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Holographic Repatterning and Proxy Sessions - Part One by Chloe Wordsworth

In Holographic Repatterning seminars when students ask about proxy sessions, the answer is generally short and to the point: It's just like an in-person session except you are both the practitioner and the proxy for the client. This hardly answers the many questions we all have about proxy sessions, such as: What is a proxy session? How is it possible to do an HR session from a distance? How do you actually do a proxy session? What are the advantages or disadvantages of a proxy session over an in-person session? Are there any considerations to be aware of when doing proxy sessions? Do proxy sessions really work?

In Part One of this article we will begin to explore some of these questions so we can further develop our skills doing this type of HR session.

What is a proxy HR session?

A "proxy" is one person who is authorized to act for another. In many muscle checking systems, based on Applied Kinesiology, (1) they generally have a mother, father or spouse act as a proxy for their child or relative, and (2) they usually have the proxy in physical contact with the client. In Holographic Repatterning, the practitioner is generally the one who is authorized by the client to be the proxy for them and no physical contact is required. In HR we may also do a session on a young child and, if this is in the child's best interest, we can use the mother or father as a proxy for the child. In such a situation, we find it is not necessary for the parent to be in physical contact with the child they are proxying for.

When the practitioner proxies for a client, they play the role of both the practitioner (asking questions and muscle checking what is needed) and the client (answering questions and being muscle checked for

the * statements of resonance). This type of HR session makes it possible to do HR at a distance. For this reason proxy sessions are often thought of as "long distance sessions". In actual fact, we can be in the same room with a client and still do a proxy session. This type of in-person session by proxy may be needed for instance, if the client is too weak to be muscle checked but wants to be present at their session. Otherwise, when doing in-person sessions, we *always* muscle check * statements on the client's arm (this will be discussed further in Part Two of this article).

How is it possible to do a proxy session from a distance?

Modern physicists' discussion on the nature of "location" provides an understanding of why proxy sessions are possible. Michael Talbot writes in **The Holographic Universe**: "At the level of our everyday lives, things have very specific locations, but Bohm's interpretation of quantum physics indicated that at the subquantum level...location ceased to exist. All points in space became equal to all other points in space, and it was meaningless to speak of anything as being separate from anything else. Physicists call this property 'nonlocality'".

Ancient wisdom and modern science tell us that all creation is part of a vast field of pulsing energy. In **Stalking the Wild Pendulum**, Itzhak Bentov says that each movement of our hand emits a frequency of energy that vibrates out to infinity. Somewhere, sometime, this frequency will have an impact on someone.

Michael Talbot further writes about French physicist Alain Aspect's discovery that under certain
[continued on page 14]

[continued from page 1]

circumstances subatomic particles, such as electrons, are able to instantaneously communicate with each other, regardless of the distance separating them. It doesn't matter whether the electrons are 10 feet or 10 billion miles apart--each particle always seems to know what the other is doing. David Bohm explains this phenomenon: "It is not because they are sending some sort of mysterious signal back and forth, but because their separateness is an illusion. On some level of reality we are not individual beings, but extensions of the same fundamental 'something'."

If we recognize that this fundamental "something" which unites us is our frequencies of pulsing energy, proxy sessions become more understandable. Energetically, as we know from the holographic model, we are indivisible. Energetically we are interconnected. If electrons are able to instantaneously communicate with each other regardless of distance, and if nothing is separate because on the subatomic level location ceases to exist, then the proxy session is in the realm of scientific reality! It is this interconnection and the concept of nonlocality, that nothing is separate, that makes proxy sessions a possibility.

What are the different ways of doing proxy sessions?

1. **The individual proxy:** In this type of proxy, the practitioner substitutes for the client during the HR session.
2. **The individual proxy in which a third person substitutes for the client:** This is used most generally with a small child whose parent proxies for them. The child is usually not present.
3. **The in-person group proxy:** In this type of proxy, one person acts for the group, providing the arm for checking the group's * resonance statements. The HR 6-step process is checked by the practitioner, as in an individual session, but members of the group participate actively, supplying intentions, problems, etc. The primary is then checked

on the proxy's arm.

4. **The in-person group proxy in which the practitioner does an in-person session on an individual in a group situation:** If some or all of the group members ask to be proxied in to this in-person individual session--and the practitioner muscle checks that this is in the best interest for each member--then the individual is also a proxy for those who want to be included. Others, who may not want to be proxied in or it is not in their best interest to be proxied in, will simply observe the session and learn from it, and may also be benefitted to one extent or another.
5. **A group proxy on a predetermined topic:** In topic group proxies, a subject, or series of subjects, is decided on in advance, and a group--either present or at a distance--is included in the 6-step process for this topic. In this situation the practitioner, or someone else, acts as the proxy for the group.

