

# The HRA Journal

A publication of the Holographic Repatterning® Association



Red Rock Lake, Indian Peaks Wilderness, Colorado • Photograph ©2006 Eric Wunrow/CTO • Courtesy of Colorado Tourism Board

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**Cover Image**

We chose the cover photo by Eric Wunrow as a tranquil scene to calm the mind, take a deep breath, and allow for increased awareness. As April Smith-Gonzalez writes in her article, *Awareness is Just the Beginning*, if you look into your backyard at first light, you may become aware of an animal or object which may gradually become more in focus, more defined, as the light of day increases. Similarly, if we could show you the same photograph on the cover, but at various times of day and night, your experience of the scene would change. It follows that, as you shed more light on your beliefs, you, too, change and shift your awareness.

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

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Cover photograph  
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 Photograph page 16  
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The official language of the HRA Journal is American English.

The HRA Journal is published four times each year. February, May, August and November

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## From the President Carolyn Winter

In this issue we announce the creation of the Resonance Repatterning™ Institute, with its new name, logo, licenses, and slogan. Our congratulations and acknowledgment go to the founder, Chloe Faith Wordsworth. We are excited for her, and for the opportunities this name change heralds for everyone in the Holographic Repatterning® community.

Historically, 2004 was the year when HRA separated its affairs from the Institute and became a trade association. This year, 2006, will be remembered for a change of equal magnitude as we adopt the new name and integrate the logo, agreements and a new way of being.

Borrowing from Chloe's Integration for Growth Repatterning, the name "Resonance Repatterning" challenges us to now step up to and live from a new high energy state for our practice and our place in the world. Chloe's announcement arrives with a logo, the launch of her new web site, her DVD

(coming soon) and marketing materials that all use the same logo, type face, etc.—tools that help all of us create an energy pattern for name recognition and public association with what the Resonance Repatterning system really offers.

We have an opportunity here, both as individuals with practices and as an association, to take this new name for work we know so well as Holographic Repatterning® and launch it into the world in whole new ways.

In the world of technology, a new software program is often initially successful because its first consumers are enthusiasts who embrace new products. This first wave of customers are known as early adapters—a unique group of people who love new things, especially technology, love to play with it, improve it, document the bugs and write up their solutions for it and send them to the founder with long lists of recommendations. They do so for the love of it. Early adapters are also very forgiving of the shortcomings of problems inherent in a new product. They do not need marketing, branding or packaging to become enthusiastic about a new product and buy and use it. But once their curiosity has peaked they move on to the next new products.

The next wave of customers for the same product want different things. A more permanent wave of customers demand customer service. They want explana-

tions they understand and clear expectations of what the product will do. They expect their purchase to be bug free and of the highest quality. This next wave of customers have a high scrutiny level, and may require branding, marketing and packaging to easily recognize the product that they need and want to buy. They are also less forgiving of mistakes.

In many ways, the Holographic Repatterning system has brought most of us together as early adapters, helping Chloe shape the system that has over the years become phenomenal. This system is now ready for that next wave of consumer awareness. In fact we have been asking for this new way of offering the product for a long time.

The opportunity for evolution here is to build on our HR early adapter thinking and to embrace the Resonance Repatterning system as a way to put our work out into the world in a way that is consumer friendly. Many of the tasks before us are an essential part of this new way of offering repatterning to the world. These tasks include our new licensing agreements, which will help us to use the trademark name and logo in clear and consistent ways, as well as slowly weaning ourselves over time from the use of the name Holographic Repatterning and adopt the new name, Resonance Repatterning.

While the task at hand may seem  
*(continued on page 11)*

## Our New Name

*By Chloe Faith Wordsworth, Founder of Holographic Repatterning and Resonance Repatterning*

I am very pleased to announce that the Holographic Repatterning® system we have shared and enjoyed for so long has a brand new company, name, logo, slogan and website.

The new company is called the Resonance Repatterning™ Institute, LLC.

What we train in and practice is called the Resonance Repatterning™ system.

Our new slogan is: "Quantum change made easy." Here's what it looks like combined with our new logo:



And...when you're on the Internet, please visit our fabulous new website: [www.ResonanceRepatting.net](http://www.ResonanceRepatting.net).

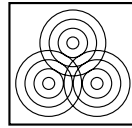
### WHAT IT MEANS FOR YOU

Our new name builds on the strong foundation we have created over the years

with the Holographic Repatterning® system. Please be assured that we're not doing away with our original name, though over the next eighteen months we will phase out its use in our materials. The Association will continue to use the name Holographic Repatterning Association until you, the membership, decide otherwise.

Right now, you do not have to change any of your printed materials. All your cards, brochures and websites continue to be valid. You can add the following language: Holographic Repatterning® is also known as Resonance Repatterning.™

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# Awareness is Just the Beginning

**By April Smith-Gonzalez, MA**  
Level I Practitioner,  
Bradenton, Florida

Healing has its beginning in awareness. For the past year, the HRA Journal has been discussing the concept of consciousness science. Large bodies of research have been done on the effects of meditation and health, as well as prayer and health, both of which are associated with the concept of heightened awareness. Raise consciousness and your health improves. What exactly does that mean for you, as an HR practitioner or client? Awareness is good for your health. Awareness is the beginning of conscious choice. When the choice becomes conscious, change becomes rapid and more permanent.

Many models of self-improvement begin with this concept of awareness. Twelve step programs begin with being honest in the knowledge that there is a problem. Unless one completely surrenders to this idea in the 12-step model, they cannot be successful at

navigating through the rest of the process.

Modern psychology also promotes the idea of honest assessment. Without an honest look at what your life is really like and where you come from, psychologists agree that it is impossible to create lasting changes in one's life. In fact that is what Freud's classic model of self analysis is all about: coming to terms with what unconscious patterns are creating in the present reality. Gestalt therapy promotes the idea that it's not so important how one arrived at this place but an awareness of what it is that one can change in the present. Conscious choice based on awareness is key in this form of therapy.

Modern research into brain function has discovered many connections between awareness and eye movements. Basically, the more aware we are, the more we take in with our eyes. Our powers of total observation improve, and visual acuity increases. Figuratively, as awareness improves,

our farsighted wisdom increases.

In science, chemistry has shown that reality is only what you are aware of at any given moment. If one looks at an atom one moment and then looks again a moment later, the picture is different. Light, temperature, and pH can all affect what that atom looks like and how it behaves in essence transforming the atom into the perception of something else. Thus, humans who are pulsating energies of light, sound, and motion can influence the way the atom is perceived. This is in fact one aspect of quantum physics that is difficult to explain. Electrons behave differently when they are observed, almost as if they chose to act differently. Before your head starts to hurt trying to make sense of all that, basically the implication is that awareness (observation) itself transforms energetics (electrons).

Major religions of the world also address the idea of awareness. In the Christian tradition, the concept of right action implies that one must be aware

of a wrong step, and those leading the congregations can assist members in avoiding those pitfalls by bringing it to the person's attention. Confession, or awareness of error, is also a key element of many Christian religious traditions. The intention behind this process of confessing one's errors to another is to raise awareness to what changes are needed for spiritual growth.

