



Holographic Repatterning™

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MAINTAINING COHERENCE

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A question frequently asked in seminars and by practitioners is, "How can I protect myself from others' 'negative energy?'" Rather than think in terms of protection, which has implications of danger and may activate our "fight or flight" Reptilian Brain response, let's look at the issue in terms of maintaining our own coherence.

It is a fact of life that we are all interdependent -- we exist in relationship to all others, and we all impact each other to one extent or another: "No man is an island." Energy moves and is exchanged continuously by everyone and everything. Our thoughts, feelings and even the physical matter of our bodies are energy. If my "energy" frequencies are non-coherent, or disordered, this is what moves and is exchanged. If my frequencies are coherent, ordered, in phase, this too is what moves and is exchanged. All of us, without exception, have coherent frequencies as well as a big share of non-coherent frequencies. The question now becomes, not so much, "How do I protect myself," but "How can we maintain our coherence in the face of the bombardment of non-coherence we are all constantly faced with?"

We know on some level that our non-coherence affects others: If you are afraid, you tend to make others afraid; If you get angry, watch how others tend to become reactive and start blaming and criticizing along with you. Why are we affected in this way by others' negativity? We need to shift the angle of our vision. We need to take responsibility for our own responses and to be willing to look at our part. As long as we believe it is "others" who are to blame for our discomfort and unhappiness, we will remain at a depleted level of non-coherence and chaos in our work, our relationships, and our lives.

Looking at "negative energy" as a non-coherent state enables us to become pro-active and move beyond unconsciously thinking of ourselves or others as victims.

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Maintaining Coherence

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As we know, Holographic Repatterning is about identifying and transforming non-coherent patterns or frequencies that create problems in our own lives and challenge others also. If I am losing my equilibrium and going downhill in the company of another, it is a sure sign that my own non-coherent patterns are emerging. If they weren't, I would stay in a loving, neutral state and be able to handle the situation with composure. Coherence is characterized by choice--the choice to maintain our coherence in difficult, disharmonious circumstances, or to lose our coherence in the face of such circumstances. When we are driven by our non-coherent patterns, we have no choice, we simply react.

In non-coherent states everyone suffers

Our non-coherence is directly reflected in a tendency to disconnect, cut ourselves off, be angry, blame and criticize, and especially in our refusal to keep the lines of communication open. We feel we have very little choice and "find ourselves" at the mercy of our own fear, reactivity and habitual behaviors. When we later settle down, we may even deny to ourselves and to others that we were in this non-coherent state at all. The more non-coherent we are, the more we feel others "cause" our problems. Many a marriage is broken on this point. In non-coherent states, everyone suffers.

The whole ideal of HR is that this is no longer necessary. We have a tool that offers us another way to do things -- simple, effective, powerful and life-changing. A sure sign of coherence is that we are always ready to bring some kind of understanding that will make the difference, to have a clearing communication, to be the first person to resolve a difficult situation and extend the hand of love. When we are coherent, we make decisions - - however difficult -- that are aligned with coherence. With this new perspective, in the face of non-coherence, we ask ourselves, "What transformation is being offered both to me and the other person?" In other words, we actively move from problems into opportunities.

Of course, we all want to move to higher states of coherence, order and awareness. So why don't we? Why, over and over, are we "pulled down" by our husband, wife, mother, father, sisters, brothers, friends, colleagues, the TV, the news, the world situation? The answer is fairly simple, but the action does require a little effort and practice. These non-coherent patterns are deep and subtle. Self-sessions may not be enough. It is essential to both do our own sessions and also go to other practitioners for their support.

Breathe deeply and slowly

If we are able to maintain our own coherence, we may meet or work with people with extreme non-coherent frequencies -- terror, anger, sickness, rage, violence -- and yet not be affected. Once, I got a flat tire on a desert road and a man offered to take me for help. I got into his car and he immediately told me he was going to rape me. By the grace of God, I tuned in to that higher place of calm -- orientation to a higher vision and a higher purpose in all things. I breathed slowly and deeply the way we do in HR sessions when someone is in an energy constriction. I talked very slowly and gently so he could move into a parasympathetic nervous system response and out of his fight-flight sympathetic nervous system response.

