

Hi! Thank you for participating in this World Peace Hologram Session!

Although it's probably been mentioned elsewhere, for convenience I'll include it here: During group sessions, you may or may not feel the session was for you specifically. You may relate to some of the statements more strongly than others. With a group, the session is for the entire group. As such, you're sure to feel positive changes; we just don't know exactly where or how.

In the format that I use, the first column is the original state of the statement. As a result of doing the modality, the state shifts to the Final State in the second column.

In the 'Earlier Experience,' and other scenarios like that in a Resonance Repatterning session, I think of the information as an archetypal story that conveys the spirit of a situation if not the exact reality of it. In this case, I was picking up on a young couple expecting their first child. It seemed like they were standing in a hall way reading a letter they just got. I couldn't tell exactly what was in the letter - was it a draft notice? an eviction notice? Something significant for them. But again, this may not be a situation which actually happened. It is more about the dynamic of the couple when they encounter something that comes unexpectedly.

There were three modalities:

- Goobledygook sounds -- 'speaking' without using language, which helps convey and release emotional content
- the Ha! breath -- breathing out 'Haaaa,' which energizes the heart center. I did this coupled with the Open Heart gesture.
- the SNS Shakeout -- which dissipates fight/flight instincts and taps into the parasympathetic response system

There is a small write up about the SNS Shakeout at <http://w3.satori.com//Horses/Tidbits/Approach/ShakeOut.html>

There is a small write up about the Heart Gesture at <http://satori.com/BodyBotique/Modalities/Movement/nModMov06Heart.htm>

All of these modalities are great modalities to have 'on hand' any time you wish to raise your coherence!

Session Notes ~ World Peace Hologram Session Oct 5th, 2015

Original State	Final State	Session Statement
		I am now proxy for ...
Off	On	I am safe
Off um	On um	I am content
Off	On	I am kind
Off	On	I am inspired
Off	On	I connect to that part in others which feels safe, content, kind and inspired.
Off	On	Our connection fortifies our sense of safety, contentment, kindness, and inspiration. INTENTION FOR A NEW POSSIBILITY Identify what motivates action toward the achievement of the intention(s) The Point of Choice:
Off	On	Yes, I want, choose and am ready to <align with, embody, and do the above> The underlying need these intentions fulfill -
Off um	On um	I am enough. Identify the life vision: I live my vision of providing healing; being a nexus of love and understanding and compassion;
Off	On	bringing positive change into the world in tangible, physical ways, too; preventing disasters; and assisting others with their evolution, and my intentions are aligned with this vision
		Identify the commitment : Ea. I am 100% committed to
Off	On	be safe, content, kind, and inspired; connect to that part in others which feels safe, content, kind, and inspired; providing healing; being a nexus of love and understanding and compassion;

bringing positive change into the world in tangible, physical ways, too;
preventing disasters;
and assisting others with their evolution,
with perseverance and focus, and I accept the divine plan for my life."

BREATH REPATTERNING

Introduction to the Breath Repatterning

The first breath after birth marks an astounding transition from in utero "breathing" through the mother, to environmental breathing, which marks the baby's first experience of independence and separation from its mother.

Ideally this transition needs to be smooth and effortless. After the birth the baby needs to maintain its connection to the mother through the pulsing umbilical cord. In this way, the baby is both outside the womb and still connected to its womb environment through the umbilical cord. Once the pulsation comes to a natural completion the baby's lungs take over independently. If this natural scenario is interrupted it causes issues relating to the natural ability to breathe rhythmically in a relaxed and easy way.

If the birth process and the first breath are associated with difficulty, pain or trauma, this breathing pattern recapitulates in numerous variations throughout life — in the form of breathing issues or experiences concerning loss of breath.

Breathing is also directly and intimately associated with feelings; every feeling manifests in a specific breathing pattern. If unresolved feelings from birth or early childhood are involved, this sets up a non-coherent breathing pattern that may last a lifetime and may even result in breathing compensations, such as smoking.

The vital chi or pranic energy that enlivens every cell is carried by the breath. The breath controls the oxygen-carbon dioxide ratio that is essential for every life-activity in the body; the breath controls how you feel and directly relates to your state of mind. The intention of the Breath Repatterning is to resolve the noncoherent breathing issues you resonate with so you can enjoy the breath of life to the full.

Breath Repatterning

The earlier experience underlying the non-coherent breath response in relation to the issues of this session:

3rd trimester / with regards to Spirit

The life need involved:

Off um On um

I serve humanity.

The negative situation.

picking up on some confusion, an unsettled situation, something 'important' is not resolved and the answer is not forthcoming; father feels overly responsible to come up with answer but frustrated he isn't. mother wants to be supportive but feels inadequate because she knows she can't provide the answer. something to do with the situation has changed -- something has come up that was not expected and in this moment there is sort of shock ... and a profound sense of not knowing what to do.

