

World Peace Hologram Session Nov 25th, 2015

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. (If you would like a personal session, you can always contact me or another practitioner for that!) Since this is a group session, you're still 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.

The Repatterning that came up was for Planetary correlations. A Repatterning like this is good for resetting the whole system. (yay!)

There was one modality - yawning & stretching. (we seem to like this one!) During the yawning and stretching I had a lot of popping going on! Also, really enjoyed clasping the hands behind the back and lifting to open the heart.

How are you now, after the session? Have you noticed any changes in how you feel or think about situations? Or how you respond to events?

Lynn

Session Notes

Original State	Final State	Session Statement
		I am now proxy for: <the group>
		SEED STATEMENTS
		Integration for Growth Repatterning
Off	On	I am safe
Off um	On um	I am content
Off	On	I am kind
Off um	On um	I am inspired
Off um	On um	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. submissions:
On	Off	I have accumulated too much.
Off um	On um	I keep only those things that I love, that inspire me, or that furthers my life energy.
On	Off	I feel like a hunted animal.
Off um	On um	I am a peace.
Off um	On um	I accept and love myself and everything as they are.
Off um	On um	I am recognized, with love, and am successful in my 'work'
Off um	On um	I enjoy and experience abundance and fulfillment in my career.
Off	On	When exposed to the 'abuse meme' I have a successful strategy which protects me and allows me to disengage without perpetuating
		INTENTION FOR A NEW POSSIBILITY
		what motivates action toward the achievement of the intention(s) --
		<i>the underlying need the intentions fulfill for client - The need for love, respect and happiness in relationship</i>
Off um	On um	I make loving connections through warm and relaxed eye contact. <i>the commitment needed</i>
Off um	On um	I accept that whatever is not aligned with my intentions emerges for my own growth and transformation.
On	Off	I resist knowing about things that are not aligned with my intentions; and I'm willing to hold up my own growth and transformation.
		Planetary Correlations
		The Sun frequency (126.22 cps/Hz)
Off um	On um	I am full of light • I make things accessible.
Off um	On um	I am full of gratitude.

On Off I become exhausted.

On Off I exhaust others.

The Pluto frequency (140.25 cps/Hz)

Off um On um I am comfortable with highly charged situations).

Off um On um I welcome rebirth.

On Off I misuse my power.

On Off I am in denial.

The Saturn frequency (147.85cps/Hz)

Off um On um I learn my lessons

On Off I feel burdened by life's lessons.

The Earth frequency (194.71 cps/Hz)

Off On I resonate with the earth's magnetic field, and I am energized by living on this planet.

On Off I am self-absorbed.

The Uranus frequency (207.36 cps/Hz)

Off On My visions are before their time. (and I'm ok with that!)

On um Off um I am curt.

The Moon frequency (210.42cps/Hz)

Off um On um I am in touch with the natural cycles of life.

On um Off um I am clinging.

On Off I am insecure.

The Venus frequency (221.23cps/Hz)

Off um On um I create a sense of beauty and harmony in my creative self-expression.

On Off I am quarrelsome.

On Off I use my appearance and charm to manipulate women.

Modalities for Creating Change

yawning and stretching

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