



Holographic Repatterning™

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HOLOGRAPHIC REPATTERNING AND CHANGE

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(extracted from her HR Conference 2000 presentation)

Holographic Repatterning is about change...positive change. But what is positive change? What is negative change? The perspective of Newtonian physics — the scientific view of the last 250 odd years — is that we, like a machine, reach a peak or a limit in our functioning and then quickly or slowly disintegrate. From the point of view of Newtonian physics, change is about deterioration.

Of course there is a certain reality to this point of view. It appears to be a law that we reach a peak of health and then we eventually become sick and die. It seems that we reach a high point of youthful vitality after which we are "over the hill." It appears that close relationships begin with a high level of love and excitement and after a while they lose their magic as they move into the "daily grind" of existence. If we have this point of view, life quickly loses its creative juice!

If we applied the Newtonian point of view to HR, we could say that our non-coherent patterns — which we experience as repetitive problems and difficulties — are where our "disintegration" begins. In contrast, when we apply Chaos Theory to HR, our problems are seen as opportunities for evolution. In fact, they are the point where our integration and coherence begin! In Chaos Theory, there is an understanding that a coherent pattern exists within the chaos. No matter how chaotic our life, health or relationships may appear to be, this ordered, coherent pattern is always in the process of emerging. We have been focusing on the chaos and not seeing the new, coherent pattern that already exists and is emerging out of the apparent chaos.

In Chaos Theory, chaos is actually viewed as the point where we have the greatest potential for growth. However, in order to manifest our potential, we need to allow ourselves to be in the

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chaos -- a "far from equilibrium" state. Unfortunately, experiencing this "far from equilibrium" state brings up feelings of intense discomfort, and all of us do our best to "fix" the situation as quickly as possible so we once more feel safe and secure. Business consultants, applying Chaos Theory to organizations, are encouraging them to be in this "far from equilibrium" state because it is the place of creativity, innovation and the realization of potential. The usual tendency of organizations is to attempt to maintain a sense of order -- safer, but less exciting and innovative.

***Be patient with the process —
it has a timing of its own.***

We see the same tendency in ourselves. When we are in the chaos, we too want to pull back. We want someone to solve our problems. We want a "solution" now. We become frustrated with the process. Seldom are we patient with the innate pacing that supports the emergence of a new pattern of coherence. Through the HR Process we are beginning to shift our point of view. We are beginning to experience our problems as windows of opportunity that open us to new possibilities and to the realization of a greater potential than we could ever have conceived.

This is our birthright: To face the chaos, to take the window of opportunity and evolve to a higher state of vibration, coherence, ability, understanding, and love. There are never-ending and ever-expanding states of awareness and consciousness, far beyond anything we can compute. The point of view of Chaos Theory is infinitely optimistic.

Part of us wants to "arrive" at some happy state when we can say, "Fabulous! Now I can sit back and relax for the rest of my life!" This moment doesn't exist either in Newtonian Physics or Chaos Theory! We either go down or we face the chaos and go up! We either disintegrate or we

integrate, we evolve. In addition, at every new state of growth, we will have to face the chaos that comes with that state. The issues of the new state push us to our growing edge of yet more coherence and evolution. Without these challenges, there would be no growth. It is time for us to welcome our problems as opportunities!

***We are all teachers and students
who support each other
as we grow.***

Applying Chaos Theory to HR, we realize that we are all teachers and students for each other. There is always a "teacher," or someone who is more coherent than we are when we are in our chaos, who holds a standard for us of what is possible, of what is more coherent, and will help us to identify and transform our non-coherent patterns. We need others to encourage us to take the window of opportunity and to discover the higher state of coherence that is waiting for us at those times when we do not trust it is there.

There is always someone we can rely on when we are going through our chaos and need a steady hand, a compassionate heart and the clarity of mind to help us take our next step. HR is a process that teaches us how to be such a person for others in their need and how to receive from others who are willing to be our teachers when we are in need.

***A compassionate heart and
clarity of mind help us take
our next step.***

The flow of energy between people we contribute to and those who contribute to us, supports all of us in our evolution. We can expand this understanding way beyond HR to the great spiritual teachers of this world — the Christ-conscious teachers who hold that highest ideal of coherence for us, live their lives from the highest state of consciousness and encourage us to do the same.