

WORLD PEACE HOLOGRAM SESSION

MARCH 1st 2018

Session Notes for Make Peace Personal
Facilitated by Carolyn Winter
Holographic Coach

TOPIC AREAS FOR PEACE WE ARE INTENDING IN 2018

- name your specific area to focus on for peace in the world. Our current list includes the follow topics in bold. Everyone's statement is included. The ****statements, are used as a proxy for the group:**

RACIAL DISCRIMINATION

1. We support respect for all black people being shown by white policemen in USA.

ISSUES OF SEXISM, WOMENS RIGHTS

1. There is an amazing progress in women empowerment in India by right education in India
2. We release generational trauma and negative beliefs, so we value and respect both sexes equally and we celebrate and embrace both masculine and feminine qualities within ourselves.
3. We support the exposure of abusers and empower the voices of victims

ECONOMIC STABILITY

1. ****There is Prosperity , in Croatia, that supports people to let go of the past pain, regrets, blame, and suffering of the People of Croatia./on**
2. We support South Africa in achieving economic stability, improved GDP growth, reduction in violent crimes, acceptance of different cultures and the openness to understand, listen and share information for continued growth and peaceful resolution.
3. Africa overcome the famine crisis
4. There is Peace and Abundance in Our World everywhere. There is Peace, Unity, sense of Satisfaction, and continues economic;

SHELTER, BASIC RIGHTS

1. We support all societies and governments to provide homes, appropriate support, and a good standard of living for all homeless people; a culture of caring for others; and fairness in distribution of wealth and resources.
2. All countries spend more money for health and welfare and less on the arms race. Especially _____(fill in with a country you wish to focus on for this series)
3. We support the land rights and safe water rights for all Americans.
4. US honors land treaties with Native Americans and stops oil pipeline building.
5. Humans all over the world begin to connect and communicate with nature, adopt older spiritual practices of indigenous societies, and in turn feel more connected to each other.
6. We honor all beings as sentient and equal. All beings are free from harm and suffering. We all experience simple paradise consciousness.

7. All families share bonds of unconditional love. They practice compassion. All families have a safe place to call home and live together.
8. People be free from threats on person due to human trafficking
9. The vision of living in a safe world has overpowered the vision of our fears
10. The people of Syria have peace and food, clean water and medical aid and they know the world supports them

GUN CONTROL and WEAPONS OF DESTRUCTION and GLOBAL RELATIONS

1. **** Eliminate ALL gun violence, particularly in the USA / on**
2. Nuclear disarmament is achieved especially in North Korea, and Russia
3. We support all terrorists to experience peace and love in their hearts and to find peaceful solutions for their problems.
4. Toronto and surrounding communities are peaceful, sane, harmonious, welcoming and beautiful places to be.
5. Elimination of violence in my town and noise pollution
6. US citizens and government officials explore attitudes that contribute to diminished safety in our communities and schools, engage in solid research regarding excessive gun related deaths, and enact laws that contribute to enhanced protection, safety and the higher good of all.
7. Peace in the region, a stop to the expansion of Israeli settlements and a country of their own for Palestinians

ENVIRONMENTAL ISSUES

1. ****There is beautification of my street and home. An energy of joyful connection in the neighborhood. /on**
2. Countries around the world become pro-active about cleaning up water pollution
3. We support the healthy songbird population as it renews its yearly cycle.
4. All deforestation of the amazon for cattle grazing ends

WORLD HEALTH

1. The world is vegetarian
2. . All humans choose to eat a plant based diet as they are committed to the wellbeing of all sentient beings.
3. The Ontario government makes appropriate decisions on funding Ontario hospitals. They increase their funding or change their funding model to better suit front line staff and patients and families.
4. First responders and front line workers are supported through phases of transition.

What is your intention for your life situation in 2018?

MONEY

1. **** From this day forward I have more than enough funds to cover living expenses and relinquish poverty consciousness./on**
2. Month over month I manage my money well, and build an operating reserve of 3 months.

WAYS OF BEING WITH OURSELVES AND OTHERS

1. I intend to be more loving and more understanding with all people around me.
2. To stay centered and in touch with the Divine each day and come from my heart in all my communications with others.
3. I experience Transformation of my awareness
4. I clarify and set boundaries in my personal and professional life.
5. Eliminate all irrational fear and anxiety from my life
6. I experience unity, peace and growth in my family.
7. Better interpersonal relating.
8. I have Peace within myself, in my Home, and with my family who recognize and respects me and our Natural Order in the Family. My dreams of long standings are manifested. I am happy and healthy, my problems are resolved,
9. I am a channel for love, healing, and service to those in my path. I give freely, and I graciously accept the abundance I receive.

