



■ HR PRACTITIONERS ■



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

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Robin Lynn-Jacobs•	805-898-0225	Santa Barbara
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Cynthia Paul•	310-582-6424	Venice
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Wendie Theus	816-309-0219	Kansas City

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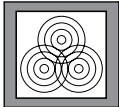
Adele Zimmerman	406-755-4905	Kalispel
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New Jersey

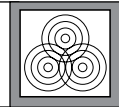
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■ HR PRACTITIONERS ■



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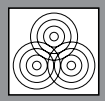
Madeleine Legault	450-682-5508	Laval
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CHILE

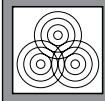
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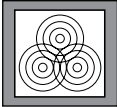
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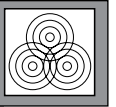
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Victoria Benoit	Susan Pasternack	NY	Maite Herrera-Lasso	Mexico
Mary Cameris	Sylvie Salinas	TX	Yuriria Robles de Miranda	Mexico
Meryl Chodosh-Weiss	Shady Sirotkin	NM	Leopoldina Rendon Pineda	Mexico
Kenya DeRosa	Victoria Tennant	WA	Lourdes Fernandez	
Mandira Gazal	Kaye Paton-Zeiger	CO	Palazuelos	Mexico
Dorinda Hartson	International		Hebe Aloï Sciano	Mexico
Sheri Jyoti-Ironwood	Michael Fisher	Canada BC	Ana Signoret-Marcellin	Mexico
Jennifer Johnson	Clara T. Olivares	Chile	Elisa Akka Sanchez	Spain
Sue-Ann MacGregor	Lilian Altamirano	Mexico	Josie Airns	U K
Bobbie Martin	Rosaria Azpiri Avendano	Mexico		

Certification Journey

by **Lauren Johnston O'Connell, M.C.**, Certified Practitioner, Austin, TX



Receiving Holographic Repatterning™ (now Resonance Repatterning®) is profound. Learning how to practice it on myself and others is rewarding and life-changing. But my journey to certification was the most empowering thing I'd ever experienced.

I started receiving Holographic Repatterning eight years ago from a wonderful and enlightened healer, Nancy Crossthaite. She was very encouraging. My life, which seemed incomplete and a struggle at the time, quickly gained clarity and coherence. She suggested I take classes and kept saying, "You can do this work on yourself." I felt that was unnecessary. I was very comfortable with her and the success of our sessions.

But, Nancy became ill and I was unable to receive Holographic Repatterning for about three months. I called a few of the practitioners she referred me to and really didn't find a connection. I felt it was a call for me to take Nancy's advice. I attended a class, which immediately sparked my deep desire to learn more. Inspired by this revelation, I completed the rest of the courses and began doing Holographic Repatterning sessions on myself daily.

Everyday I couldn't wait to do another session. I wasn't looking for a career change or a way to earn more money. I just wanted to work on myself. As I achieved more clarity and coherence, I began attracting people's curiosity. I did a session on my acupuncturist and she started sending me her friends and clients. Before I knew it, my three-day work week as a hairdresser was now a six-day work week doing hair and Holographic Repatterning. I missed my three-day work week, but I loved Holographic Repatterning and hair was fast becoming something I was ready to let go of. I found a hairdresser to start taking over my business, which gave me the freedom to focus on Holographic Repatterning. I was struck at how much joy I got from helping others change their lives, not just their hair. I soon realized that I had found my calling and decided to pursue certification.

I registered as a student practitioner and gave myself a year to complete the requirements for certification. I began building my Holographic Repatterning practice and within a few months, retired completely from doing hair after 19 years. I settled into my new life as a healer and facilitator and signed up for my first observation. My teacher, Sylvi Salinas, was incredibly supportive, but even with the safe and loving energy Sylvi provided, I was still quite nervous. At that first observation, I felt like I failed miserably. It was awful and I wanted to curl up in a ball and disappear. Sylvi was incredibly upbeat and positive. When she introduced me to "my new possibilities," I realized that, no matter how bad I felt, I was learning a lot and felt supported to go on.

