

HEALING ON THE CREST OF A WAVE

HOLOGRAPHIC REPATTERNING IS AN EXCITING NEW APPROACH TO HEALING WHICH USES THE BODY'S OWN WISDOM TO ACCESS THE UNCONSCIOUS MIND. ACCORDING TO ITS FOUNDER, **CHLOE WORDSWORTH**, IT UNCOVERS ENERGY CONSTRICTIONS, SURVIVAL RESPONSES AND BELIEFS THAT HAVE PUT UP BLOCKS TO THE ACHIEVEMENT OF OUR HIGHEST POTENTIAL. BASED ON THE PRINCIPLE THAT ALL MATTER CONSISTS OF VIBRATING WAVE PATTERNS OF ENERGY, HOLOGRAPHIC REPATTERNING DOVETAILS NEATLY WITH THE NEW PARADIGM IN THEORETICAL PHYSICS. REPORTER **NIKKI FRANCIS** INTERVIEWED CHLOE AT A HOLOGRAPHIC REPATTERNING WORKSHOP AT RUNNINGS PARK IN THE ROLLING MALVERN HILLS.



Frustrated with the selective nature of the healing systems she had come across, Chloe studied a number of healing systems that she felt offered new possibilities. Over a 20-year period she trained in polarity therapy with Dr. Randolph Stone, studied acupuncture at the Maryland Traditional Acupuncture Institute and edu-kinesiology with Dr. Paul Dennison and Gail Dennison. These were her main influences, although many other systems came and went. She found, however, that techniques which would work perfectly well on one person would be completely ineffective on someone else with the same complaint. She wanted a system that would not only work on anyone, but would also utilise the most fundamental universal principles, enabling it to be applied to any complaint.

The result of her search was the synthesis of a new method of healing which she calls Holographic Repatterning, and

which she now teaches all over the world.

Nikki Francis: What is Holographic Repatterning?

Chloe Wordsworth: Holographic Repatterning is a method for identifying unconscious patterns of negative resonance (resonance being an affinity, negative resonance thus being an affinity with a negative belief or condition) which create limitations or problems in any area of our lives - for example, health, relationship, creativity, work, etc. Holographic Repatterning then transforms these negative resonances into positive ones.

When we resonate with unconscious negative beliefs, we create a reality based on

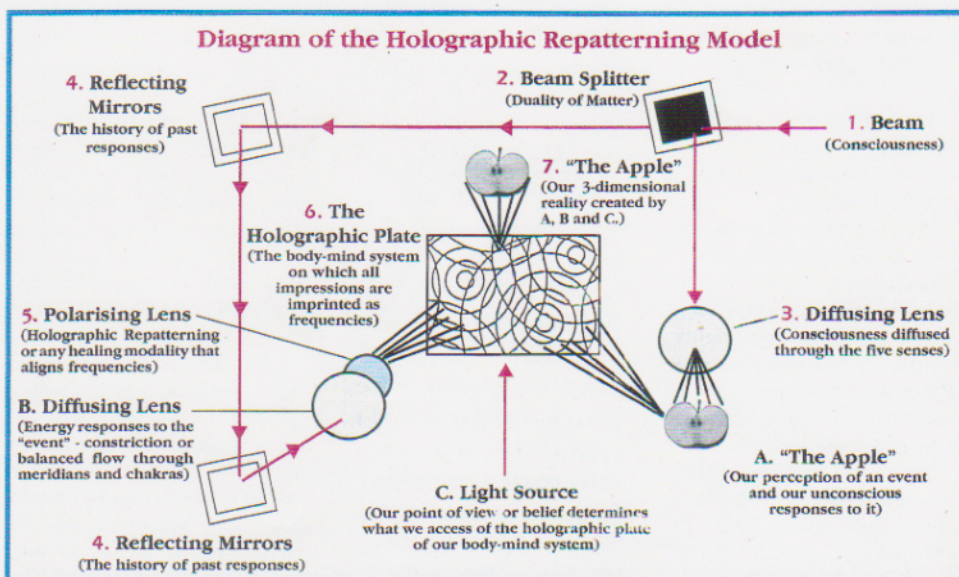
limitation. Instead we need to resonate with words or beliefs that empower or energise us. So, it is a method which allows us both to find what our unconscious patterns are and how to transform them, should we so desire.

