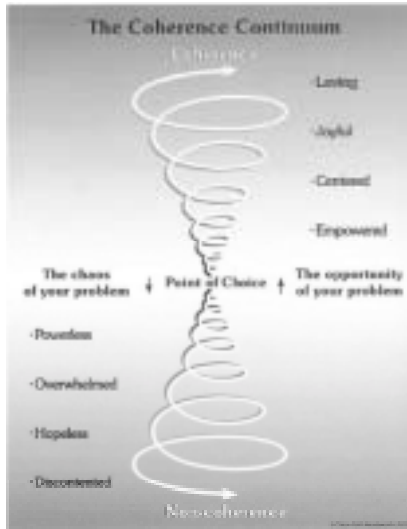


HOLOGRAPHIC REPATTERNING THE PROCESS FOR POSITIVE CHANGE



Holographic Repatterning was developed by Chloe Faith Wordsworth over a 25 year period of studying and practising various systems of healing. Chloe synthesized this new and dynamic system of self-healing by applying her training in Acupuncture, Polarity Therapy, brain integration and other healing systems along with her knowledge of psychology, physics, holograms and sound frequencies.

Holographic Repatterning® is a Process that makes it possible for us to create positive change in any area of our life where we experience limitation. Also it can release generational patterns as well.

The list of benefits from a Holographic Repatterning session is endless as the technique can be applied to any area in your life. For example, Holographic Repatterning can transform problems such as:

Lack of confidence; Nervousness and anxiety; Stress and tension; Reactive behaviour; Fears and phobias; Aches and pains; Negativity; Fatigue

It is also extremely effective in helping to:

- Generate change in attitude, belief systems and behaviour patterns
- Increase self esteem
- Gain deeper self awareness and self acceptance
- Prepare you for interviews, exams and auditions
- Increase your energy level
- Enhance your relationships
- Orient you to your purpose in life

In the session, information is gathered using the tool of muscle checking (using only client's arm), a technique used to access the body's own wisdom. We store a lifetime of experiences, thoughts and memories in our bodies.

The practitioner asks the body what physical, mental and emotional tension it needs to release in order to return to optimum health. The body is then offered various therapeutic techniques and is able to select the treatment which will help to restore balance.

The diagram of the double spiral shows that every situation has *Point of Choice*.

Based on the principal that everything has a frequency of energy that is coherent or non-coherent. Coherence is about unity; cells get together and work in unity. Non-coherence means cells are not working together in unity.

All of our negative thoughts, feelings, difficult life experiences and relationships are the result of non-coherent frequency patterns. Holographic Repatterning enables us to identify and transform these energy constrictions and unconscious patterns that underlie any problems we may be experiencing in our life: pain, sickness and unworkable relationships. This dynamic system emphasizes a holistic approach to health. As a result, healing takes place on all levels - physical, emotional, mental and spiritual.

Good health, harmonious relationships and the success and pleasure we receive from our life and work are determined by the state of our frequency patterns, which may be coherent or non-coherent. All our negative thoughts, feelings, difficult life experiences and relationships are the result of non-coherent frequency patterns.

The HR practitioner is able to identify the exact pattern of non-coherence underlying your problems by using the extensive options listed in all the HR books and the muscle indicator response.

Preparation for the client is not needed, nor do they need to bring anything. The session is usually conducted while sitting down and talking unless it is the more appropriate to lie down.

My first introduction to Holographic Repatterning was an event led by Cloe Wordsworth at the end of 1996. I started training in 1997 and from then put into practise each module until I completed the course. After that I had to give and receive at least 100 sessions under supervision of four qualified teachers of Holographic Repatterning before I qualified as a level 2 Practitioner in 1999.

My background is in personal development in various roles as well as gaining Advance diploma in Hypnotherapy and NLP in 1995. I also qualified in Reiki 1 & 2 in 1999/2000

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For further information you can visit the UK website: www.holographic-repatterning.co.uk or USA
website www.holographic.org