HEALTH AND WELLNESS

1. I resonate with 100% health on an emotional, mental, physical and spiritual level. My body's resonance is aligned with optimal health. My new high level of health manifests as a regular routine of exercise such as a 5 minute walk. (Name something relevant to your situation; for example lose 5lbs, go for a 5 minute walk daily or successful surgery etc.) /on
2. Resolution of health issues related to digestive problems
3. I will bring joy and fulfillment into my life through my painting
4. I feel deeply loved and cherish, accomplish my goals with ease and experience peace within and outside of myself.
5. I am vegetarian
6. I have peace in my heart.
7. I am healthy, creative, abundant in useful action, evolving to be better and better.
8. I am fit, toned and have shed 15 pounds of excess fat.
9. elimination of swelling in the lower extremities

10. ENERGIZE INTENTIONS

- I awake refreshed and ready for the day.
- I meditate 15 minutes.
- I make healthy food choices
- I exercise at least 15 minutes.
- I keep my commitments
- I relax and sleep soundly.
- I appreciate 3 good things that happened for me today

HOME

1. I easily and effortlessly purchase and move into my own divinely guided lovely home right by the beach. Everyone enjoys my 2018 Chanukah celebration there.
2. I find land in Spain on which to create my project and receive all I need to move there and begin.
3. I own a beautiful new condo and rent it out to wonderful tenants until I'm able to move in after I retire

4. Good health for my wife and me and love towards each other
5. My home is decluttered, functional, with everything in order and I have daily routines in place to keep it that way.
6. My condo/apartment home is protected from second-hand smoke of all kinds from other units; the building is well maintained and the air I breathe improves.

BELONGING

1. I have new healthy and loving friendships in the local area
2. I continue to make new lifelong friends who reflect the new changes in me.
3. I am included in our family discussions and events.

CREATIVITY

1. I finish my dance ritual piece and I will help another human make one in nature or start a dance class in nature.
2. This year I finish my priority sewing and quilt projects with creativity, satisfaction and fulfillment
3. I write and publish my story

CAREER

1. ****I have clarity on my future and act with wisdom, insight and inspiration to determine a positive and fulfilling future. /on**
2. My career and work is supported with a resourceful team/ off
3. I am engaged in a career that aligns with my True Self
4. I am fully alive and fully sharing all I have to offer to the whole. I embody divine reciprocity.
5. I relax and open my body to allow the full range of my voice to flow. I sing in public and love it. I perform in the street, online and at festivals. I have a global audience who appreciate what I offer, entrain with compassion and are inspired to free themselves from their fears. I share my voice on behalf of all those who have no voice.
6. I offer ongoing online groups which are fully booked and bring extraordinary results for each participant.
7. I become certified in Resonance Repatterning and Bones4Life. I share the beauty of these works with family and friends and others.
8. I use the internet with confidence and skill to enhance and enlarge my positive impact in my life and in my world.

World Peace Awareness Needed:

Non- Coherent: My inner peace regarding money, career, and health and wellness is disturbed because global economic imbalances, and gun control and environmental issues. /off

Coherent - The world issues of global economic imbalances, gun control of re-environmental issues reflects my issues regarding money, career and health and wellness/ on

Water Chakra Repatterning

I block the flow of my creativity/on

Emotional response – I am controlled by my desire/on

Shock from accidents involving the head/on
My water chakra is discolored/on

Earlier Experience involved in the water chakra non coherent energy:

5 years ago bombing in Paris/ off

Negative Feeling Involved: I feel terrified/off

Need – I think positive thoughts and think well of myself and others/on

Negative Belief: - I am not safe especially in public places with large groups of people/off

Instead - The bombers are brought to the attention to the attention of the authorities before something horrific happens; the public is safe and conscious of the sorrow in the world creating these situations.
/on

Related Chakra Patterns:

Painful feet/off

I feel I am not worthy/off

Disrupted energy in my water chakra at the negative poles of my feet both sides/off

Water coherent quality – I am intuitive/on

Wisdom and understanding are within me/on

Empowerment Patterns:

Families of the victims of situations of violence, are strong and forgiving in relation to my non coherent patterns and are aware of my needs and feelings. /on

I listen to others and what they have to say/on

I am receptive to the field of limitless energy that makes all things possible/on

We are now “On” and resonating with the positive and life enhancing patterns identify in the session and “OFF” or cleared for all the non- coherent or negative statements. What we resonate with is what we tend to experience in our lives.

ABOUT CAROLYN WINTER....

Carolyn Winter is the Online Coordinator at <http://www.Ozardis.com>, who also has her own successful practice as a holographic coach at <http://www.LightTravels.net>. Find out more about her or how to obtain a personal session at the Repatterning Practitioners Association site [RPA FIND A PRACTITIONER...](#)

MAKE PEACE PERSONAL in 2018!