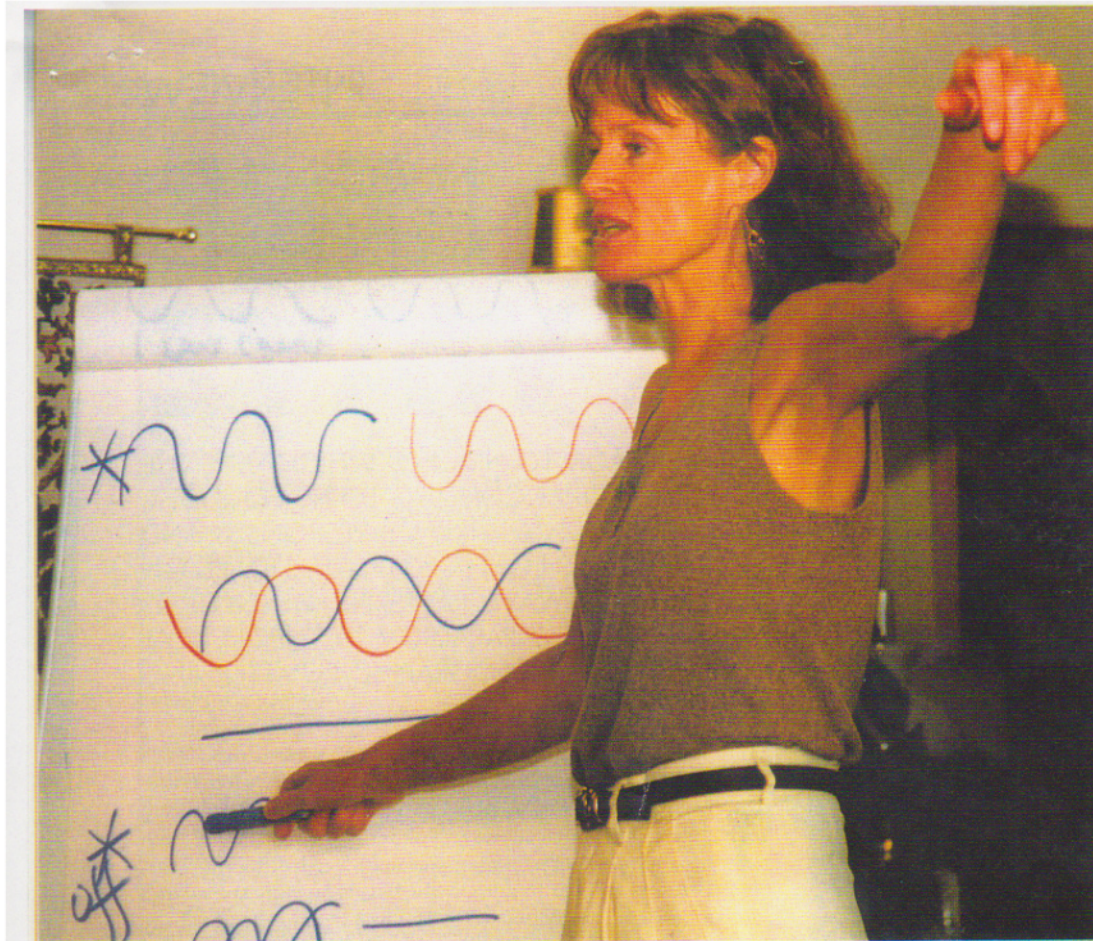
So the repatterning aspect refers to a switch from resonance with life-depleting beliefs or conditions to resonance with life-affirming beliefs or conditions?

Basically, yes. But in order to change something we first need to know its structure, and this is where the concept of the hologram comes in.