Starting a proxy session

We need to receive verbal permission from the client to do a proxy session and muscle check that it is in their best interest to receive a proxy session rather than an in-person session. We also may need to check if it is helpful or essential to get some information from the client (or parent, pet owner, relative of an unconscious client, etc.) before beginning the 6-step process. As we develop our skill in doing proxy sessions, we often find that we are able to identify much of this information through careful questioning and muscle checking on ourselves--to be confirmed by the client after the session. Information from a client may include what their problem is, the client's and parents' birth dates, or the client's intention.

Timing for the session

We need to muscle check if a particular time for the proxy session would be most beneficial for the client. For instance, it may be better to do the proxy session when the client is resting or asleep; we may need to avoid doing a proxy session when the client is

at work; or, knowing the meridian time clock, a client may need a session during the two hour period when a particular meridian has the greatest amount of energy. However, often the scheduling of a proxy session is not important and can be done at the practitioner's convenience.

Beginning the session

It is good to begin by stating that we are doing a proxy session for (name of the client) we are proxying for. We then proceed through the 6-step process as we would if the person were present.

Muscle check out loud

It is important to say everything aloud in the proxy session. In an in-person session, we do the session aloud in order to involve the client in their self-healing process and to meet the unconscious life need we all have for open, clear, honest communication (a life need that is rarely met in our life). In a proxy session, the practitioner moves back and forth between the role of practitioner and client. It is essential that we are focused on which role we are in and speaking aloud helps us to stay focused. In addition, when we muscle check silently a thought can easily enter our mind before we have muscle checked the resonance statement, and this can lead to inconsistent muscle indicator responses. By saying a statement aloud and then muscle checking it, we avoid this confusion.

Holding the healing space

The same level of focused attention, awareness and loving care with which we do an in-person session is applied to a proxy session. We need to be conscious that we are affecting the client's energy field with the language we use and even with our thoughts. We create and hold the healing space for our client so we can be a positive presence in their life. This means we honor their process; we are neutral and compassionate, free of all judgement and criticism; we set aside sufficient time to complete the session; we avoid distractions, interruptions and phone calls, just as we do during an in-person session. Our intention, as practitioners, is that everything we do or say is for the client's highest good.

How do we muscle check for information?

As the client is not able to participate and contribute information in a proxy session it means that the practitioner must arrive at the same information without the client's assistance and input. Often the practitioner doesn't even know the client, their history or their issues. This means that the practitioner needs to maintain neutrality while moving through a careful sequence of questions--focusing in from general to increasingly specific questions. As in an in-person session, this information is specific and precise. In order to transform unconscious patterns of negative resonance, we first of all need to identify what these unconscious patterns are. As we develop our questioning skills we are able to identify the client's intention, problem, and other information that the client may not even remember but which is often verified by the client's parents after the session. When we receive this verification, or clients give us feedback about their improvement, our confidence increases and it helps us to accept the validity of doing HR proxy work.

Can we do all of the 6-step and unconscious patterns by proxy?

Every component of the 6-step process is important. The proxy session, like the in-person session, often needs step #1, the preparation, step #2, the problem and the "gift" or higher purpose of the problem, as well as step #3, the positive intention. In addition, because we cannot see our client go into an energy constriction, we need to be particularly careful to muscle check for this whenever we feel it may be needed. The Diffusion and Fusion Repatterning are also significant in a proxy session, as is the full range of self-healing modalities. When doing a proxy session many practitioners shy away from parts of the 6-step process, energy constrictions or earlier experience, thinking that they are not possible to do without the client's "presence." If we find ourselves consistently missing certain unconscious patterns, self-healing modalities, or parts of the 6-step process, it may be that we have an issue about them ourselves and need to find out why. When all components of HR are integrated into our "data base," we will muscle check exactly what is needed by each client at any moment in time. If we get into patterns of only

using what feels safe for us, our clients will miss an opportunity to receive the full benefit from our HR session--whether it is in person or by proxy.

Part Two on Proxy Sessions will be printed in the next Newsletter. We welcome any experiences you have had doing or receiving the different kinds of proxy sessions. We would like to include questions you have and your contributions in the next Newsletter. Mail or fax your contribution to the HR Association office and it will be sent on to Chloe.
