

Holographic Repatterning and Proxy Sessions - Part Two

by Chloe Wordsworth

I was very glad to talk to one HR practitioner recently who shared that the proxy article in the July Newsletter was, for her, the best and most helpful article she had read. It was also heart-warming to talk to an HR practitioner at the conference who said that as a result of the group relationship proxy sessions, she had finally been able to end a dysfunctional relationship of two years, move out on her own and create a new life for herself.

In Part Two on Holographic Repatterning and Proxy sessions I had hoped to share your experiences in doing proxy sessions or in receiving them. Unfortunately no responses have been sent in! This may be an opportunity for all of us to take stock of ourselves. The Fire chakra is about action and commitment. Understandably, if our Fire chakra is low or even collapsed, we tend to lose confidence in our writing or in the significance of what we have to share--we lose sight of the vision that it is the action of sharing that is important. There is always someone to edit or proofread your contribution if needed!

When we go into action, sharing what is helpful or what has benefitted us, there is the possibility for a quantum leap for everyone--in New Physics this is called the butterfly effect: it is said that the movement of a butterfly's wing in Japan can cause a hurricane in Texas! What this is telling us is that even minute actions have powerful reverberations. Sharing the positive--the movement of a butterfly's wing--may give one person hope, who in turn impacts the lives of many; it may make the difference; it may transform someone's life. This is what Holographic Repatterning is about. We are impacting the globe through the work we are doing on ourselves and others. Sharing this work and our ideas is like a positive action. Action, even as small as a butterfly's beating wing, makes the quantum leap a possibility. This Newsletter is our voice for making a difference--Ether chakra. Where is our voice? What do I want to speak about and share that may help or inspire or bring greater understanding?

In Part One on proxy sessions we discussed the different ways of doing proxy sessions, how to begin, and fundamental things to be aware of when doing

proxies. In Part Two I would like to talk about the benefits of doing in-person sessions and proxy sessions. As we become informed about the many possible ways of doing Holographic Repatterning, we can muscle check the options and do whatever benefits our client most.

As Holographic Repatterning practitioners we know from personal experience that all types of HR sessions are powerful--whether we are proxying for an individual; a mother is proxying for her child; we are doing an in-person group proxy in which one person is "the arm" for the group; we are doing an in-person group proxy for an individual with the group observing and receiving benefit just by being present; we are doing group proxy work on predetermined topics; or if we are doing an HR in-person session on one individual. Each way has its benefits.

It might be worthwhile looking at the benefits of the proxy and the in-person sessions, so we have some clarity on each type and can do, or experience either category when appropriate.

The benefits of the in-person session

1. One of the clear benefits of the in-person session is that the client is directly involved--contributing ideas, needs, responses and understanding during the session.
2. The in-person session also provides the client with a direct experience of everything that is being identified--how they resonate with life-depleting beliefs and do not resonate with what is life-enhancing. The client is also actively involved with the self-healing modalities.
3. Perhaps what is most significant about the in-person session is that the client has a direct relationship with the practitioner. It is all too rare in life that we have the opportunity to be with someone who puts their own needs and concerns aside and desires to be 100% available for another, with the intention of doing or saying only that which supports the

client's self-healing. Learning to be this kind of model for another, even if it is only during an HR session, creates a "sacred space" for healing in all of us. As we experience the concern, love, strength and gentleness in our practitioner, it directly impacts our relationship to others and how we are with others. In this way we become a model for each other. This is particularly demonstrated in the deep transformation that takes place in the Energy Constriction Release during an in-person session.

We all feel our imperfection in many of our relationships. We also experience peak moments when the energy streaming between us is present and extraordinary. We also know, too often, that when the energy field is blocked, constricted, or collapsed, the energy streaming interaction we all long for is cut off. The in-person session requires that we learn, consciously, how to move into the healing space. Relationship is not a distant affair. We want a relationship that is tangible, present, whole. The in-person sessions push us to our growing edge of learning how to be comfortable being present for another, how to soften our eyes, relax, breathe, radiate the light of loving concern. The development of these qualities was not part of our education. We are all in our process of developing them by actively using HR on ourselves, receiving sessions, and using HR in the direct client-practitioner healing relationship.