A hologram is created by taking a coherent source of light (by coherent I mean of one

frequency) such as that from a laser beam, splitting it into two by passing it through a beam splitter and then shining both beams through diffusers so that the beams become spread out. The first beam reflects off the object to be photographed and onto a photographic (or holographic) plate. The second beam reflects off a series of mirrors and is then passed through a polarising lens onto the same holographic plate. The beams create criss-crossing wave patterns on the holographic plate which are called interference patterns. When light is shone through the plate, a three dimensional image of the object that was photographed appears on the other





side of the plate. This apparently real image is the hologram - it looks exactly like whatever object was originally photographed, in that you can walk around it and view it from all angles, yet when you try to put your hand on it, nothing is there!

Science now accepts that matter consists of a series of pulsing energy fields - vibrating frequencies of energy - and that the frequency wave pattern determines the character and function of matter. In other words, the frequency makes the form. In the old way of thinking, we perceived form as a fixed and concrete reality. In actual fact form is made of frequencies - sound and light.

We can change frequencies as easily as tuning a TV. A clinical example of this was in the case of a child suffering from a multiple personality disorder. *Personality One* was diabetic whilst *Personality Two* was asthmatic. There were no medical signs of asthma when the child was in *Personality One*, and no signs of diabetes when the child was in *Personality Two*. These dramatic medical changes,

from asthmatic to diabetic and back, were taking place over periods of minutes. The only possible explanation is that the frequency is making the form. In the old way of thinking, of course, the child would either have been revered as a miracle or burned as a witch!

A Swiss scientist called Dr. Hans Jenny demonstrated that

“One of the most fascinating things about the hologram is that if you cut the holographic plate into one thousand pieces and shine a light through each of the pieces, the resulting one thousand holograms are each of the whole object that was originally photographed. The holographic plate (the body-mind-soul) cannot be separated into parts - each tiny fragment contains the whole information. We are indivisible!”

not only does a layer of sand, lying on top of a metal plate, form itself into a shape when sound is passed into the plate, but that the shape the sand makes changes when the sound frequency is changed. Similar experiments with 'piles of dust' have shown that sound frequencies played through the dust cause the dust to move into shapes, and that when the sound is removed, the dust disperses. We could draw a parallel here with the cells of the human body. Imbued with the frequency that we call life, cells adhere into a recognised shape (the human body). Remove that frequency altogether - which is what we call death - and the body disintegrates. Now, returning to the hologram, if the frequency interference patterns are less than optimal, then the holographic reality will also be less than optimal.

If we look at the human being in terms of the hologram, what is postulated is that the brain registers the frequency wave patterns taken in through our five senses, and converts them into what we call our reality: sights, smells, sounds, tastes and tactile feelings. The

We are our Waves

All our behaviour is a projection of our frequencies.

Crab in the Sand

Frequency wave patterns, whether of light or sound, create the form: Dr. Guy Manners asked the Jodrell Bank observatory to record the sound frequency of the Crab Nebulae for him. He then played the recording through a metal plate that had a layer of sand on top of it: the sand took the exact shape of the Crab Nebulae.

Energise

Using the muscle checking tool we find that concepts, words or actions can be energising or de-energising. Furthermore, when we are de-energised, people around us tend to follow suit. The opposite is also true.

- Whenever we go into judgements, everyone gets de-energised
- Swear words, however mild, de-energise
- The phrase 'muscle test' is de-energising, whilst the phrase 'muscle check' is energising
- The words 'love' and 'trust' are energising
- Sleeping near to a power socket or under an electric light are both de-energising

Wave Timing

When we resonate with an intention or belief it is similar to the waves created by two stones thrown into still water when the crests of the two waves coincide exactly. When this occurs the sum of the two waves is greater than the sum of its parts when measured individually. This resonance in us is indicated by a strong muscle check. This event is called 'entrainment'.

When we do not resonate with an intention or belief it is similar to the waves created by two stones thrown into still water when the composite wave form produced by the two waves, is incoherent. This lack of coherence causes a loss of energy which is indicated by a weak muscle check.

If the crest of one wave coincides with the trough of a second wave, the two waves cancel each other out and there is zero energy. This is called 'out-of-phase', a principle that is now used to counteract noise pollution.

brain thus translates the frequency wave patterns of the object - an apple, let's say - that was originally "photographed" and converts that information into a holographic image of an apple.