I woke up the next day and, after licking my wounds, I did a session on myself and saw things in a whole different light. (Hmm, go figure!) I was more determined than ever to knock this thing out ASAP. I had waited eight months after registering

as a student practitioner to do my first observation. I had created a sense of urgency in myself to finish the process and get that certificate. I'd always conducted my life in a way as if "my house was on fire and I gotta get out quick!" It's the "wait 'til the last minute thing" a lot of us think will motivate us and it does. But often we forget to stop and smell the roses. Little did I know, I would soon learn the greatest lesson of my life.

I still needed to give and receive ten sessions to other students and then be observed by a teacher and a student. My next observation with Sylvi was only a month away, so I had to get busy. I emailed every student I knew and before the end of the week, had scheduled all the required sessions over the next three weeks. I viewed those sessions as just requirements and didn't realize how life-altering they would be. By the end of the three weeks I was a completely different person and yet hadn't fully integrated the changes. The day before my observation, I was feeling quite confident when Sylvi called. She informed me that all the other students had cancelled and in order to do the observation I would need to bring someone to receive the session. In addition, I would still need to be observed by a student at a later date.

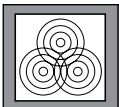
The timetable I had set was completely disrupted. In the past, I would have been very disappointed and seen this as a big set back. But, thanks to HR, I chose to see it as a blessing. I realized it gave me time to integrate what changes had gone on in me and really enjoy the process instead of just blowing through it. I felt very empowered by the fact that I had control over the way I perceived things and didn't feel at the mercy of my environment.

I found a good friend who had never received HR and was willing to let me do their session in front of a teacher. I got yet another opportunity to learn "new possibilities" while working with a first-time client and would have time to fully integrate everything I had experienced. The day went really well and my friend learned a lot about HR and got a lot out of her session. Sylvi was pleased too and again gave me terrific feedback on what to work on for next time.

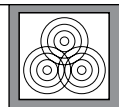
I began processing the lessons I learned during observation and put them into action. I organized another group for my third observation. Because I had fulfilled almost all of my requirements, I could focus my energy on applying what I had learned to my client sessions. It was so rewarding to see them shift to an even higher level of coherence. New clients began pouring in. I was vibrating at a higher level of pure joy and satisfaction. People asked me "Lauren, how do you manifest so many new clients?" My answer was, "Work on yourself." It was then that I realized the value in the certification process was not just in obtaining the certificate, but also in the quantum leap in self-realization it had provided me.

My third observation day was incredible. I felt I had nailed it. When Sylvi said "I give you an A+ + + +, and would recommend you to anyone," I knew I deserved it and valued all

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HR SEMINARS



This information was current as of press time. For the most current information and to register for seminars, please check the Resonance Repatterning Institute website at www.resonancerepatterning.net.

Dates:	Location:	Teacher:
EMPOWERING YOURSELF WITH HR		
Nov 3	Manhattan, NYC, NY	Meryl Chodosh-Weiss
Nov 3	Tulsa, OK	Mary Cameris
Nov 4	Plainsboro, NJ	Kenya DeRosa
Nov 9	Bellingham WA	Jennifer Johnson
Dec 08	Arcata , CA	Ardis Ozborn
Jan 05	Indianapolis, IN	Ardis Ozborn
Jan 12	Minneapolis, MN	Ardis Ozborn
Nov 11, 2007	Kansas City, MO	Bobbie Martin
FUNDAMENTALS OF HR		
Nov 04 - Nov 05	Manhattan, NYC, NY	Meryl Chodosh-Weiss
Nov 04 - Nov 05	Tulsa, OK	Mary Cameris
Nov 10 - Nov 11	Bellingham, WA	Jennifer Johnson
Dec 09 - Dec 10	Arcata , CA	Ardis Ozborn
Jan 06 - Jan 07, 2007	Indianapolis, IN	Ardis Ozborn
Jan 13 - Jan 14, 2007	Minneapolis, MN	Ardis Ozborn
TRANSFORMING PRIMARY PATTERNS		
Nov 13 - Nov 14	Bellingham, WA	Jennifer Johnson
Nov 17 - Nov 18	Norwalk, CT	Ardis Ozborn
Feb 02 - Feb 03, 2007	Indianapolis, IN	Ardis Ozborn
Feb 16 - Feb 17, 2007	Minneapolis , MN	Ardis Ozborn
TRANSFORMING UNCONSCIOUS PATTERNS		
Nov 19 - Nov 20	Norwalk, CT	Ardis Ozborn
Jan 26 - Jan 27	Bellingham Washington	Ardis Ozborn
Feb 04 - Feb 05	Indianapolis, IN	Ardis Ozborn
Feb 18 - Feb 19	Minneapolis , MN	Ardis Ozborn
TRANSFORMING CHAKRA PATTERNS		
Dec 01 - Dec 02	Scottsdale , AZ	Ardis Ozborn
Dec 09 - Dec 10	Goshen, NY	Michelle Bongiorno
Jan 29 - Jan 30, 2007	Bellingham Washington	Ardis Ozborn
Apr 07 - Apr 08, 2007	Minneapolis , MN	Ardis Ozborn
Apr 21 - Apr 22, 2007	Indianapolis, IN	Ardis Ozborn
TRANSFORMING MERIDIAN PATTERNS		
Dec 04 - Dec 05	Scottsdale , AZ	Ardis Ozborn
Feb 24 - Feb 25, 2007	Bellingham, WA	Ardis Ozborn
Jun 02 - Jun 03, 2007	Minneapolis , MN	Ardis Ozborn

