



# Conversations with Chloe

By Jeanne Supin

**A**s Holographic Repatterning practitioners and teachers expand their HR work around the globe, the HR Journal invited Chloe Faith Wordsworth to tell her story and her vision of this powerful work. This is the first of several interviews with Chloe that took place in Spring 2004. In this article, Chloe talks eloquently about the people who influenced her early-on in the development of this extraordinary process for quantum change. Interviewer Jeanne Supin is a Level 1 practitioner from Boone, North Carolina.

**Jeanne:** *As a new practitioner and having recently completed seminars I am thunderstruck by the breadth and depth of information that is joined together to create Holographic Repatterning. What were your earliest influences and what inspired you to create such a broad, visionary healing system?*

**Chloe:** I was born into healing. I remember when I was about 7 or 8 years of age, my parents knew this very saintly woman, Dorothy, who would pray all night long and people would be healed. She was my hero as a child, and before going to bed at night I would pray that when I grew up I would be a healer like Dorothy. She made a very deep impression on me — what she did, how she helped people.

My father also made a very deep impression on me. He wanted to educate children in ways that were free, creative, and healing. He founded and ran an educational community based on naturopathic principles where I grew up and attended school. We ate organically grown food, were never given vaccinations or allopathic drugs, and enjoyed the

freedom to learn in ways that best suited our individual personalities, interests, and needs.

Later, at age 30, I heard about Dr. Randolph Stone and his polarity therapy. I took his last seminar before he retired at age 84, and he made an indelible impression on me. He stressed that everything is energy based, all pain is due to blocked energy. Release the flow of energy, and the pain disappears. This marked a true epiphany for me. This was the early 1970's and Dr. Stone was the first to introduce this concept of the importance of energy flow. At the time it was revolutionary.

Dorothy, my father, and Dr. Stone also showed me how important our spiritual lives are. Dorothy was a Christian mystic. She would travel into inner dimensions, and she experienced a miraculous healing cure herself. She wasn't just a spiritual healer — she also had this *deep* mystical understanding. My father also had a very deep spiritual base. He believed it was important to nurture our spiritual bodies, as well as our physical bodies. Dr. Stone, too. He spent many hours in meditation each night. His keen understanding radiated from his eyes. With every contact, every encounter he radiated this understanding and high spiritual essence.

I knew I wanted both a spiritual life and a life dedicated to healing. I learned from all three people that, of course, you can heal people. There's nothing extraordinary about it. Dorothy would pray for someone and, of course, the person would be healed. A paralyzed man would see Dr. Stone, and, of course, he could be healed. Without knowing anything about energy, I felt instinctively that healing yourself should be natural and easy. I could never relate to limitations, in life or in healing.



**Jeanne:** *What were the specific healing systems you learned and eventually incorporated into Holographic Repatterning?*

**Chloe:** In 1972, I was working at a drug and alcohol center and I began using polarity therapy, studying and applying Dr. Stone's work. I had the freedom to use whatever seemed to help clients—I did polarity therapy, I taught them yoga, ran communications groups. Five years later I went into private practice as a polarity therapist and yoga instructor. In 1977, I moved to Washington, D.C. where I continued teaching yoga, introduced polarity therapy to the D.C. area, and set up a two-year polarity training program.

During my years in D.C., I began to explore many new things. I thought I should know more about body work so I studied massage and cross-fiber therapy. (Cross-fiber therapy works across muscle fibers and is very powerful for any physical problem.) I used it successfully for cerebral palsy, whiplash, and other serious back problems. Cranial sacral work came later, followed by Jin Shin Jyutsu.

In 1982, at age 40, I decided to enter acupuncture school. Amazingly enough the institute closest to my home was also based in the Chinese 5-Element System which has a deep understanding of the spirit level relationship to disease. Energy was the focus, rather than symptoms. Professor J.R. Worsley was another genius who had a deep understanding of the levels beyond the physical and their importance in understanding disease. The 5-Element System teaches you to look at the spirit, mental, and emotional levels of any physical distress. You can address physical symptoms, but if the problem rests at any of the other levels, relief at the physical level is temporary at best. When the energy flow is harmonized at these deeper levels, true healing potential can manifest.

Attending the Traditional Acupuncture Institute was very powerful for me. Once again I recognized the significance of seeing the wholeness, being aware that each of us is body, emotions, mind, and spirit. Instinctively I understood this as a child through my upbringing and my experiences. Now as an adult I suddenly found healing systems that aligned with my childhood intuitions and offered the tools I needed to bring them into practice. When I brought that sense of connection to a client's whole being, it had a tremendous positive impact.

There were little things I learned with Dr. Worsley, as well. I would go to his clinic and just before he entered the patient's room, he would stop, pause, and I felt that he put his personality aside. Then he'd walk in the door and was 100 percent present. He would smell the air to pick up on the imbalanced element through smell. He would look at the color radiating from the patient and recognize the energetic,

element imbalance through color. He would listen to the sound of the person's voice and that would tell him about any imbalance that would further reinforce which element was out of harmony. He would project a certain quality to the person to see how they might respond—tell a joke or be deeply empathetic—as a way of sensing the emotional imbalance.

The 5-Elements are a map for understanding universal frequencies that can be applied to anything: education, intimate relationships, family relationships, and, of course, to physical, emotional, and mental well-being. This became a major foundation as I began to develop a process for quantum change that applies to every area of a person's life.

**Jeanne:** *Was there a defining moment when all that you learned suddenly came together to form the roots of Holographic Repatterning?*

**Chloe:** I practiced acupuncture for eight years, both in Washington, D.C. and in Scottsdale, Arizona. I then became involved with Edu-K which was another important influence. I had been using muscle checking for about 15 years,

using my elbow, my fingers, but without any sense of method or structure. I would muscle check for the modality—"client needs this or client needs that." However, it always felt random to me.

Edu-K offered a simple structure. Somebody does something—a child reads a line, you muscle check the child and she's off; she

does an Edu-K modality, you muscle check again and she's on. Many systems were using a similar process—One-Brain, Edu-K, Touch for Health. During these early days in the development of applied kinesiology, there was a great sharing and exploration of ideas concerning muscle checking.

When I "got" this simple structure, the lights went on. I realized I could apply this simple structure (Off, Do Something, On) to everything I had studied, integrating polarity therapy, movement, breath, the chakra knowledge from India, the 5-Element System from China, extensive reading and workshops I'd done in psychology. I began to use this structure to identify the energetic cause of a problem at all levels and the specific modality needed to create quantum change in relation to that energetic block. This was the turning point in my development of Holographic Repatterning.

*In the next edition of the HR Journal Chloe will describe the evolution of Holographic Repatterning and the people who helped the work grow. In subsequent HR Journal interviews, Chloe will describe the power of Holographic Repatterning and her vision for its future.*

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