As we move deeper into the computer age, where adolescent children "date" over the phone and the web and adults communicate more and more at a distance, the in-person session may become even more significant. We need to learn how to be in the presence of another, timeless, not rushing off to our busy activities. We need to learn how to enjoy direct relationship and honest communication, rather than feeling stressed by our contacts with each other. The in-person session is about relationship. When relationships

becomes stressful, we tend to constrict and isolate ourselves. It feels easier not interacting. When we avoid direct interaction, or feel uncomfortable being with our own or someone else's pain, the streaming of energy, the expansion of the field, the wholeness that is greater than the sum of the parts, no longer takes place. Relationship may be difficult, but not relating is even more difficult. For this reason, the in-person sessions are a powerful source of growth for the practitioner!

4. As the session develops, the practitioner, inspired, may share thoughts, intuitions, stories or meanings at specific moments during the session. This spontaneous sharing--always muscle checked to ensure that it is for the client's self-healing--often deepens the client's understanding and may be a self-healing modality for the client. In addition, it provides depth, meaning, interest and learning for the practitioner.
5. Being able to check the * statements directly on the client's arm, is in itself a self-healing modality. Often there is a sense of celebration, laughter, self-empowerment, as we experience for ourselves that we no longer resonate with the negative and we really do resonate with the positive! In seminars there is often a spontaneous burst of applause from students who are observing the transformation in the person being demonstrated on.

In relation to this point, it is important that we muscle check the statements exactly as they were originally checked. It is essential that we avoid changing a negative statement or belief from the beginning of the session to a positive statement at the end of the session when we are doing the final * check. The reason for this is that it empowers the client when they experience that they no longer resonate with the negative. It is essential that they know they no longer resonate with the negative. Darkness is the absence of light. When we no longer resonate with the darkness of life-

depleting beliefs and feelings, there is automatically more light. When we are checking the * statements after step #5--the self-healing modalities--we may notice that certain statements have shifted their resonance. This graphically illustrates for us the power of the * checking--that even experiencing the change in resonance is, in itself, a self-healing modality.

The benefits of the proxy session

1. In terms of the results people experience from receiving HR, the proxy sessions appear to be equally as beneficial as the in-person sessions. I know several practitioners whose whole practice is based on proxy sessions. Usually such a practice is set up so that the client phones the practitioner after the session to hear what happened. Other practitioners muscle check what is important to share, and write this down so it can be sent to the client. I feel that the telephone call allows for the spontaneous personal interaction that satisfies and makes the session special. Sometimes the written word can feel like dry information and may lose the aliveness and fascination of the session itself. However, in the case of animals and children who are non-verbal, the results are impressive and they don't have any written version or conversation about the session at all! The talking about or writing down the session helps to update the client's conscious mind on what has already been picked up unconsciously.
2. It has been discovered from research on the placebo effect, that belief in the system, the practitioner and, in the case of proxy sessions, the possibility of having sessions at a distance, is paramount. So far in Holographic Repatterning people seem to be fine with the idea of a distant proxy session. Interestingly enough, researchers have also found that the belief of the practitioner is another determining factor. If a doctor, for instance, believes in a specific intervention, the patient recovers even if a placebo was given and

neither the doctor nor patient knew that the believed-in intervention was not carried out! This tells us that if we are going to do proxy sessions, we had better have a strong belief in what we are doing!

3. There is tremendous potential for group work, especially in the field of relationships, alcohol and drug addiction, eating disorders, and many other fields. If a group repatterning is done in-person, people can relate to the individual receiving the session, or it may be that the group session is done in which each person relates to a predetermined issue.
4. A similar way to focus the attention involves intention. Already practitioners are experimenting successfully with having a series of topics or positive intentions relating to specific subjects. Again, it is worth HR practitioners exploring this further, working either with an in-person group or distant group proxy with intentions around health, relationships, success and financial security--the basic issues of Earth, Water, and Fire chakras.

It would also be interesting to open up our intentions to the Air and Ether chakra levels, with group proxies on intentions concerning what we have to contribute, opening our heart, or reconnecting to our spiritual purpose and being of service to others. This is when the possibilities of HR become exciting!

What if each HR practitioner agreed to do one session a month by proxy, in person, or a group proxy, on someone in need--a homeless person, a group dealing with drug addictions, or a woman in a battered women's shelter? Already, one practitioner in Washington is doing sessions in a prison. A teacher completed her sessions for teacher requirements in a shelter for battered women. There is a huge potential here, whether we are working individually or with groups learning to appreciate and value each other's styles of doing HR, to share what we have learned, what worked and what didn't work, and to serve and to support each other and our world.