



# Holographic Repatterning™

## International Newsletter

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### The HR Evolution

*By Chloe Faith Wordsworth*

I've been in the health field for about 30 years, studying anything and everything I could get my hands on. In 1990, I began to realize that I was practicing and teaching something different from anything else I had studied, and at this point Holographic Repatterning was born. The beginning form of HR was an extremely rough version of what we do now even though all the pieces were already present. For instance, I created a 9-step process. Step #1 included intention, problems, the earlier experience and about ten other things!!!

As many of you know, HR has gone through thousands of evolutions. Holographic Repatterning has been in a "far from equilibrium" state (see Chloe's article on Chaos Theory in the November 2000 newsletter) for the last ten years! In Chaos Theory, the chaos, the "far from equilibrium" state is considered a state of great creativity. In those early beginnings, I often had to change the books on a weekly basis. The creative exploration and understanding was intense.

As new and better, easier, more compassionate and more effective ways of doing HR were discovered, the old simply had to be thrown out. I had to "dump" hundreds of books -- some printed only a few weeks or months before. There was no choice...people needed the cutting edge. Students also "dumped" their "old" books as they too wanted the cutting edge...the place of the quantum leap. We were all in this process together, sometimes with excitement, other times with frustration or complaints. Whatever the response, the process had to continue. Life insists on growth, on evolution. We can't squeeze our feet into the shoes we wore when we were little.

Over the years, certain things in HR began to stabilize -- for example, the consistency in the information and format of the books. Yet something was still missing for me.

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Last year in Australia, I had ten days alone. I didn't speak to anyone during this time. I read a little booklet on fractals that discussed coherence and, though I had already begun moving the language of HR to include this word "coherence," somehow this book cemented a new understanding. Something "landed." I felt as though I had been given the missing link. In January 2000, I began to re-write all the books from this quantum leap place, which was the place I had been waiting for.

As I began this rethinking of HR, I realized that we need a language that was more universal in its scope, applicable to scientists, doctors, people in the corporate world as well as for healers and people interested in bringing positive change to themselves and their families. I also felt that we needed more consistency, more congruency...that what we say we are is what we are doing.

### **The HR Process for Positive Change**

Where there is non-congruency, there will be tension. For instance, in HR we say that our model is non-linear, and yet we had a 6-step process that is linear! It is for this reason that we no longer have a 6-step process. If something doesn't work, we must have the courage to throw it out and start again, and to find what does work. We now have a mandala (a circular design) called "The HR Process for Positive Change," which changes how we do HR sessions and our attitude to HR by activating the right brain to all possibilities since any category can come up at any time during the session.

Each category of the mandala -- Orientation, Problems into Opportunities, The New Possibility Intention, Identifying Non-Coherent Patterns, Modalities for Creating Coherence and Positive Action -- brings about extraordi-

nary change either on its own or in combination with any of the other categories. A session may be five minutes long or two hours long. Both of them have the power to be extraordinary. Why? Because in HR we identify and transform non-coherence and the outcome is positive change or a higher state of coherence, order and awareness for the recipient of the session.

A student in a seminar was umbilically off for, "I am beautiful." We identified this non-coherence and then transformed it with a modality for creating coherence. She sat down and I noticed that she looked radiant. I said, "You look wonderful!" She said, "I have had kidney and adrenal problems for years. I can feel the energy pouring through my kidney area." A two minute session...a New Possibility Intention and a modality...and she moved to a higher state of coherence and consciousness.

### **"I needed to rewrite all the books"**

By January 2000, I realized without any doubt that I needed to re-write all the books -- the Fundamentals book, Modalities for Creating Coherence (formerly Self-Healing Modalities), The "Rainbow" book, the Primary Patterns (the old Transforming Unconscious Patterns, and more recently, Identifying Non-Coherent Patterns), The Chakra Patterns book and the Meridian and Five Element Patterns book. It was an enormous undertaking, not only to re-write, but also to plan the transition from the old way of teaching to the new.

### **Experiencing Chaos**

As soon as you move into that "far from equilibrium" state of creativity, watch out! You will definitely get to experience the chaos first hand. While writing, re-writing, and editing each book ten times over as well as having the books proof-read, edited and getting them printed in time for the "pilot" seminars, my



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computer went into a "chaotic" reaction. Suddenly all the headers started superimposing themselves on other headers and page numbering went berserk! One night I was up until 3 a.m. manually putting in every page number so we would have a master copy ready for the printer by 7 a.m. the next day. I kept saying, "There's a gift in this, a window of opportunity!"

In May, Carla, my friend from South Africa, agreed to fly to Phoenix and work with me, inputting all corrections and re-writes. When I crept into my computer room at 6 a.m., she was already at work on the computer. When I finally said, "Enough!" at 10 p.m., she was still at work on the computer. In July, I was supposed to take Carla to the airport for her flight back to South Africa. She was supposed to get to the airport by 10:30 p.m. She was still doing the last finishing touches on the computer at 10:45 p.m. (She made the flight!) I call Carla a "miracle on wheels" for good reason. This gives you a little idea of the process and what goes into these books.

### New HR Books are Complete

The HR books are now complete with professional drawings done by Roman Yaworsky, a gifted and creative medical illustrator, color coded pages and information on every aspect of the Process for Positive Change (the old "6-step process").

### Each Repatterning improved

Page numbers for each aspect of the Process direct you to in-depth information on exactly what you are doing. In addition, each Repatterning has been improved, simplified, has clear directions and is more effective. The Fundamentals book is the only book that has all the information on the muscle indicator system (p. 13-44), with questions and answers on muscle checking (p.45-56). The

Meridian and Five Element Patterns book contains all the information and repatterning on the Meridians and Elements, including three new Repatterning — the Abundance Repatterning, Decision-making Repatterning and the Five Element Qualities Repatterning. (The Abundance Repatterning is so long that it is impossible to put it in the Newsletter as I had originally hoped. In addition, it has material in it that only applies to those who have taken the Meridian Patterns seminar).

The August 2000 edition will not be changed again until June 2001 and then only for proof-reading errors and editing improvements. The August HR books will be sent to a team of HR volunteers who will do a final proof-read, edit and quality control with these **final** corrections will only be inserted into the computer after the HR Conference 2001.

### August 2000 editions available now

At present, HR practitioners can either wait until about June or July of 2001 for the "edition of all editions" or they can order the August 2000 edition from Netta right now. After the final editing vision team has given their input, my intention is that these books will remain unchanged for at least five years, if not longer. It is time for me to move on to more creating and stabilizing elsewhere in HR.

### Note from Chloe...

For those students who took Fundamentals, Primary Patterns and Chakra and Meridian Patterns seminars this year, your books are just fine. They aren't the most up to date August 2000 edition, but they are better than any other HR book we have ever used and there is no hurry for you to buy the final edition until 2001, unless you can't stand it!