"Reality" [see diagram] is the result of different interference patterns upon the holographic plate. The first set of wave patterns results from our perception of events and our unconscious responses to them. The second set of wave patterns is created by consciousness, filtered through our energy circuits (meridians and chakras). Thirdly we have a 'point of view' that determines what we access of the 'holographic plate' of our bodymind system. Change the angle and we experience a different reality.

A negative response from the unconscious, or a negative attitude or belief, or a response filtered via a constricted meridian or chakra, will all cause wave patterns to vibrate at less than optimal frequencies. It is this that eventually manifests as trouble, since the resulting hologram (our reality) is distorted and over time will result in difficulty or sickness in our lives. For instance, if one is unconsciously identified with a negative response to a survival issue which occurred earlier in life, the response continues although it is no longer actually appropriate to the present situation.

To show the power of our beliefs, take as an example a group of students who were part of an experiment where they were told that they would all be given large doses of a tranquilliser. Instead of that, and unbeknown to them, they were all given high doses of caffeine. All of them quickly fell asleep! Clearly their belief system had created their reality, since the fact of the matter is that caffeine causes hyperactivity, the opposite of sleep!

So, we have a holographic model for the human being, but is it that simple to repattern us into health?

Yes. If we want to experience a different reality there are three things we need to do. Firstly, we need to pinpoint any unconscious negative perceptions so we can bring the frequency wave patterns back to their optimal level of functioning. Secondly, we need to bring our energy system into alignment with its optimal resonance; and thirdly, we need to recognise, and possibly change, our point of view. So, with HR we work with the events in our lives and our responses to those events, our energy responses to events plus our beliefs and thus what we access. We view our reality as having a structure made from these three components. Once you know the structure, you can change it.

Often in healing, a disease or condition disappears for a while but then returns. Take the case of a woman who had had asthma her whole life. After one month of HR, she no longer had asthma. One month later however, she was again suffering from asthma and returned for more treatment. I then found that she had a belief that her marriage would only work if she was an asthmatic - her husband had been unable to cope with the sexy and energetic woman she had become when she was free of the asthma. So for healing to be complete and permanent, the *entire* structure must be resonating at optimum levels.

What is the method?

First of all, we must have a tool to access the unconscious mind. Muscle checking based on Applied Kinesiology gives us this tool, as it provides consistent body-mind feedback. The muscle check is a binary system in that the muscle is either weak and checks as "off" or is strong and checks as "on". If the muscle (we use the arm muscle) gives an "on" response to a negative belief such as 'I am a failure', the person resonates with that belief and will manifest that reality in their life. If the person's muscle gives an "off" response to a positive belief such as 'I attain my goals', that

"For me, Holographic Repatterning opens so many doors to achieving our potential: when we are unable to resonate with what is positive and life-affirming, our energy system becomes constricted. This is like putting your foot on a hosepipe: the water no longer flows through freely. When the huge potential of our life energy only dribbles through the hosepipe of our body-mind system, we can no longer 'live' life; we find ourselves simply 'getting through' life. When we merely exist, it means that we have resigned ourselves to our pain and inadequacy, rather than taking up the commitment and challenge to free ourselves of life-depleting habits and responses, and so manifesting the full light of our consciousness."

person does not resonate with this positive belief and therefore wouldn't manifest this reality in spite of their best efforts.

In Holographic Repatterning we theorise that muscle checking simply indicates whether we resonate with a specific intention or belief - positive or negative. Unlike any other system though, HR uses three different muscle checks which provide specific information as to the nature or location of any negative resonances. So, using this tool we then enter a six-step process to identify the frequency wave patterns that have lost their optimal resonance [see box]. **In your opinion, what causes disease?**

The reason a person gets sick in the first place, whether through an outside agent such as a virus or through an inner disturbance, is that one or more of the wave patterns, which together create the hologram, are vibrating at a less than optimum frequency. The whole system is thus weakened. If the unconscious negative resonance is identified and transformed, there will no longer be any need for sickness. **So HR can be used to treat diseases caused by bacteria and viruses as well as those caused by more psychological factors?**

We are not medical practitioners or psychologists. Any problem a client wants to change involves identifying and transforming less than optimal frequencies. Nature then does the healing. **Is there anything that you cannot use HR for?**

Yes. It cannot be used to diagnose an illness. A person may, for example, resonate with

cancer as a concept, but not have it in the body. It should also not be used in place of intuition or making decisions. Lastly, it is very important that you only practice HR on someone if you have their permission, although there are exceptions to this rule - for example, someone in coma, or doing a session on a baby (pre- or post-natally).