The Jewish and Islamic traditions also promote awareness through their many traditional rituals and laws. These laws and traditions serve as a means for a person to be reminded—be made aware—of how they need God in their lives. The purpose of the traditions is to remind the person of where their imperfections lie, and often in Islam with their traditions on fasting, to become aware of how another is suffering. When asked the purpose behind the all day fast, an Islamic person would explain that the fast allows them to feel what hunger is like so they can understand the suffering of those less fortunate. These actions help facilitate movement into right action.

Eastern religions promote the idea of consciousness and mindfulness as the way of peace. Many Buddhist and Hindu teachings focus on this aspect of life as the doorway to right action, and a better life. These religions also teach that one's own mindfulness or consciousness can affect others for the good or the bad depending on what one's mind is dwelling on. Higher levels of awareness are associated with freedom both now and eternally.

In HR, we recognize that one of the most important benefits of a session is that the client receives insight into what is really happening in their lives or the root causes of whatever is not working in their lives. This is why, sometimes, a proxy session may not be indicated for some clients. Some need the awareness directly, and need the awareness of

how their energetics shift through the course of a session.

Awareness is a key component to this process as we identify that which needs to be transformed. In Primary Patterns, Chloe said about new practitioners, "Awareness Coherence is your knowledge and comfort doing each section of the HR process, and with muscle checking, explanations, information and technique." So as one works through the certification process, it is extremely important that one work with their awareness coherence, as every aspect of a session can have an effect on the client. As a practitioner, it is important to become aware initially of how your client is holding tension in their body. This may give a clue

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Within the Energy Constriction release, intense awareness of a past situation is creating an intense systemic or specific response. Within an HR session we create the container for the client that allows the shift from this intensity to take place.

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as to what is being experienced by this person. With Katsugen, this is especially important. As skills are developed, elemental awareness is also important. A skilled practitioner will notice the elements involved in the client's problem and, again, it may provide a clue as to what is needed for that client. Then the skilled practitioner can provide that need for the client. As practitioners, we help our clients to get in touch with what needs to be shifted. Listening carefully to the responses our clients give, we can reach the essence of what awareness is needed to assist them in their transformation process.

The Earlier Experience, included in most repatterning, provides the client with the underlying trigger for their current turmoil. This may bring up

intense emotions that can be cleared with the Energy Constriction release, or it may be that the client just needs to be aware and tune into those emotions or physical feelings. This enables the client to recognize how this pattern may be triggered in their everyday lives, and with that awareness, they now can choose a different response.

Within the Energy Constriction release, intense awareness of a past situation is creating an intense systemic or specific response. Within an HR session we create the container for the client that allows the shift from this intensity to take place. We create a space that is safe for them to get in touch with their awareness that can be very painful and difficult to resolve if one

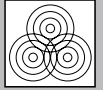
were all alone. Thus via touch and eye contact, which we always muscle check to see what is needed, we assist in focusing the awareness in the present so frequencies can shift into a more positive state. This makes it safe to key in on the powerful emotion underlying the constriction. This then facilitates the awareness of what the client needs by way of communication, movement,

and the infusion of positive symbols representing that need.

Awareness also fuels right action from the client's perspective. Once the coherence/noncoherence is identified now one can see the better path to follow. Thus appropriate or "positive" action soon follows. We may determine that the client needs to do a specific positive action in order to cement this new coherent awareness state, or our system may just automatically shift into the new action.

Each client guides all the choices within a session. We always muscle check their system to see when an Energy Constriction Release is needed and what to do at every step within that process modality. Throughout the whole session it may be that we, as

*(continued on page 13)*



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



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

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

**Q: When working with a client over the phone, how do you handle the payment? Do you ask for a check for half of the fee before the session and then half after the session?**

A: That's one way to do it, but if you do a lot of phone sessions it might get complicated keeping track of them all. Another option is to get a merchant account so you can take credit cards over the phone or through your web site. This is a nice convenience for you and your clients. I have found that some people prefer to pay with a credit card and some people prefer to send a check in the mail.

My policy is that they send me a check in the whole amount to arrive at least 24 hours before the session. I don't cash it until after the session. Logically this may not make sense, because the check could bounce and I will have already given the session. If this is a concern, you could call their bank to ascertain whether there are sufficient funds to cover the check.

With repeat clients I am more relaxed in this regard. I trust that they are in integrity and they will send the full payment promptly. If I don't receive their check, I may send them a polite reminder via email, give them a quick call, or mention it at their next session – all done with sensitivity and respect, of course.

Over the years with many sessions, I've

done a lot of work on my boundaries and attracting my ideal clients. I've had a few bounced checks and the people have always made good on them. My policy with bounced checks is that the client also reimburses me for my bank's returned check fee. I've had only one person who never sent their payment. And you can bet that I did a session to see what I was resonating with that attracted that experience!

**Q: I've noticed that some of the Holographic Repatterning students and practitioners are also social workers, registered nurses, and therapists. I don't have any of these special credentials and I'm wondering whether I might need them. What do you think?**

A: One of the things that drew me to Holographic Repatterning was that I didn't need any special, prior training, nor did I need to be psychic or know how to "sense the energies." Yet, all of my life-experience, skills and talents were welcomed and useful.

Looking at the participants of my first Holographic Repatterning seminars, I think I was the most unlikely candidate to go on to certification and develop a practice as my sole means of income. In my classes there were nurses, therapists, social workers, reiki masters, yoga teachers, massage therapists, polarity therapists, and shamans – all people who had been in the healing realm for many years. I was a total newbie.

When I first got my Certification Manual, my heart sank; I couldn't imagine giving fifteen sessions to people who had never experienced HR. Outside of my HR classmates, I didn't know anybody who was interested in holistic healing and energy work. I played bass in a rock band; nightclubs and parties were my milieu.

Once I started working with the Holographic Repatterning process I found that I had a natural aptitude for it. I used the process regularly on myself

and new people started coming into my life who understood what I had to offer. The only credential that I needed to be a successful practitioner was to become certified by the Holographic Repatterning Association.

The certification process is an amazing journey of personal discovery and healing. The most practical advice that I can give you is to use the certification process to explore whether your question is coming from a feeling of inadequacy and/or other fear. By the time you get certified you will be well-qualified to facilitate client sessions. And you will have developed the most important qualification of a successful practitioner: How to be a presence of pure love for your clients, free of judgment and expectation of how a session should go. You will embody the HRA "ideal of putting love into action by being an instrument of transformation for ourselves and others."

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

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# Eight Easy Ways to GROW Your Practice

Ellen Shapiro, Holographic Repatterning® Practitioner, New York

Use the wonderful wood element energy of spring to take action on your goals.

Take a few minutes to think about how many more clients or income you would like to generate from your repatterning work. What kinds of clients you enjoy working with and what you can do to attract them.

Here are some tips for creating a more prosperous practice. I invite you to explore them and discover which of these you resonate with, and make them your own.

## **Tip #1: Make sure you are resonating with your goals.**

Ask yourself honestly if you have any blocks about being in business, charging a fee, or handling money and financial matters? (Most of us do!) Does “business” or the “business of healing” bring up a charge? I invite you to use the fabulous HR tools to shift this around!

## **Tip #2: Clear any resistance or dislike around the idea of marketing or selling.**

As you read the tips below, notice if the language I use sounds too “commercial” or if you notice negative feelings about selling or marketing. If so, there’s a good reason.