Dates:	Location:	Teacher:
	PRINCIPLES OF RELATIONSHIP	
Nov 10 - Nov 12	Scottsdale, AZ	Chloe F. Wordsworth
Nov 24 - Nov 26	Mexico City, Mexico	Chloe F. Wordsworth
	A NEW VISION	
Dec 28 - Dec 30	Indianapolis, IN	Ardis Ozborn
	ENERGETICS OF RELATIONSHIP	
Dec 01 - Dec 03	Cuernavaca, Mexico	Chloe F. Wordsworth
	PRACTITIONER SUPERVISION SEMINAR	
Apr 13 - Apr 15, 2007	Scottsdale, AZ	Dorinda Harston
Jun 15 - Jun 17, 2007	Scottsdale, AZ	Victoria Benoit



Contact Us

Virtual Assistant
Joesphine Rovari

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VICTORIA BENOIT, MC
Master's Degree in Counseling

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

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Shirley Collins,
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Richard Garrett,
Carbondale, CO

Michelle Garrett,
Carbondale, CO

Noreen Hatherill,
Lone Star, TX

Lauren Johnston-O'Connell,
Austin, TX

Sonia Kara, Las Vegas, NV
Carole Keane, Goshen NY
Patricia Martin, Austin TX
Sonja Plummer, El Jebel, CO
Susan Richie, Tucson AZ

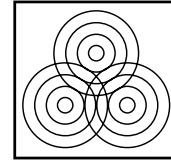
Laurei Southam,
Henderson NV

Leslie Jane Winnie,
Carbondale, CO

SAVE THIS DATE

February 17, 2007

**12:00 Noon Pacific/
3:00PM Eastern**



Holographic Repatterning Association

ANNUAL MEETING

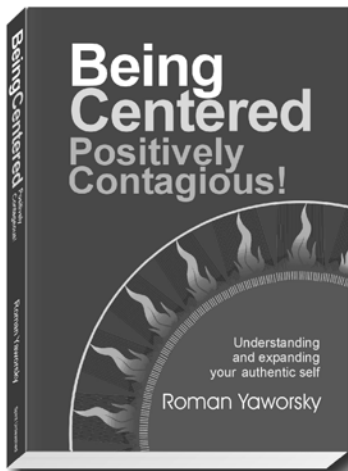
TeleConference Event

Watch for Email with details:
coming soon.

Certification Journey *(continued from page 5)*

the work I had done. It was one of my best moments of my life. The lesson of slowing down and doing the process for the process' sake was most empowering.

I highly recommend pursuing certification to any student practitioner. Do it at your own pace and be flexible so you can get the most out of it. Enjoy the journey. Embrace the failures as well as the triumphs because they all have value. The reward is the quantum leap but the empowerment is in the process.



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



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

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

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