



HOLOGRAPHIC REPATTERNING®

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COHERENCE OUT OF CHAOS

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(Completion of her HR Conference 2000 presentation)

As we look deeply into the meaning of coherence and non-coherence, we will see that coherence brings things together — it creates cohesiveness, it involves team work and harmony. Coherence is characterized by unity and integration. With non-coherence, things fall apart — there is no cohesiveness, there is disharmony, disunity and disintegration.

If we have non-coherent patterns, we react to people and our life situations from these patterns. These reactions are based on constrictions that might have occurred pre-natally, or in infancy or childhood. We may be forty or eighty years old and yet we are still reacting from the pattern we embodied as infants when a basic life need was not met — someone makes a remark in the present that activates our two year old non-coherent patterns and bang — we get reactive! In this state, there's no point in any one telling us that we are illogical, reactive and coming from our non-coherent patterns.

Our non-coherence is a place of no choice. "No choice" is when our non-coherent patterns create an automatic reaction that we seem to have little control over, although we may spend a lot of energy justifying such actions. Our reactions align us with the Newtonian model — we take the easy path of least resistance down-hill to a lower state of non-coherence.

At the same time, our reactions are also a call for healing. There was a life need that we moved out of phase with as a child, and it therefore cannot be met in the present; there are non-coherent beliefs about ourselves, men, women and life that we unconsciously moved into phase with back in our infancy, that are still compelling us to react to life; there are numerous other patterns that also need to be identified and resolved. This is what the HR Process allows us to do easily, effortlessly, efficiently and compassionately. We identify the patterns and transform them.

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Coherence

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If non-coherence is the place of no-choice, then coherence is the place of choice -- the choice to respond to life. Choice is only possible as we free ourselves of our non-coherent patterns. To choose to move to a higher state of coherence in the face of our challenges, is to align ourselves with the model of Chaos Theory and the new emerging pattern. We now choose to use the HR Process and tool whenever we become aware that we have moved to a lower state of non-coherence and reactivity in our daily life, health and relationships.

When we are coherent, there is order, harmony, symmetry and light. Dr. Hans Jenny, a Swiss scientist, vibrated different frequency patterns through a drop of water. The photographs show geometric patterns of great beauty, harmony and symmetry.

***Coherence is the choice
to respond to life.***

If this is the result in one drop of water, think of the effect on us -- we are made up of almost 70% water? Every time we vibrate a coherent sound, we are positively impacting trillions of our cells in addition to our emotional and mental energy field. Every time we become more coherent, we emanate a more symmetrical field of energy.

What is interesting is that when Dr. Hans Jenny increased the volume or amplitude of the vibration, the geometric pattern shown in the water droplet became more complex and more ordered. We can apply this experiment to what we do in HR. As we do sessions on ourselves, we are increasing our amplitude,

we are becoming more coherent, more complex, more ordered in the organization of our whole system. Our sessions will automatically reflect this coherence and should become more profound and harmonious in their impact.

In HR, amplitude is not volume in terms of loudness, but volume in terms of the attention or focus we bring to our work. Sylvia Nakkach said at the HR Conference 2000 that, "Everything is about devotion, doing our work with devotion."

***Couple devotion with your
intention and you bring
a powerful tool to your work.***

When people bring this sense of devotion to their work, they are coupling a powerful tool and structure with their own intention to be of benefit to others. This is possibly why amazing results occur right from the beginning of our learning this process.

Furthermore, Dr. Hans Jenny discovered that as he increased the volume of the vibration, when he least expected it, a new pattern of complexity and order would suddenly emerge. We need to remember this beautiful analogy when we are in our state of chaos.

***When in a state of chaos,
remember that a new pattern
of complexity and order will emerge.***

Receiving HR sessions gradually increases the amplitude and puts pressure on the old pattern until suddenly, when we least expect it, the new pattern emerges. Suddenly we feel different, we are responding to people differently, our attitude has changed. The new pattern of beauty, love and symmetry has emerged!



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In HR, we have our muscle checking tool to identify exactly what we need in order to gradually increase the "amplitude" so that our new pattern can emerge effortlessly in its own right time. There is a right timing for everything. We cannot control this timing. We can only increase the amplitude. We may have done so many sessions on our relationship or on our health, and still not have the change we want.

Yes, we may feel better and things may have improved in our life, health and relationships, but in this one area we may still feel stuck. At such times, we need to remember that coherence is the choice for life

and more life. If we want more life, we must be willing to face our chaos, however difficult it may appear to be and however long it may seem to take. The new pattern is there. Each session is increasing the "amplitude," and at the right moment, the more coherent pattern will emerge, often when you least expect it.

The beauty of HR is that we have an actual process that allows us to put the principles of Chaos Theory into action. Right in the middle of the chaos, we can identify what will allow the new pattern to emerge. We have a process that enables us to take the window of opportunity and move into a more harmonious way of living.

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