

An Introduction to



(a.k.a.)



Holographic Repatterning®



The Resonance Repatterning® system uses muscle checking, as in applied kinesiology, to access information from a person's higher conscious mind and unconscious mind to identify beliefs, energy patterns, thoughts and feelings that underlie any issue that the person is ready to transform in any area of their life. The muscle checking is done on the person's forearm and what the person resonates with keeps the muscles steady when gentle touch is applied. What the person does not resonate with, in terms of a stated idea, belief, feeling or energetic system, does not keep the person's muscle steady and therefore the same exact touch used by the practitioner on the person's forearm, is sufficient for the arm to release and move down.

In this process, the same kind of healing energy as in a Reiki session, or other healing modalities, is engaged in a verbal process. There are six distinct parts to the process.

Orientation establishes that both parties are in complete alignment and oriented energetically and spiritually to ensure that only the very highest good will be involved in every aspect of the work to be done together. Both are oriented towards what is nourishing and enlivening.

A second part, Problems Into Opportunities, involves the client listing issues that they wish to resolve. A problem is something that we have, but that we don't want. At each and every part of the process muscle checking is used to ensure that the person's higher self/energy field is dictating the exact nature of what needs to be done, what needs to be brought to light, etc. In this part, the primary issue is determined and exactly what needs to be cleared with that issue is established. This gathered information is then muscle checked with the client to confirm that the client is energetically holding what needs to be cleared, and that they are not in tune with the positive new possibilities that the problem offers.

In another part, the Intention For A New Possibility, we are often led to shed light on one or more of 18 areas of the person's life, (i.e. relationships, work, health, etc.) where the client does not have what they want. Affirmation-like, positive, present tense statements are composed and then through muscle-checking the client confirms which aspects they are or are not energetically holding in their body-mind system.

With the purpose of the session made clear, (either in the context of an opportunity the unwanted problem offers or in terms of the desired new possibilities inherent in positive intentions), a Repatterning might be the next part. Repatterning are specific ways of looking at the structure of the issue, i.e., which specific angle of light, or perspective will bring the most effective, gentle change at that moment. There are currently more than 75 Repatternings written by Chloe Wordsworth. Through muscle checking we are led to the exact one which will produce the greatest shift in resonance at that time. These Repatternings are based on a wide range of concepts and systems, including: Chakra energy systems; Chinese meridian and five element concepts; relationship concepts; unconscious patterns; primary early perception, experiences and beliefs; concepts regarding vision and much, much more.

The next part involves the actual healing Modality used to further the energy shifts. Here again the person's higher self dictates exactly what input of specific energy frequency will make the change occur. The modalities are into six categories:

- Process (for example, a visualization)
- Sound (possibly using tuning forks, harmonic overtones, etc.)

- Color/Light (for example seeing a specific color by looking through color gels or a color filter torch)
- Movement (i.e., free movement or Brain Gym movements)
- Breath (a Yoga breathing technique)
- Energy Contact (using crystals, acupuncture or jin-shin points, etc.) and
- Fragrance (using an essential oil)

After this is completed all of the statements are re-checked to confirm the shifts in resonance.

Sometimes a Positive Action is necessary for the client to do as follow-up to reinforce and strengthen the shifts that have occurred, and/ or to help shift other parts of the work that need to be integrated over time or intensified by a specific additional action.

Although the six parts are listed sequentially, they can actually be done in any order, in any combination, according to what muscle checking indicates is needed as the session progresses.

This is by far the most exciting, comprehensive and change producing work that I have come upon.

Sessions can last for a maximum length of two hours for the first session and an hour and a half for subsequent sessions. I am a Licensed Clinical Social Worker and many of my regular psychotherapy clients submit their bills from me to their health insurance for reimbursement. My fees are \$180.00 for the first session, and all subsequent sessions.

There is a 24 hour cancellation policy.

For further information

Please visit the following web sites

My teaching web site www.beyourbliss.info

My Blog www.merylchodoshweiss.com

The Repatterning Practitioners Association at www.repatterning.org

The Resonance Repatterning® Institute at www.resonancerepatterning.net

Recommended Reading

Quantum Change Made Easy, by Chloe Faith Wordsworth on Amazon.com

About Meryl Chodosh-Weiss, M.A., M.S.W., L.C.S.W.



"I have always believed that a variety of modalities are important in helping myself and my clients to clear outmoded patterns that interfere with our ability to live life fully."

- 40 years experience in the healing arts
- Certified Practitioner of Resonance Repatterning® ,1996
- Certified Teacher of *Empowering Yourself With Resonance Repatterning®*, *The Fundamentals of Resonance Repatterning®*, *Transforming Primary Patterns* and *Transforming Unconscious Patterns* Seminars.
- Chair of the Repatterning Practitioners Association Certification Board (this body certifies qualified Resonance Repatterning Practitioners)
- Member of the Repatterning Practitioner Association Board of Directors
- Leader of the Monthly Skills Development Group since early 2004
- Licensed Clinical Social Worker (NY State License since 1985)
- 2008-2010 Contracted Instructor at Iyanla Van Zant's Inner Visions Institute for Spiritual Development
- Reiki Master-Light Therapist
- Magnified Healing® Master-Teacher
- Past Life Regressions and Guided Meditations
- Rebirthing
- Auric Healing-Sound Work
- 32 Years employment as Teacher, then Social Worker/Counselor in NYC Board of Education schools (now retired)
- Education:
 - Cornell University, B.S. Child Development and Family Relations
 - New York University, M.A. Early Childhood Education
 - New York University, M.S.W.

Connect with me for questions and appointments call 212-628-8260, or e-mail meryl@beyourbliss.info