recent changes showing up in the new manuals and course instruction.

(1/2 Hour)

10 Minute Break

**ETHICS PANEL DISCUSSION** – we are in the final stages of a new Ethics policy which may help practitioners facing licensing issues in various states but also raises questions about how we do business as practitioners. Join the discussion for information, clarity and to help the Association advance the best policy possible. (1 Hour)

## **REPATTERNING GROUP SESSIONS** (1 Hour)

(Select One for this time slot):

**Abundance**—*Be Open to Abundance in Your Life.*

**Health**—*Switch on for Being Alive and Healthy* as opposed to the other choice. It sounds more active and present.

**Career**—*Live Your Passion.*

**Relationships**—*Healing You and Your Family System.*



## 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!

#### On the Board Agenda:

- Consultation and review of a proposal for an Ethics committee and policy developed by April Smith Gonzalez and Committee
- Legal implementation of the new association name
- Journal Development
- Continued Implementation of new features at HRAMembers.org

#### 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>

**Upgraded Website** – The [HRAMembers.org](http://www.HRAMembers.org) site will soon provide members with a way to update their own contact information, enter their CEU's for verification and set a professional goal for peer repatterning sessions! We are also investigating the possibility of offering an enhanced membership package with a one page website.

#### Programs:

**ELearning** – The committee will now be in production collection ideas for 2009! Applications for Allied Modality approvals is under review.

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

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

#### Choose a committee, a project or board participation.

Currently we need:

- **Journal committee** members to help develop writing templates, develop journal themes, and solicit articles for the next 8 editions.
- **Continuing Education committee**, needs members to review membership feedback on seminars, generate new topics for the coming year, and select presentors; the committee also reviews applications for approval of seminars that will count as Allied Modalities.
- **World Peace Hologram Committee** – Members need to help develop the program, and the way we market it.

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.



# **WORLD PEACE HOLOGRAM**

**Free Weekly Long Distance  
Healing Sessions to help everyone  
resonate with peace - inside and out**

**Join Resonance Repatterning Practitioners World  
Wide Providing Proxy Sessions Weekly.  
Participation is Easy**

- **Submit issues and intentions online for over 12 different topics for inner peace and world peace**
- **Review session notes summaries and do the recommended action**
- **Track Results in Your Online Peace Journal**

**Notice Peace showing up more often in your life and in the world!**

**Join Today and Share This Link With Those You Love**

**[www.WorldPeaceHologram.org](http://www.WorldPeaceHologram.org)**