Patterns resulting from this earlier experience -

On Off

There's not way to plan for everything.

On um Off um

Things will come up

On Off

I think I'm safe, and I've covered all the bases, but I'm not.

On Off

Something from the outside, someone else, will have a profound impact on me.

On Off

I don't have all the answers; I don't know where to get all the answers; I don't know what to do.

On Off

I'm at the mercy of what happens to me.

The Life Need that is related to the stressed breathing response:

Off um On um

(I have) protection from harm

The Reflex involved is the Protective-startle reflex:

On Off

I am locked into a protective position in (my relationships) even though there is no present danger.

The breath response involved:

On Off

Shallow, upper chest breathing

On Off

Sighing

On Off

Hold on exhale.

The feeling involved with the inability to breathe deeply and easily:

On Off

I feel envious; I feel jealous.

On Off

I feel overly sympathetic.

		To check for deep breathing: Inhale and allow your belly to swell like a balloon; expand your ribs at the sides, front and back; and breathe right into the top of your lungs. Exhale and relax your lungs and ribs from the top and the middle; and finally, using your core belly muscles, pull your belly in, exhaling all the air from the bottom of your lungs.
Off	On	
		The non-coherent breath response has blocked the energy pulsation in the body: Lack of breath and energy flow in Kidney Meridian - Water Element. How the life-depleting breath response was manifesting:
On um	Off um	Loss of memory
On	Off	Sighing
On	Off	Sleeping problems
		Identify the feeling-breath coherence:
Off	On	I acknowledge aloud that I am feeling envious, jealous, and overly sympathetic, and I also continue to breathe easily and deeply.
Off um	On um	Breathing deeply while acknowledging feelings MODALITIES FOR CREATING CHANGE gobbledygook sounds Ha! Sound all previous statements shifted; however, still feeling a lot of energy so checking ... INTENTION FOR A NEW POSSIBILITY An underlying need:
Off	On	I am disciplined. Commitment:
Off um	On um	I accept that whatever is not aligned with my intentions emerges for my own growth and transformation. MODALITIES FOR CREATING CHANGE SNS Body Shake-Out

Follow-On

Sessions are designed to be complete in and of themselves. Ideally you will begin to notice changes right away. Changes can take place at four different levels:

you begin to think differently - you may still find yourself in the same situations having the same responses, and yet you will find yourself understanding the situation differently, or understanding yourself differently. You will have more information about what is going on and in some way there will be a change in how you perceive the events to have come about and played out.

you begin to respond differently - what once would have started a cascade of habitual responses in you no longer does so. The people around you and the situations you find yourself in start out the same way as usual yet when it's time for you to 'play your part' you'll find yourself saying or doing something different. Sometimes there is a little bit of push back at this point since you're not doing the same 'ol, same 'ol. Sometimes it will feel as if you're getting the chance to learn new lines and new ways of being. Sometimes you'll enjoy a freedom to say and do things you've been wishing you could. This level of change can play out in many different ways.

your system is so different, people behave differently around you. It may be they 'don't even go there.' Whatever the old pattern is, it no longer appears. It's as if your system is broadcasting the message 'I've changed!' and they take you at your word.

your system is so profoundly different, you don't even remember behaving any differently, and yet you do. It is possible that the change is so 'through' that you are totally unaware that you are different; however, those around you will be giving you feedback that you have changed.

Noticing changes in yourself takes a little bit of self-observation and can be a little bit like being a detective. Sometimes it's a matter of just 'being on the lookout' for something that struck you as odd or desired in the session. If it seems like nothing has changed, you can check in with some one close to you and see what they notice.

Some changes are gradual. A few years ago I did some sessions for the family. I got permission but I didn't bother sharing details. Within a week, friends outside the family could see a change in family members -- as could I! After a couple months, family members commented on how the family dynamics had been better for the last few weeks,

nothing they could put a finger on, but everything seemed to be moving smoother, less friction, less ... So sometimes the changes don't quite fit into words, but there is a sense that something is different and better.

If for some reason you are feeling out of sorts directly after the session for no apparent reason - ie it's totally out of the ordinary, please contact me. This is rare, yet it does occur.

Also, if you have any questions after a session, please contact me. I would love to hear how you are doing!

Lynn



"... I was the rider on the back of an elephant. I am holding the reins in my hands, and by pulling one way or the other I can tell the elephant to turn, to stop, or to go. I can direct things, but only when the elephant doesn't have desires of his own. When the elephant really wants to do something, I'm no match for him."

~ Jonathan Haidt