

health

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holographic repatterning

can it change your life?

Holographic Repatterning is a new process of self-healing which claims to allow the individual to identify and transform unconscious patterns that underlie pain, illness, relationships, career issues and other problems in life. Is it all hocus pocus or can it really turn your life around? asks Rosanne Buchanan.

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usan, 28, could not sustain a relationship for longer than a couple of months. The pattern was always the same. She would create a negative situation by causing a fight and then try too hard to fix the problem by resorting to begging. Through Holographic Repatterning (HR), she identified the pattern and established that it stemmed from her conception. Her parents had decided to have a child in order to save their marriage but they got divorced before Susan arrived. The pattern of perceived failure was set. Susan was able

to save her current relationship by reprogramming this negative belief pattern.

Beth, 49, desperately wanted to give up smoking before her 50th birthday. She had tried everything — cold turkey, nicotine substitutes — to no avail. With little hope of success, she visited an HR practitioner, who identified the root cause of her addiction, changed the belief that she needed nicotine and the result was immediate: Beth simply did not want a cigarette again.

Lindy, 37, an investment banker, hadn't closed a deal in 18 months. Through HR, she established that her attitude towards life was that it wasn't okay if life was too easy and that it should be a struggle. This attitude was transformed after five sessions and Lindy was back in business.

What makes a two-year-old child, traumatised by a hijacking ordeal that left her a very unhappy juvenile insomniac, walk into an HR practitioner's office and wrap both herself and her mother in coloured scarves, each representing the different Chakras? The answer is simple: positive, permanent results. In this case, a good night's sleep ever since. An act of unconscious self-healing or simply mumbo jumbo?

While the concept of HR may seem 'out there' to the average person, it's changing thousands of people's lives and, as weird as the methodologies may seem to the non-New Age believer, it's based on sound principles. We're all bundles of energy, anything that has energy has a frequency, and all matter pulsates at different frequency rates. Our thoughts, feelings, organs and tissues all vibrate at their own unique frequency. When these frequencies are non-coherent or out of phase, we may find ourselves plagued by poor health, unhappy relationships, failure, low confidence, depression and other life-depleting responses.

HR is based on the principle of resonance, and facilitates a shift in our frequency wave patterns so that we resonate with what is energising and life-giving instead of negative and life-depleting. Call it 'body intelligence' or 'fuzzy logic', HR works on the premise that our subconscious is like a sponge, soaking up information around us from the moment we are conceived. This information is not rationalised, but is stored away as is, and can be triggered at a later stage in life. An example would be a child whose mother laments, "You're so clumsy, you always drop things." Although this is not the truth but rather the ranting of an exasperated parent, the child may perceive it to be the truth and it may become a negative pattern.

Founder Chloë Faith Wordsworth, who worked as a complementary healer for 30 years, studied and practised different

types of healing but she found that what worked for one person did not necessarily work for another. She synthesised her training and experience in acupuncture, polarity therapy and the ancient Meridian-Chakra healing system, with her knowledge of psychology, physics, holograms and sound frequencies to come up with the concept of HR.

She compares a human being to a hologram — if you shine a laser light on a holographic plate, you have an illusion, a 3-D image that doesn't exist. A holographic plate can accommodate millions of images; one only has to change the angle of the light to see a different picture. In basic terms, this is how one can shift the focus and change one's life.

Chloë describes HR as "a method to identify and transform non-coherent frequencies that cause us to resonate with life-depleting patterns that are preventing us from resonating with life-enhancing patterns. Through HR, our attitudes to life can spiral up to a higher energy or state of coherence."

Jargon or not, we've all experienced a sense of being out of sync with the universe, feeling out of sorts or generally out of control of our lives. We live in a fast, sometimes incoherent world. What makes human beings commit murder or engage in war? The hurly-burly fast track of life and an increasingly insular lifestyle does not allow us enough time to look after ourselves or to ask for help, and hence a global rise in addiction, depression and other psychological and behavioural dysfunction.

Local HR practitioner, Walter Röntsch, believes that HR is part of a healing paradigm shift from "the expert knows best" to "I can heal myself".


"Whereas before, if we had a problem, we would rush off to the minister or the doctor to seek help, more people are questioning conventional medicine and turning to alternative healers," Walter explains. Common cases, he says, include people suffering from low self-esteem, abusive relationships, loss or grief, addictions, phobias and even cancer.

The new paradigm of the power of positive thinking has been emerging and evolving for decades. The belief that one can promote self-healing is not new. New Age guru Louise Hay changed her belief patterns, her lifestyle and cured herself of terminal cancer.

"If we are willing to do the mental work, almost anything can be healed," she says in her bestselling book *You can Heal Your Life*. Walter says HR is based on a similar principle of holistic treatment and self-empowerment. "We take into consideration the emotional, physical and spiritual make-up of the individual seeking treatment."

No matter how a problem manifests itself — it could be physical pain or emotional dysfunction — the underlying issue has to be identified and shifted. This is commonly referred to as an energy block. "You don't necessarily even have to understand it," says Walter. "The idea is that if we only tuned into our bodies and listened, we would know how to heal ourselves."