What do you think of when you think of a salesperson? A pushy department store clerk or a heavy-handed used car salesman? That’s hardly the energy you or I want to put forth as healers! That style of “selling” is about pushing, imposing your will, or even misleading people to buy from you. It’s out of style even in mainstream business marketing, but the distaste lingers.

Here’s a fresh way to look at marketing and selling. Your successful marketing enables you to reach more people with this life-transforming work. Do you resonate with the value of what you offer? Hopefully you do. If you haven’t been doing many sessions lately or are not feeling connected to the value of the work, recall results that you’ve seen in

your own life and in others’ lives. And give yourself a session!

If you do resonate with the value of your work and with what you have to offer personally, then understand that any unwillingness to promote and market yourself deprives people of something that could greatly enhance their lives. Now how’s that for a turnaround?

## **Tip #3: Identify and nurture your key clients.**

Have you heard of the 80/20 rule? It applies to business and marketing, and says that 80% of your results will come from 20% of your efforts. Take a look at your client list, and you’ll likely see that most of the sessions booked and referrals that are made, come from roughly 20% of your clients.

There are a few ways to encourage your clients to book sessions more regularly...

- a) Use package rates for a series of sessions.
- b) Stay in touch with them from time to time. See this as building long term relationships, even if they are not presently working with you. You can continue to serve your best clients and build your relationship with them—beyond when they are at your office having a session. Sometimes I send out e-mails with interesting quotes, information or stories with a greeting, not asking for business, but staying in touch and offering something positive and relevant to that person. Do it without expectation, and often clients will book a session as a result.

You can send occasional e-mails to stay in touch. Or, be more systematic about it and use Constant Contact, autoresponders, e-mail newsletters, and blogs.

## **Tip #4: Encourage your enthusiastic clients to refer others**

- a) A simple but often overlooked way

to expand your client base is to ask for referrals. Just mention that you are growing your business and that you’d be very grateful for their referrals. It’s not always obvious to our clients that we are looking for more business.

- b) Offer clients a discount off their next session for each person they send your way. Let them know that this is your expression of gratitude. Be clear that they refer others not because of the discounts, but because they value the work.

## **Tip #5: Focus on your “back-end” sales.**

This is marketing lingo for selling to existing customers. Once someone sees the value of having sessions with you, she or he is more likely to “buy” from you again. Extend the menu of what you offer so that you can make additional offers to your appreciative clients. You can offer group repatternings, either a single session or a series of groups, or develop a day or full-day workshop. If you feel creative, consider making your own guided imagery CD, or e-book! Let your clients tell you what they would like you to offer. Ask them informally, or do a survey. People usually enjoy being asked for their opinions as long as the survey is short and infrequent.

If you offer other services besides repatternings, you can “cross-sell,” meaning you can refer them to the other services you offer. You may even want to learn other techniques or develop an expertise to create a bigger “menu” of services.

## **Tip #6: Offer special discounts on a single session or a package of sessions.**

You can do this when business is slow or there are people you haven’t heard from in a while. I wouldn’t do this too often because you don’t want people to wait for a “sale.” And generally, most people aren’t “shopping” for cheaper HR sessions. They find a practitioner they like and stick with that person.

However, a special might encourage some of your less regular clients, or those whose funds are limited, to book a session. It's a way to encourage clients who don't come often because of financial reasons, to have sessions. Those clients, especially, tend to appreciate and take advantage of occasional "client appreciation specials," where discounts are offered. Make sure to have an expiration date within 6 weeks to 2 months to encourage people to act soon. I've done this in the past around Christmas and Valentine's Day.

**Tip #7: Focus on bringing in new clients.**

What's worked best for you in the past? Figure it out, and do more of it. For example; if you get referrals from therapists, chiropractors, coaches or massage therapists, contact them again and let them know what you're offering. Or ask them if they know others in their profession who might also appreciate the work and refer others. Would it make

sense to advertise in their professional journal or directory?

**Tip #8: Diversify your client generating efforts.**

Explore a new channel through which clients can come to you, and add it to your marketing "mix." There are many such channels, but by focusing on one at a time, it will be less overwhelming and you can see what works best for you.

Here are some possibilities for advertising yourself. Give a free or low cost lecture or demonstration. Offer a free or low cost teleclass. Join a networking organization (make sure the members are appropriate to the work you're offering to avoid frustration and time wasting). Write an article and submit it to your local holistic magazine. Get free publicity by participating in a fundraiser or charity event.

Have fun...and please share your discoveries and results with the HR

community through HRA journal articles, or by e-mailing me or anyone else at the HRA Board. Let's grow HR together, as we learn and support each other in getting our work out into the world.

*Ellen Shapiro, CPA, MBA and HRA Board Treasurer, has been a Certified Level II Practitioner in full-time practice since 1999. In addition to private sessions, she offers monthly repatterning and group coaching through her program "Prosper Your Practice." [www.repattern.com](http://www.repattern.com).*

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**Ellen Shapiro, CPA, MBA  
Level II practitioner**

**[www.repattern.com](http://www.repattern.com)  
Phone: 973-655-1745**

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## HRA Policies Regarding Certified Members

Certified members are required to take 16 hours of training from any of the institute courses or an allied modality (such as the TeleSeminar on The Five Elements with Ardis Ozborn). Annual course requirements, also known as Continuing Education Units (the hours of training completed) may be attained over a 2 year period (i.e. 32 hours over 2 years) .

For a full description of this and other policies please visit the JUMP web site linked at the Member Services page <http://www.holographic.org>.

### Policy for Lapsed Certified Members

#### Principles Underlying the Approved Policy:

The HRA Board of Directors adopted the following policy recommendation prepared by the Certification Committee:

- This policy is to address the lapsed membership of certified practitioners only.
- The HRA is predominately a trade association—for professional practitioners.
- To keep the association strong with active certified practitioners. The reinstatement fees are to encourage ongoing membership.

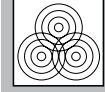
Those who have been away for years—a tutorial is required and the lapsed member must receive a recommendation.

This will actually allow the HRA to revisit certification for some practitioners who are practicing outside our standards of competency.

### Lapsed Certification Status Recommendation for the Board.

#### To Reinstate Certified Practitioner Status:

- Lapsed for not more than two years, pay a \$75 reinstatement fee, pay \$125 in dues, and retake a seminar within the new membership year, in order to rejoin.
- Lapsed between two and four years, pay a \$125 reinstatement fee, pay \$125 in dues, and retake a seminar before membership is reinstated.
- Lapsed for five or more years, must pay a \$125 reinstatement fee, \$125 in dues and demonstrate competence in a tutorial observation and be recommended for certification reinstatement by an approved D.O.; update all books.
- Recommend that the HRA Web site indicate these levels of reinstatement and ask the user how long their membership has lapsed.
- Grace Period. Lapsed certified members have until JUNE 30, 2006 to reinstate their status with no reinstatement requirements other than current membership dues.



