



THE SPIRIT OF HR

Chloe Wordsworth

Two seemingly unrelated questions: one from a newly "qualified" practitioner abroad (did you know that "certified" in Europe and South Africa means you are insane!) and the other from a certified practitioner in the U.S., set me thinking. The first question was, "Is it OK to teach my friends a little Holographic Repatterning? They are going to buy the books and they say I shouldn't hoard my knowledge, I should share it with people. I don't want to teach them HR but I feel mean not helping them when they ask me." The other phone message question was, "I've been told by several practitioners that my sessions are too long and a session shouldn't last more than forty-five minutes to an hour at most. Is this true?"

What we are looking at here is the issue of information versus transformation. Information is an aspect of the old paradigm in education: read books, take notes, listen to the teacher, parrot back what you have learned, pass the exam, get the letters after your name, and this means you are educated. This left-brain aspect of education is not all bad and in the HR seminars participants will learn the process correctly so they can use the 6-Step Process and muscle-checking system efficiently, confidently and effectively. However, education is more than a training for the left brain. The overuse and over-emphasis on the left brain is perhaps what has led to our "half-witted" society, which must now find its soul if we want our species to survive.

Educare in Latin means to "bring up": to bring up what? For me, education brings up our true nature -- it holds the possibility of who we are in all our perfection, free of our unconscious patterns of

negative resonance; free of our negative thinking and reactive behavior, caused by our energy constrictions. This kind of education is both head and heart, both mind and spirit, both right and left brain, working together in harmony.

Left-brain intellectual knowledge rarely changes who we are and how we act. Using the HR 6-Step Process and the HR workbooks as a routine exercise may be quite effective, but if you want real transformation something else is required. I leave 1½ hours for every client I see, because what interests me most is the moment of "sacred silence" or the "healing space": that moment in every session when something bigger than both client and practitioner happens; when the whole room fills with a silence neither of you want to break with words; when you feel as though light is pouring in and the world is a better place to live in as a result of this moment.

I was teaching a Fundamentals seminar and muscle-checked to demonstrate a "Writing Repatterning" on an older lady. Her writing lacked flow and rhythm, she said. The related limiting belief was anger. We were all surprised as this lady was gentle, deeply spiritual, loving, and carried an aura of sweetness and peace. Certainly she couldn't relate to anger. So I kept muscle-checking and finally it came out that it was anger with her husband. She said, "But he died ten years ago." I asked, "Were you angry with him for dying?" She immediately went into an energy constriction -- the moment of power and opportunity for profound self-healing. After she had moved through it she explained, "He committed suicide, but

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I thought I had resolved all that.” At the end of the session she wrote on the board: her writing flowed, had rhythm, and the “before” and “after” writing samples could hardly be recognized as those of the same person. Her frequencies -- projected in her writing -- had been optimized. She floated away, deeply grateful, and the whole group was moved, uplifted, somehow changed, never to be quite the same as we were before, wiser, somehow deepened. This is Holographic Repatterning - not to be timed in minutes.

A lady in the HR seminars in India, who sees the energy field, commented about the HR sessions she had observed, “There’s so much white light. Everyone in the whole room receives it.” Other people, in New York, Colorado, Iowa, South Africa, who have the same ability, have all said the same when they observe teachers doing the HR 6-Step process. This transformation is not about information, it is about an experience. If a student passes on “HR information” to a friend, or someone gets an HR book and decides they don’t need to go to the seminar, they are denying themselves the spirit of HR. Because of this, only those who attend the HR seminars will receive the HR books. It is the experience of HR that we as teachers are passing on. As Teachers of HR we need to be a vehicle for this level of transformation in ourselves and those we teach. The HR training requires commitment, pure motives, self- transformation, time -- not just one or two years of training, but a lifetime; not just 250 HR sessions and a few public talks, but a desire to live our true nature in action and to be of service to others who want to do the same.

Doing HR and teaching HR involve standing on the cliff edge of the unknown, a willingness and courage to try our wings and to fly with eagles. This is why I ask you, as students, to avoid teaching this work to friends until you have gone through the full teacher training; it is also why I leave plenty of time when I do sessions on clients: making the unknown understandable, seeing and resonating with the positive, and opening the heart to love may take less than forty-five minutes, but it usually takes more!