In what other ways is HR useful?

One of the beauties of HR is that it can be used as a self-healing technique - in one's work, relationships, or to achieve one's athletic or creative potential, to name a few possibilities. Occasionally, though, the process will suggest that one needs a session with, for instance, a chiropractor or acupuncturist, to complete the transformation. All healing

The Six-Step Process

1. Preparation for change - being ready for a session.
2. Motivating Factor - what is the issue that is making you want to change.
3. Positive Intention - what do we want, what is our aim.
4. Identifying unconscious patterns that are involved with the loss of resonance in relation to our positive intention.
5. Self-healing modalities - muscle-checking identifies the form of energy needed to change or optimise the unconscious patterns of negative resonance. These modalities range from breathing techniques to meridian massage.
6. The positive action - what we need to support the session so that the result is permanent. As in 5 above, the action required (ranging from yoga to simply smiling) is identified by muscle checking.



systems are important. Holographic Repatterning is an inclusive model - you check what system you need, when, and who with.

HR can also be used extremely effectively as a form of 'distant healing'. In this case the practitioner can be thousands of miles away from the person they are treating and yet treatment is as good as if they were in the same room.

Have you ever been surprised by the results of HR?

Yes. But, more than surprised, I mostly feel very touched by the depth of the healing process that people go through with HR. For example, I recently had a call from a woman suffering from a large kidney stone. The stone was to be removed by ultrasound in hospital a week later but, knowing what a terribly painful process that would be, the woman practised HR on herself for five days. The day before she was due back in hospital she went for a further X-ray without telling her doctor that she had been doing HR. Seeing the X-ray, the doctor simply couldn't believe his eyes - there was no stone or even remnants of a stone to be seen!

Not everybody wants to continue their transformation, though. A businessman recently came to see me whose blood pressure was so high that his doctor could do nothing more to prevent his imminent death from rupture of the aorta. The man was only interested in lowering his blood pressure and getting back to business. After just two sessions he called to say that his blood pressure was normal and that he wouldn't be wanting any more sessions!

Using HR to treat animals has also been very touching. The practitioner must do all the muscle checking on themselves, of course, and, as with human beings, you must have permission from the animal to do the session. Staying with friends in Iowa once, I was asked to work on a horse which seemed to have lost its will to live - the mare had had a foal which had been sold and she had been distressed ever since. The horse 'gave me permission' to work with her (I muscle checked this). Muscle checking then revealed that the lung meridian was restricted on the 'spirit' level - she was depressed since her foal had been taken away. The healing modality was that I had to go and stand on the edge of a pond and do harmonic overtones across the pond. As the horses and riders returned I told them that I had done the session while they were out riding. They said that they already knew because the horse's behaviour had suddenly and dramatically changed during the ride.

Is there anything else you'd like to say?

I would just like to add one more important point: one need neither understand nor learn the holographic principles in order to practice the technique. In the seminars, both healing practitioners and 'lay people' are taught how to use the muscle checking tools and how to proceed through the six-step process in an experiential rather than intellectual way. So it is, actually, a self-healing technique for everybody. The only prerequisite (for the course) is that you need to be able to read and follow instructions.

MORE INFORMATION

- For details of future Holographic Repatterning seminars at Runnings Park, please telephone Tony or Ann Neate on: 01684 573868/565286. Fax: 01684 892047.
- David Goodworth and Marilyn Scott should be contacted for a list of nationwide practitioners, details of seminars in Reading, and to order the introductory video and comprehensive booklet. Telephone them on: 01734 462421/73045.