**Meryl Chodosh-Weiss**, HR Certified Practitioner and Teacher, New York, NY



**HRA Journal: How did you learn about HR?**

**Meryl:** For my 50th birthday, in 1996, I was taking a variety of workshops and

decided to become a Reiki master. The person who initiated me in my first two Reiki levels passed me a video tape. I listened to the overtones and said, "That's for me." I saw the accent on muscle checking and said, "That's for me." And that was it. I took classes with Chloe, and 80 other people! Ironically, I walked into the first seminar feeling great and walked out feeling awful. Then Susan Sherrill did a proxy session for me, and I felt a total shift. Again I said, "That's for me." Within a month or so I was doing practice sessions.

**HRAJ: What was your background?**

**MCW:** I am a clinically trained Social Worker. First, I studied Child Development and Family Relations. I taught for 17 years in England and New York, and then became a Social Worker. About 10 years later HR found me.

**HRAJ: What does HR mean to you?**

**MCW:** Possibilities. Always possibilities. Expansion. It's my passion and my joy. I adore it. I adore teaching it. I adore running my monthly support group. And I love the work I do with my clients. It's my clearest avenue to the infinite highway.

**HRAJ: How do you apply HR? With clients? Yourself? Business? Relationships?**

**MCW:** I use HR in my life every single day, either in parts of intentions or in whole sessions. I still find my own sessions to be incredibly profound. I regularly have sessions with other practitioners. I use it with my clients. I don't use the model of a traditional practice anymore in psychotherapy. I mostly use HR. I was born a hands-on healer. For me, HR is verbal Reiki. It combines everything I was trained for, and everything I innately

had, and honed my intuition to be even sharper than it was. For me, this is all a result of muscle checking, because it makes every exploration safe.

**HRAJ: Are there examples of sessions or occurrences that stand out in your life?**

**MCW:** I had one recently. I had a testimonial from someone new who showed up in one of my classes, then she came for a repatterning. She said that she was looking for her habitual feelings of unworthiness. Ever since the repatterning we did, those feelings are absolutely not there anymore. On a related note, with my clients, the more work I do on myself, the more accelerated they become, the more quickly we get to the depth of their core issues and their resolution.

One client several years ago was concerned with smoking. Although smoking was not the focus of her session, she immediately stopped smoking. One young man, a friend's son, couldn't decide what to do with his life. After having a session, he was cast in a major commercial from Rebok, just out of nowhere. I recall another client I had worked with periodically for four or five years, as needed. He looked at the New Age "stuff" very skeptically. Now he's chosen to be on the path towards Enlightenment and reading about Eastern Masters, a possibility that never would have occurred without HR.

One of my clients had fibromyalgia. She was really suffering. She moved out of town and recently did an HR intensive. All along, HR was the one thing she said had helped her and worked in her life – even though there were years between when she had her sessions with me and her becoming an HR student.

I also work with children and animals. One animal session I did was for a cat who was mourning the loss of another cat. He was locked in grief. After one repatterning, the little cat was back to his own personality. I worked with a child who was adopted. I started working with her the day after she went home with her adoptive mother as a newborn. I continued working with her, as needed. She's five

now, and even asks for sessions. She's present, happy, popular, and enjoying life. Before, there had been a flatness in her eyes that is just not there anymore.

**HRAJ: Do you have a vision for the future of HR?**

**LM:** I want it out there in the world. I want it to be buzzing and hot. I want people to know about this now because two years ago at the presidential conventions, a TV reporter was asking about the "resonance" of the audience. All of our ideas that used to be out of the mainstream are no longer that way. No one can come close to the depths that we in HR pursue and the range of material we draw from.

I'm also studying and learning to master the information contained in PAX Programs Incorporated that I hope to combine with HR in a way similar to how Carin Block has incorporated the family constellations work with HR.

PAX is a tool for understanding differences between men and women. In the process of understanding men, you get to understand women. The information itself is transformative. It's looking at men and women in terms of our instinctual survival mechanisms, and how the way we are wired to be different impacts us. My intention is to marry PAX to HR.

In short, I want HR out there into the world. Although I don't believe that HR is for everyone, I believe there is something fabulous that everyone can get from it.

*Meryl Chodosh-Weiss, MA, MSW, LMSW, a Certified Practitioner for 10 years, has worked in the health and education field for over 35 years. She is a graduate of Cornell University, holds an MA in Early Childhood Education and her Masters in Social Work from New York University. She is a Reiki Master.*

*Working and residing in New York City, Meryl has a private psychotherapy practice and is a Holographic Repatterning teacher. As an active member of the Holographic Repatterning Association she serves on its Certification Board.*

*Meryl is the leader of the NYC monthly skill/support/study group.*

# HR and Writing

**Merrill Tomlinson Carinci**, Certified Holographic Repatterning® Practitioner, Bellrose Manor, New York

“My name is Merrill Tomlinson Carinci and I love to write.” Every student knows that statement. It is from the Writing Repatterning. But that is not the beginning of my story. Rather it is the climax. So, I will take you back to the beginning.

Who I am? Therapist? Mother? Friend? Writer?

I began studying HR in 2001. My timing was such that I began when Chloe began teaching the entire body of work in New York from the Fundamentals to the Meridians. We went fast! It didn't seem so at the time, but in retrospect, it was very fast. Each time I was taking the next seminar, I had hardly integrated the last one. Since my life was busy, I had certainly not had, made, or taken the time to do all the repatterning on myself. I KNOW Chloe advised us to do that, but it didn't sink in as primary for me. Which brings me to the subject of this article. The certification process.

I am lucky enough to live in New York and therefore have a wonderful training/support/practice group that meets monthly for 4 hours. Together, we have been addressing the issue of certification.

Our study group leader was involved in the revision of the certification process and manual, so she has kept the issue at the forefront in our sessions. (Without

her, it is my contention that we would all be doing sessions on each other, talking about our “issues,” and complaining about HR in one way or another because of our struggles.)

ALMOST all of us “I declared” in time for the deadline because of her encouragement. For our January meeting, our leader asked us to be sure to bring a copy of the revised manual from the I Declare Website. This process was frustrating for me. First crack at it, I couldn't find it on the website. Second crack, my printer acted up. I downloaded it onto my computer, unprinted. I went to buy ink cartridges, forgot, then went back and got the cartridges. At the third crack, I couldn't print it out from my computer. I deleted and re-loaded the program it is written in and still couldn't print it. I went back to the website and printed it from there. This was 1 hour before the study group session, and I had had to cancel my plans for that morning to accomplish this task. TALK ABOUT RESISTANCE!

In our session, I found out I wasn't the only one experiencing resistance. In individual sessions at the study group, both my partner and I did sessions addressing our issues indirectly. As we began to go over the manual as a group, it became apparent that ALL of us had resistance....to the certification process. We did a powerful group Repatterning.

That was three days ago. This morning, I woke up out of sorts and knew that I NEEDED A SESSION. I almost always have trouble getting to sessions on myself. I stall and procrastinate. I knew I was short on self sessions for certification, so I didn't know which session I should do that I haven't done on myself. So I got ALL my session notes out. Two and a half hours later, they were all sorted. There is a 2 inch stack of paper for sessions done on clients. There is a 1 inch stack of sessions done for family and friends. There is a 1/4 inch stack of self sessions. And many of the required 26 repatterning are not yet done.

I was finally ready to do a session. I did the Seeing and Hearing Repatterning. Next down the list is the Writing Repatterning. It muscled checked as needed. After doing the session, I cleared umbilically statements such as: “I won't get it right”, or “No one wants to read what I write.” HERE I AM....sharing with you.