Living beings have a built-in sympathetic parasympathetic nervous system to help them deal with trauma or upheavals. If an



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animal narrowly escapes being hunted, it contorts its body, shakes, huffs and puffs to alleviate any post-traumatic stress. Instead of resorting to rage on the road, we should be getting out of our cars, breathing deeply and making a few grunting sounds; possibly roar with rage! Human beings simply don't allow the parasympathetic nervous system to kick in and it shuts down. The result is that we don't know how to release stress or trauma, so some issues are never resolved, causing blockages. HR practitioners see themselves as facilitators to rid us of these blockages.

The people I meet — Natascha Heine, Clarissa Tunstall and Walter — are not of the 'Granola Bar' or hippy variety of healers I expect. No beads, strappy sandals or long flowing skirts. They're normal folk and they admit HR sounds strange at first. But they all agree emphatically — "It works." Clarissa, a former teacher who's been a healer for 19 years, has had amazing results through her sessions. Sometimes the release of emotional baggage is so dramatic, she says, that her clients even look different after a session.

"Negative belief patterns limit us and if we change the frequency, we allow the body to resonate with positive beliefs. The body takes over the healing process."

Here comes the really weird part. In HR, a pattern is identified through discussion and a technique learned from kinesiology — a method of tapping into 'body intelligence' developed by an American chiropractor — called muscle checking. The principle is bio-feedback and what it means is that the body and mind respond at a purely unconscious level. The practitioner will make a statement and the body, oblivious of your conscious mind, will respond by either resisting the statement (meaning one is in tune with that intention) or by giving an 'off' response (meaning you don't resonate with that intention). It is important to realise that even though one might believe in a statement like: "I am a worthy person", one may not resonate with that belief, based on a past pattern. The body intelligence and the conscious mind do not always say the same thing. "As opposed to a therapy session, HR is not about feelings; it's about patterns within a person and their resonance with those patterns," Clarissa explains.

Once the client gives the practitioner permission to work on them, the energy transaction begins. The client normally lies prone on a mat or bed and is asked to relax. The practitioner then tunes into and accesses information through a muscle check. Almost like an 'unarmed response', the practitioner uses the client's arm as an indicator in the muscle checking process.

The body answers statements made by the practitioner based on her understanding of the client's problem. From there, he or she establishes what needs to be done to transform energy to create coherence. Another inexplicable aspect of the treatment is that the practitioner may, himself or herself, become a conduit for the client and conduct their own muscle checking to establish what is good for the client. Natascha explains: "We are pulsating energy fields and in this way, I pick up on the client's energy. Imagine a big magnet ... we are repulsed by some people and drawn to others."

The way to alter energy is best described using a classic science textbook illustration of an energy frequency — in the form of a horizontal wave pattern — that can be made bigger or smaller by adding or detracting energy. The belief in HR is that various 'healing modalities' like movement, sound, colour and other 'energetic objects' (such as crystals) can be applied to change a frequency. "We change the frequency that holds one in a negative state," Natascha says. Results can be dramatic (like giving up an addiction, or a physical swelling being reduced) or more subtle, like an attitude shift or a change in the way the client handles conflict. Because the healing is an energetic process, where the frequency of the body's cells is altered, after-effects can include headaches or drowsiness. At the end of the session, the practitioner checks the original statements once again, using the muscle check to see if the frequency has transformed and that the client resonates with life-enhancing statements. Of course, this is a very simplistic version of an HR session. It can be an emotionally charged experience for the client.

HR has not reared its holistic head to compete with conventional psychotherapy. Walter, Clarissa and Natascha agree that it is a complementary practice and that the two can work together. However, the fact of the matter is that a few sessions of HR have helped people who have spent years on the conventional therapist's couch intellectualising their problems to no avail. HR does not work on the premise that one can sort out the problem through reflection and intellect. Recognising a problem doesn't mean it changes. The HR approach takes into account body and mind — conscious and unconscious — in order to establish a pattern and to transform it. "HR practitioners are not therapists," Walter says. "If insight is what the client needs then a therapist is the best option." In certain cases, such as divorces, clients do want to verbalise issues more.

Although courses have been ongoing in the US since the early 1990s, there are only a handful of practitioners in South Africa. They have to attend a rigorous series of courses and training before they become accredited by their US counterparts.

The cost of a session, which can last up to two hours, is typically between R150 and R220. There's no saying how many sessions it takes to release limiting thought processes. For some, a once-off is all it takes, for others a few sessions are required.

As they say "shit happens" and we all have emotional baggage to offload. If your marriage falls apart or you lose your job, HR is not going to change that reality: "We're not changing the situation; we're changing the attitude of the person facing the situation," Natascha explains.

As we seek self-help and insight into our lives, it is ironic that conventional medical science seems to have become stuck and is not going anywhere other than to the bank, as pharmaceutical companies reap the rewards of life's burgeoning business of illness. The only ray of light in this disillusioned, doomy, gloomy scenario is holistic healing practices that seem to be fine-tuning all the time and helping more and more people to find health, inner peace and happiness.

The South African Holographic Repatterning Association holds regular HR courses and often hosts international teachers.