Listen for the deeper need

As in everything we need to do in HR and in our daily life under any and every circumstance, I listened to his deeper need underneath the words. I reflected back to him what I heard him saying beneath the words -- that he was wanting love, not sex. He then told me that his mother was schizophrenic and his father violent and that he had been abused in foster homes. I understood his pain. Understanding is a high level of coherence as we learned in the Fundamentals seminar. When we have understanding, no one's threatening behavior, downward moving gestures, negative language, depleting thoughts, poor posture, etc. have the power to "weaken" us or make us non-coherent. Understanding maintains our own coherence. The man dropped me off without doing any harm.

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Hopefully none of us will have to deal with that extreme of non-coherence, but the following tools and suggestions may help us hold our coherence in the daily non-coherent situations of our lives.

In the face of non-coherence:

1. Take a pause and breathe and suggest to the others involved that they do the same.
2. Come back into your center, into that neutral space beyond all judgments. You can do this by straightening your spine and keeping both your feet on the floor, and relaxing your eyes and jaw. We need to be so strongly in our own center that nothing in this world has the power to knock us off our equilibrium. If the situation is activating our own unconscious, non-coherent patterns, we need to be aware of it, acknowledge it, come back to center and tell our mind that we will do our own work later.
3. Move into understanding. Listen deeply. Reflect exactly what you are hearing them say, especially the need you hear beneath the words. Talk slowly and gently (this automatically moves people to a higher state of coherence and order.) Ask them what they need. Understand that beneath every upset is a need that was not met in infancy and childhood that is being reactivated in the present situation. Avoid saying this in the full fury of non-coherence. Being told that your infantile needs are being activated is rarely appreciated! Understanding neutralizes all negativity.
It is important to remember that understanding, listening and even reflecting what you have heard doesn't mean that you agree with someone else or will do what they want. It does mean that you stay positive, avoiding all judgment, fear, and blame.
4. It sometimes helps if you do a subtle "zip up" on yourself, as a small natural hand gesture as you talk or even in your mind. This will help

strengthen your Acupuncture conception vessel and support you in maintaining your coherence.

5. Finally, we need to be realistic. If someone really activates our own unconscious, non-coherent patterns and it is not appropriate to identify and transform them at the time, we may need some time out. We may need to create some space that supports us in coming back into our center of balance. Without this space we simply don't have the strength to maintain our own coherence. We must recognize and accept our limitations.

Stay in your Center

In terms of the energy field, non-coherence can look pretty bleak. Many psychics and shamans who see energy, see it as darkness, miscolorations and in other symbolic ways (spiders, slime, etc), depending on their own background and training. In some ways, although it is fascinating, seeing energy can be a distraction. For my self, I do an HR session -- use my muscle indicator, stay in my center, relate as much as I know how from a place of compassion -- blissfully ignorant of what the non-coherent, unconscious patterns look like energetically.

Transform the non-coherence

Seeing these patterns manifested as "heavy" energy might lead one to think in terms of, "I need to protect myself from this!" It is true that we need to maintain our coherence so that we do not move into phase with others' "stuff," in the same way that they need to maintain their own coherence around us when we are non-coherent! However, the main thing is to transform the non-coherence in ourselves and facilitate this in others. This is the best protection we have. Only in this way will we not be negatively affected by others or them by us. Our own work provides us with the means to maintain our own coherence, come what may. Now, "protection" is seen as our personal responsibility, a much more empowered and empowering point of view.

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It is also comforting to remember that in every HR session I have done with people present who see energy, they all talk about the incredible transformation that occurs in the energy field... light pouring in, rainbow colors, beauty, harmony, balance, symmetry. We may not be able to see energy, but we do feel the transformation that occurs in every HR session. We also see it on our client's and our own glowing faces. Our client has moved to a higher level of coherence, order and awareness and we have too!

Greatest protection is love

Ultimately, the greatest protection in the world is simply unconditional love. So many people notice that as they identify and transform old non-coherent patterns, the heart opens and love flows in, and out.

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