So, my advice with the certification process is to start where you stand. If you, like me, are a caretaker, you have your 75 sessions on others. Get busy on yourself. You have MUCH more than just fulfillment of requirements to gain. I LOVE TO WRITE! I always have and am glad to be resonating with it fully today.

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## In Memorium

by **Ardis Ozborn**, Holographic Repatterning Teacher

Barb Clausen, HR student and Level 1 Practitioner, passed away suddenly on May 3, 2006 in Mesa, Arizona. Barb was a wonderful, energetic, loving and supportive woman. She was a music teacher, a spiritual counselor for her church, mother, friend and super grandmother. She had a grandma's room built in her home filled with toys and wonder so her “babies” could have tea parties, build forts, create their art and music and laughter. Barb was very involved with geneology and loved

tracing her history and helping others to do so. Barb also worked with seniors; creating a wonderful choir that performed widely and brought joy to many.

For the past three years Barb has been coming to my classes to assist me and support the new students. Barb loved HR. She shared her passion and belief in this work and brought so much love, patience, joy and support to everyone she met. Barb had some serious health challenges. Five years ago, when she started learning HR, she was not able to do much. She did

a lot of sessions on herself and received sessions on a regular basis. Barb credited HR with her remarkable improvements. Barb said that “HR saved my life.” I know that Barb certainly contributed to the lives of those learning HR. I will miss my friend and I believe that her soul is at peace. Barb, this session is complete.....

*Ardis Ozborn, HR teacher*

# HRA Continuing Education EVENTS CALENDAR 2006 Virtual Learning Center

A new focus for HRA resulting from our designation as a trade association is for continuing education of our members. This includes some provision of CEU courses in allied modalities that may not be offered by Chloe's Institute, as well as courses that would be of interest to our members. Our goal is to provide a variety of accessible, virtual events that are cost effective.

This year, in addition to our TeleSeminar Series we also plan to bring a monthly Radiocast as part of your membership benefits program of learning and development. You will find more information on the description that follows.

The Continuing Education Committee has put together a TeleSeminar schedule for 2006 to enhance our members' practices. In planning these seminars we also considered the continuing education requirements for certified members. Our policy states that members are required to obtain 32 hours of continuing

education over a two year period or 16 hours per year. References to this policy can be found at the Jump Site page on the web. One hour of class time equals one hour of continuing education units (CEU). We hope you will find the classes rewarding and pertinent to your practices. And especially, our goal with the classes is for your own personal development and growth as a HR practitioner.

All classes begin at 7:00pm EST, 4:00pm PST

While our initiatives are presented to address an immediate need for CEU training of our members and for information, we plan to do a survey in the early summer of this year to ask the membership for their suggestions of future trainings. These will then be planned and implemented in 2007.

*On Behalf of the HRA Board: Karen Kent, Continuing Education Committee Chair*

## EVENT SCHEDULE 2006

### HRA TELESEMINARS - HRA Continuing Education Via Teleseminar

See Course Description for approved CEU hours that may be used by Certified Practitioners to fulfill 16 hours of recertification requirements.

**Using the 5 Elements in Your Practice—TeleSeminar with Ardis Ozborn** is back by popular demand. The HRA is grateful to Ardis who co-piloted this first teleseminar with the HRA last year and was enjoyed by all participants.

CEU's: for the series: 16 / Fees: \$300.00 for the series of 8 classes / Dates: Begins June 1 weekly to July 20.

**Practitioner Development and Support**—a coaching and mentoring TeleClass led by a skilled HR practitioner. Each of these classes is offered individually or in the series. There are a variety of topics including:

**Repatterning Logistics:** Interpreting the Repatternings, timing of sessions, ease of working through the books.

**Client Personalities:** How to deal with difficult clients and strange and unusual circumstances.

**Practitioner Creativity:** Making the most of the various modalities.

**Practitioner Business:** Getting clients to come back for more.

CEU's: for the series: 8 or 2 per class / Fees: \$55.00 per class or \$150.00 for the series of 4 classes / Dates to be announced at HRAMembers.org

### Writing for Self-Promotion and Holistic Publications - TeleSeminar

Basic How-to's on promoting your skills, success stories, and describing the HR process for positive change.

CEU's: 2 classes 4 CEU'S / Fees: \$110.00 / Dates to be announced at HRAMembers.org

**Marketing Your Practice**—A pilot TeleSeminar series on basic marketing skills tailored to the needs of HR practitioners who want to build a practice.

**Session 1 - Clarify your vision with goals you create by writing your business plan.** This tool can be motivational and assist you in keeping focused in your business venture by assessing financial costs and expenses to run your practice.

**Session 2 - Marketing principles** including strategizing action plans, targeting markets (who is your audience?), how do you match your 'target's' needs with the benefits of HR?

**Session 3 - Advertising and Publicity strategies.** Promoting yourself through business cards, brochures, and gaining visibility.

CEU: 6 CEU'S / Fee: \$165 / Dates to be announced at HRAMembers.org

# HRA - RADIOCASTS

## New HRA Monthly RadioCasts

Volunteer Opportunity - We are excited to launch our first ever "RadioCasts" monthly for the membership. This is a program offered with the help of volunteers. Do you have a topic to offer members? Would you like to try your hand at being a host of an HRA RadioBroadcast? We would love to hear from you - please contact Karen Kent, Continuing Education Chair at [education@holographic.org](mailto:education@holographic.org)

### Our First Scheduled RadioCasts:


**May 27 2006 - Resonating with Our New Name** with Chloe Wordsworth with Host Carolyn Winter

**June 24 2006 - Implementing the HR/RR Licensing Agreements** with a panel of HRA Board Members

**July 17 2006 - How a Trade Association Can Build Your Practice** with Gail Glanville with Host Carolyn Winter

Visit the Member Services page at the HRA website to Sign Up <http://holographic.org/hrmembers2.html>

Note - CEU's are not offered for HRA RadioCast programs

	<p style="text-align: center;"><b>Contact Us</b></p> <p>Virtual Assistant Joesphine Rovari <b>1-800-685-2811</b> <a href="http://www.Holographic.org">www.Holographic.org</a></p> <p style="text-align: center;"><u>Contact Us</u> page to subscribe to email <u>Member Services</u> page to access all other HRA web site pages.</p>	<p><b>At the HRA Web Store...</b></p> <p><b>Membership Application and Renewals</b></p> <p><b>Certification Registration</b></p> <p><b>Print Ads for the HRA Journal</b></p> <p><b>Product Listings</b></p> <p><b>Visit</b> <a href="http://www.Holographic.org/store.html">www.Holographic.org/store.html</a></p>
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- HR Practitioner does Proxy Sessions    ❖ HR Practitioner does Proxy Sessions for Animals    *HR Teachers in bold italic*

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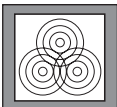
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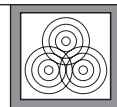
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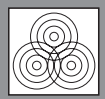
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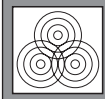
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 Niki Kritsos ♦ +27-11-485-2667 Bagleyston  
 Lana Tracy Lewis +27-82- 651-5368 Atholl  
 Christine McNair +27-11-788-4353 Parkhurst  
 Grant Sheer +27-72-210-2145 Gresswold  
 Cheri Stewardson +27-11-453-3888 Edenvale  
 Clarissa Tunstall +27-11-787-9936 Randburg

**KwaZulu-Natal**  
 Mala Naidoo +27-83-780-1437 Pietermaritzburg

**Port Elizabeth**  
 Jean Campbell +27-41-484-5401 Mt. Croix

## SPAIN

Marie Jeanne Childers +34-93-684-81-17 Barcelona  
 Didac Mancera +34-610-52-07-42 Barcelona  
 Artacho  
 Fatima Matos +34-93-458-78-66 Barcelona  
 Moreira  
 Olga Sacristan +34-983-231-961 Valladolid  
 Elissa Akka Sanchez +34-91-301-50-92 Madrid  
 Rosario Velasco +34-983-473-232 Valladolid  
 Riesgo  
 Jeanne Wareing +34-635-785-106 Malaga

## U. K.-ENGLAND

**Josie Airns** +44-1626-774461 Devon  
 Rachel Blackwell +44-1647-277231 Devon  
 Marina Duskov +44-1344-762181 Berkshire  
 Christina Edlund-Plater +44-1803-862803 Totnes/Devon  
 Jacqueline Finn +44-776-586-3309 London/Herts  
 Barbara A. King • +44-7968-754242 Solihull, W-Midlands  
 Joelle Mann +44-1865-51-11-05 London/Oxford  
 Katheryn Nicholls +44-1647-440583 Devon  
 Jeanne Wareing +44-7967-212-444 Lancashire

## U. K.-IRELAND

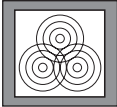
Kathleen Weir- +353 128 218 43 Co Wicklow  
 Halpin

## U. K.-SCOTLAND

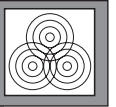
Sarah Gibbons +44-1314-663-195 Edinburgh  
 Joanna Harris +44-1309-690-655 Findhorn  
 Joanna Legard +44-1463-236-498 Iverness  
 Joanna Legard +44-1309-691-793 Findhorn  
 Helen Nicoll ♦ +44-1505-842-273 Renfrewshire  
 Lorna Normand +44-1309-676-615 Moray  
 Susie Seed +44-1644-460-257 Castle Douglas  
 Catherine Vardi +44-1738-840004 Perthshire

## U.K.-WALES

Rainbow +44-1650-511918 Powys



# HR SEMINARS



This information was current as of press time. Please check with the local organizer before making travel arrangements. For most recent updated information visit the HR website at [www.holographic.org](http://www.holographic.org)

**Dates:**                      **Teacher:**    **Location:**                      **Coordinator:**                      **Phone:**

## EMPOWERING YOURSELF WITH HR

6/01/06	Jennifer	Bellingham, WA	Ella Markham/ellamham@aol.com	360-599-2389
6/02/06	Michelle	New Rochelle, NY	Michelle/michelleb@iname.com	845-434-7467
6/09/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169-168/69
6/16/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
7/07/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-31691-68/69
7/14/06	Ardis	Las Vegas, NV	Laurei Southam/laurei@4fengshui.com	702-616-1763
9/15/06	Sylvi	Austin, TX	Sylvi Salinas/sylvi@mindspring.com	512-389-3990
10/20/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-31691-68/69

## FUNDAMENTALS OF HR

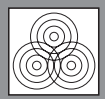
5/27/06 - 5/28/06	Akka	Madrid, Spain	Akka Sanchez/elisamaria@tele2.es	011-34-91-636-170-140
6/02/06 - 6/03/06	Jennifer	Bellingham, WA	Ella Markham/ellamham@aol.com	360-599-2389
6/03/06 - 6/04/06	Michelle	New Rochelle, NY	Michelle/michelleb@iname.com	845-434-7467
6/10/06 - 6/11/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169168/69
6/17/06 - 6/18/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
7/08/06 - 7/09/06	Lourdes	Cuernavaca, Mexico	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169168/69
7/15/06 - 7/16/06	Ardis	Las Vegas, NV	Laurei Southam/laurei@4fengshui.com	702-616-1763
9/16/06 - 9/17/06	Sylvi	Austin, TX	Sylvi Salinas/sylvi@mindspring.com	512-389-3990
10/21/06 - 10/22/06	Lourdes	Cuernavaca, Mexico	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169168/69

## TRANSFORMING PRIMARY PATTERNS

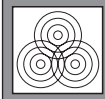
6/04/06 - 6/05/06	Jennifer	Bellingham, WA	Ella Markham	360-599-2389
6/20/06 - 6/21/06	Chloe	Austin, TX	www.thecrossingsaustin.com	877-944-3003
6/24/06 - 6/25/06	Michelle	New Rochelle, NY	Michelle/michelleb@iname.com	845-434-7467
8/03/06 - 8/04/06	Michelle	New Rochelle, NY	Michelle/michelleb@iname.com	845-434-7467
8/04/06 - 8/05/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169168/69
8/04/06 - 8/05/06	Ardis	Las Vegas, NV	Laurei Southam/laurei@4fengshui.com	702-616-1763
9/22/06 - 9/23/06	Sylvi	Austin, TX	Sylvi Salinas/sylvi@mindspring.com	512-389-3990
11/24/06 - 11/25/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-3169168/69

## TRANSFORMING UNCONSCIOUS PATTERNS

6/10/06 - 6/11/06	Karine	Mexico, D. F.	Judith Urbina/judithurbina@com.msn	011-52-55-5703-2903
6/15/06 - 6/16/06	Karine	Queretaro, MX	Judith Urbina/judithurbina@com.msn	011-52-55-5703-2903
6/17/06 - 6/18/06	Karine	Mexico, D. F.	Judith Urbina/judithurbina@com.msn	011-52-55-5703-2903
6/23/06 - 6/24/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-31691-68/69
7/21/06 - 7/22/06	Ardis	Bellingham, WA	Jjennifer-hr@comcast.net	360-384-1415
7/22/06 - 7/23/06	Karine	Jalapa, Ver., MX	Rosario Azpiri/solazpiri@yahoo.com	011-52-01228-817-5975
8/05/06 - 8/06/06	Michelle	New Rochelle, NY	Michelle/michelleb@iname.com	845-434-7467
8/06/06 - 8/07/06	Ardis	Las Vegas, NV	Laurei Southam/laurei@4fengshui.com	702-616-1763
9/09/06 - 9/10/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-31691-68/69
12/15/06 - 12/16/06	Lourdes	Cuernavaca, MX	Brigitte Bret/brigittebret@hotmail.com	011-52-777-31691-68/69



# HR SEMINARS




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Dates:                      Teacher:                      Location:                      Coordinator:                      Phone:

## TRANSFORMING CHAKRA PATTERNS

7/08/06 - 7/09/06	Ardis	Salt Lake City, UT	Marja_Shelley@yahoo.com	801-209-7714
7/24/06 - 7/25/06	Ardis	Bellingham, WA	jennifer-hr@comcast.net	360-384-1415
8/17/06 - 8/18/06	Lourdes	Queretaro, MX	Judith Urbina/Betty Diaz	011-52-55-5703-2903
8/26/06 - 8/27/06	Karine	Mexico, D. F.	Judith Urbina	011-52-55-5703-2903
9/15/06 - 9/17/06	Karine	Jalapa, Ver., MX	Rosario Azpiri	011-52-01228-817-5975
9/16/06 - 9/17/06	Ardis	Las Vegas, NV	Laurei Southam	702-616-1763
10/06/06 - 10/07/06	Lourdes	Guadalajara, MX	Ma. Teresa Barba	011-52-33-3633-9044
10/14/06 - 10/15/06	Lourdes	Cuernavaca, MX	Brigitte Bret	011-52-777-3169168/69
12/08/06 - 12/09/06	Michelle	Goshen, NY	Michelle	845-434-7467

## TRANSFORMING MERIDIAN PATTERNS

6/17/06 - 6/18/06	Ardis	Indianapolis, IN	Rosalyn Newsom	317-847-3721
7/10/06 - 7/11/06	Ardis	Salt Lake City, UT	Marja Shelley	801-209-7714
8/19/06 - 8/20/06	Ardis	Bellingham, WA	Jennifer Johnson	360-384-1415
10/06/06 - 10/08/06	Karine	Mexico, D. F.	Judith Urbina	011-52-55-5703-2903
10/13/06 - 10/15/06	Karine	Mexico, D. F.	Judith Urbina	011-52-5703-2903
10/21/06 - 10/22/06	Ardis	Las Vegas, NV	Laurei Southam	702-616-1763
11/24/06 - 11/26/06	Karine	Jalapa, Ver., MX	Rosario Azpiri	011-52-01228-817-5975
12/10/06 - 12/11/06	Chloe	Goshen, NY	Michelle	845-434-7467

## PRINCIPLES OF RELATIONSHIP

11/10/06 - 11/12/06	Chloe	Scottsdale, AZ	Ardis Ozborn	480-481-9023A
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## NEW VISION

9/01/06 - 9/03/06	Ardis	Cuernavaca, MX	Lourdes	011-52-777-316-9168
9/08/06 - 9/10/06	Ardis	Scottsdale, AZ	Ardis Ozborn	480-481-9023
11/24/06 - 11/26/06	Chloe	Mexico, D. F.	Judith Urbina	011-52-55-5703-2903

## ENERGETICS OF RELATIONSHIP

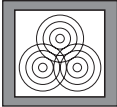
8/25/06 - 8/27/06	Chloe	Johannesburg, SA	Cheri	011-27-11-453-3888
10/27/06 - 10/29/06	Chloe	Bellingham, WA	Jennifer	360-384-1415
12/01/06 - 12/03/06	Chloe	Cuernavaca, Mexico	Lourdes	011-52-777-316-9168

## ADVANCED MERIDIAN SEMINAR

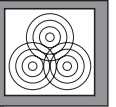
8/14/06 - 8/16/06	Chloe	Johannesburg, SA/Part 1	Cheri	011-27-11-453-3888
8/17/06 - 8/19/06	Chloe	Johannesburg, SA/Part 2	Cheri	011-27-11-453-3888
9/01/06 - 9/03/06	Chloe	England/ Part 2, 3 days	Sarah Gibbons	
9/08/06 - 9/10/06	Chloe	Spain/Part 2, 3 days	Olga Sacristan	011-34-983-231961
10/05/06 - 10/11/06	Chloe	Scottsdale, AZ/1&2, Sun.free	Ardis Ozborn	480-481-9023

## HOLDING THE HEALING SPACE

10/27/06 - 10/29/06	Shady	Mexico, D. F.	Judith Urbina	011-52-55-5703-2903
11/03/06 - 11/05/06	Shady	Cuernavaca, MX	Lourdes	011-52-777-3169168/69



# HR SEMINARS



Dates:	Teacher:	Location:	Coordinator:	Phone:
<b>SKILLS DEVELOPMENT</b>				
10/25/06 - 10/25/06	Chloe	Bellingham, WA	Jennifer	360-384-1415
<b>HEALING THE FAMILY SYSTEM</b>				
6/09/06 - 6/11/06	Carin	Valladolid, Spain	Akka Sanchez	011-34-91-636-170-140
7/28/06 - 7/30/06	Carin	Scottsdale, AZ	Chloe Wordsworth	1-800-929-1787
8/11/06 - 8/13/06	Carin	Guadalajara, MX	Ma. Teresa Barba	011-52-333-633-9044
9/22/06 - 9/24/06	Carin	Mexico, D. F.	Judith Urbina	011-52-55-5703-2903
10/13/06 - 10/15/06	Carin	Toronto, ON	Carolyn Winter	1-416-410-2349
<b>INTENSIVES</b>				
6/01/06 - 6/05/06	Jennifer	Bellingham, WA/Emp,Fun,PP	Ella Markham	360-599-2389
6/02/06 - 6/04/06	Michelle	New Rochelle, NY/ Emp,Fun	Michelle	845-434-7467
6/09/06 - 6/11/06	Lourdes	Cuernavaca, MX/Emp, Fun	Brigitte Bret	011-52-7773169168/69
6/16/06 - 6/21/06	Chloe	Austin, TX/ Emp,Fun,PP	The Crossings	877-944-3003
7/06/06 - 7/09/06	Lourdes	Cuernavaca, MX/Emp, Fun	Brigitte Bret	011-52-7773169168/69
7/08/06 - 7/11/06	Ardis	Salt Lake City, UT/Chakra, Mer	Marja Shelley	801-209-7714
7/14/06 - 7/16/06	Ardis	Las Vegas, NV/Emp, Fun	Laurein Southam	702-616-1763
7/21/06 - 7/25/06	Ardis	Bellingham, WA/TUPS, Chakra	Jennifer Johnson	360-384-1415
8/03/06 - 8/06/06	Michelle	New Rochelle, NY/PP, TUPS	Michelle	845-434-7467
8/04/06 - 8/07/06	Ardis	Las Vegas, NV/ PP & TUPS	Laurein Southam	702-616-1763
8/24/06 - 8/30/06	Chloe	Johannesburg, SA/Parts 1&2	Cheri	011-27-11-453-3888
9/15/06 - 9/17/06	Sylvi	Austin, TX/ Emp, Fun	Sylvi Salinas	512-389-3990
10/20/06 - 10/22/06	Lourdes	Cuernavaca, MX/Emp, Fun	Brigitte Bret	011-52-7773169168/69
12/08/06 - 12/11/06	Michelle /Chloe	Goshen, NY/Chakra, Mer	Michelle	845-434-7467

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For More Information call Carolyn Winter

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# It's Time Somebody Told You

by Annette Weidner, Germany

*In an HR session someone gave to me, I had the positive action to write my own personal appreciation for the HRA. We did the Appreciation Repatterning and the session was about the number of participants for my offered HR seminar. (Editor's Note: We have preserved Annette's heartfelt English with only minor changes. So this article is in "German English.")*

It's time somebody told you – the HRA and the people in this organization – that I appreciate your work, that you encourage me all the time to go for personal transformation, to create confidence, and never to give up despite all the resistance and obstacles. Your trust in Earth's and humanity's positive chance greatly helps me to hold my faith, and to encourage and support others.

It's time somebody told you that your mission carries me through my life, fills me with confidence and joy, and holds

and strengthens me. Your strength in accepting challenges and transitions and making it through with awareness, perseverance and single-mindedness in relation to our vision, helps me in doing my best.

I'm astonished at your power, your competence and your ability to emphasize the positive aspects and learn from all experiences. Your awareness encourages me to enjoy and to come to grips with my life more and more, and enables me to encourage others to come to grips with their lives, and enjoy their lives more and more.

It's time somebody told you how much I love to be with you, and how wonderful I feel with your acceptance. I learn from your love to accept and to love myself and others, and to take full responsibility for my life. It's time somebody told you. It's time for me to tell you.

## The HRA Journal is Seeking Articles on the Following:

- Consciousness Science
- Expanding the understanding of Holographic Repatterning in the larger universe.
- Branding and Marketing
- Practitioner Tips and Experiences
- Interviews
- Book Reviews

Please submit ideas for articles to us at: [hrjournal@holographic.org](mailto:hrjournal@holographic.org). We are offering a free business card-sized ad to anyone whose article is printed in the HRA Journal. Note: The HRA Journal does not promote or reference any particular religion.

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Website: [www.holographic.org](http://www.holographic.org)

## Letter from the President

*(continued from page 3)*

simple enough, it will take considerable more dialogue and discussion to really understand what it means for each of us personally and in our practice. As your Association, we will address the impact of this name change with opportunities for information and your feedback through recorded teleconference calls, e-mail communications and journal articles over the next few months.

No one is expecting you drop the use of the name Holographic Repatterning

overnight. We know many of you have invested heavily in this name and the expectation is that we will move slowly over time toward adopting the new name Resonance Repatterning.

Inevitably your practice will change as the frequencies of the new name, the colors of the new logo and the design of the new logo are adapted by all of us at various stages. Notice how the increased use of Resonance Repatterning in the 'field' impacts your own client base and now attracts a new wave of clients—clients who arrive after the early adapters. Your

use of the new materials and name will position you to serve these new high scrutiny clients with confidence.

In arriving at this new high energy state, please know you are not alone. You belong to a trade association that is committed to your success. Together we will make the most of this new name for our work and continue to upgrade our service to the public, and to our clients.

Welcome to the Resonance Repatterning system!!!!

*Carolyn F. Winter*

In the future you will be able to browse through question and answer sections regarding each class, and you can submit your own questions.

If you have HR/RR friends who don't have a computer, encourage them to use their local library's computers. They can sign up on-line for a free Yahoo email account and receive the Institute Newsletter from Chloe and e-mails

from the HRA. They can also access the Resonance Repatterning Institute's website and participate in its information exchange among all its members.

### CONSIDER A SESSION

What would it be like if each one of us, every student, teacher and practitioner, did a session about positive intentions and new opportunities for all of us in the Resonance Repatterning/Holographic

Repatterning community around the world?

Let's do it. I can imagine an outpouring of quantum change, a new alignment of subatomic particles surrounding us all with the Divine purpose of our work so we mutually spiral up in harmony and resonant outcomes.

In the session I do this week, I shall celebrate each one of you.

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## Awareness is Just the Beginning *(continued from page 5)*

the practitioner, decide to check for something, but it is the client's system that has all the answers and knowledge. This knowledge indicates what action to take both within a session and afterwards through Positive Actions. We do not make decisions for the client; the muscle check indicates what their system is calling for. Thus through the muscle check we honor the client's own awareness and inner intelligence that indeed has all the answers for the next best action for them.

As an example, consider one client we'll call Lori, who, like me, had struggled with integrating her fragmented personality. For her, awareness is a vital part of her healing process. For years, her fragmented parts ran the show, so to speak, so awareness was nonexistent. Now that she is aware that this is part of her method of dealing with stresses, she can tune into the message her internal kids need her to understand. HR has been beneficial to help her to get in touch with these aspects of herself. The process provides a safe place for repressed painful memories of intense abuse to be dealt with and diffused. HR provides a container for her awareness so that her system can process the deep pain and then move into a higher state of coherence. Since she's been receiving sessions, she feels her "kids" don't run the show anymore, that she is in the driver's seat, and aware of when they need attention.

Another client wanted help with the behavior of biting her nails. She had tried many remedies to get herself to stop, but just kept finding her hands in her mouth. Through the course of her session, this came up as a problem. Underlying

this problem was her earlier triggering experience of a school situation in childhood where her teacher had given her a grade in conduct that she didn't feel she deserved. This awareness, and the shift from the modalities in the session, allowed her to be more vigilant to when the feeling of rejection was up for her. That is when her hands would go into her mouth. Now with the awareness of the feeling, she can choose to handle that feeling in a more coherent way.

Awareness is like the dawning of a new day. If you look out the window at your backyard, at the very first light of day, you might see an animal. With further light—or awareness—the animal's features become more defined and clear. Thus belief may even change as awareness comes into focus. At first you may think the animal is a bear hiding in the shadows. As more light shines on the animal, you can see that it isn't quite big enough to be a bear, so maybe it is a deer. More light shines as the sun completely ascends, and there you see it is only really a gnarled tree that has the shape of an animal. Thus awareness, or perception, is based on what we believe. Shift the beliefs and one's experience of the reality shifts.

As we work through our process of healing and alignment with energizing frequencies, the picture of what the core problem is at a given moment gets clearer with more information. As practitioners, we hold the space for our clients until the sun rises for them and the awareness is clear and vivid so that there now is a choice. The pattern is no longer unconscious and hidden. The choice can now be made to create a new reality or to remain in the old pattern and habit.

Many times we see that simply the new awareness will lead to a systemic change in pattern for a client. And with the shifts in place that their system was ready to take, the choice to create a new reality is easier to make even unconsciously, and the choice to hold onto the old reality becomes more uncomfortable. Since awareness is so important to choice and change, it really is the first step—the beginning of change.

And with the shifts in place that the client's system is ready to take, the choice to hold onto the old reality becomes more uncomfortable, and the choice to create a new reality, even unconsciously, is easier to make.

*April practices in Florida and is also finishing up her first year of medical school at Lake Erie College of Osteopathic Medicine Bradenton campus. Through her school she is also involved in medical research related to manual therapies, and was recently elected president of her Complementary and Alternative Medicine Club.*

**Meryl Chodosh-Weiss**  
MA, MST, LMSW

**Psychotherapist**  
**Certified HR Practitioner**  
**and Teacher**

**Reiki Master**

**Phone: 212-628-8260**



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- Group sessions
- Creative approach and fun learning environment
- Be nurtured by deep healing, that becomes part of your learning how to support others in their healing.

You will increase your confidence and be empowered by your experiences, so that you will embody the skills needed to have a grounded HR practice and reach your highest potential!

**Please contact Jane Wynnie for information: 970.704.1472**

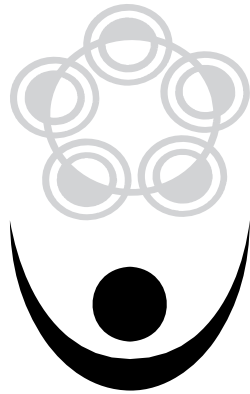
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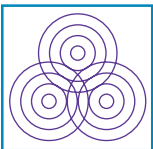
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