



Intensive Training Workshop May 27, 28, 29, 2011

Chloe Faith Wordsworth, the founder of **Resonance Repatterning®** and Author of **Quantum Change Made Easy**, describes this system as based on the new physics, developmental psychology and eastern medicine.

Resonance Repatterning®

Available for the first time in Alberta. Details below:

1. **Empowering Yourself with Resonance Repatterning®**
May 27, 2011 Friday 9:00 am to 6:00 pm US\$150.00
Study Book is required \$25.00
2. **The Fundamentals of Resonance Repatterning®**
May 28 & 29, 2011 Saturday & Sunday 9:00 am to 6:00 pm US\$300.00
Study Book is required \$28.00.
3. **Transforming Primary Patterns**
June 4 & 5, 2011 Saturday 9:00 am to 6:00 pm US\$300.00
Two Study Books required \$86.00.

For further details, extensive information and to register online, please go to the Resonance Repatterning website:

<http://www.resonancerepatterning.net> or contact **Merope, in Calgary, at 403-217-2702** or email: merope@meropesdream.com
Much more information is available to answer your questions.

Your instructor will be Jennifer Johnson, Certified Practitioner and Instructor of Resonance Repatterning®.



“What could be more exciting than a method that can deliver us, individually and collectively, from the recurring effects of our past trauma, and make life easier and more fun? There is no work more significant for these times.”

James L. Oschman, PhD

Author of Energy Medicine, The Scientific Basis and Energy Medicine in Therapeutics and Human Performance

Resonance Repatterning® Everything is energy or vibrating frequencies: every thought, feeling, every word you speak, and every organ and tissue of your body. When your frequencies are in sync with each other (coherent), you have energy and a sense of physical, emotional and mental well-being; when your frequencies are out of sync with each other (non-coherent), you may feel angry, depressed, tired, and life feels like a stress rather than a joy.

Resonance Repatterning® is a system based on concepts from new physics, cutting edge brain research and energy psychology that makes it possible for you to maintain your natural state of coherence and achieve the best of who you are no matter what the circumstances of your life. Like Resonance Repatterning students worldwide, you can easily learn to identify and transform your unconscious patterns and experience the reality of your problems becoming opportunities.

You may decide to start by reading Chloe Wordsworth's books and listening to the archive of her radio shows... Or you may want to attend the self-paced seminars or the complete 300-hour diploma program with Institute endorsed teachers, and on the way learn to use self-healing modalities from sound, color and light, movement, breath and energy contacts.

You can integrate what you learn in the Resonance Repatterning seminars into your daily home and work life, your current profession, or create a private practice as a Resonance Repatterning Certified Practitioner as a professional in the field of energy healthcare.

“If there is anything, and I do mean ANYTHING in your life, world, or affairs that you are willing and ready to heal, this work is something you will want to discover and embrace. Resonance Repatterning is powerful.”

Iyanla Vanzant

Author, Founder, Executive Director of Inner Visions Institute for Spiritual Development.

“Everything is vibrating with energy—your thoughts, feelings, words, organs and cells, your arguments, depression and successes, as well as the atoms and subatomic atoms that make you who you are.

When your frequencies naturally vibrate in sync like a powerful laser beam of light, you will resonate with health, joy, achievement and positive ways of thinking and relating. When your frequencies unnaturally vibrate out of sync, you may resonate with disease, upset, pain or negative ways of thinking and relating.

Resonance Repatterning is a system that allows you to change your out-of-sync frequency patterns that cause every problem in your life. Once your frequencies are in sync, you resonate with achieving your best in every situation, no matter what the circumstances of your life may be.” CFW, Fundamentals of Resonance Repatterning, p.2

There are six classes in the basic series of Resonance Repatterning which can be followed by a number of optional advanced classes. These initial classes need to be taken in sequence as each builds on the previous class information.

Course Descriptions of the Basic Series: (direct quotes from course descriptions found in books used in the series written by Chloe Faith Wordsworth)

Note: Modalities are techniques, methods or exercises which may use Sound, Movement, Breath, Color or Energetic Contacts for self-correction.

1. EMPOWERING YOURSELF WITH RESONANCE REPATTERNING

In this energizing one-day seminar, you learn the four Keys for self-empowerment, how to use your body’s biofeedback system through muscle checking and the felt sense, and how to discover which Modalities you need to release stress and bring balance to your body and mind.

2. THE FUNDAMENTALS OF RESONANCE REPATTERNING

The FUNDAMENTALS seminar and the EMPOWERING YOURSELF seminar provide the foundation upon which all subsequent seminars build. In the FUNDAMENTALS seminar, you are introduced to another aspect of muscle checking—the resonance muscle check—as well as four Repatterning processes for transforming belief systems; you also learn about the Key of Positive Action and some exciting new Modalities for self-healing.

3. TRANSFORMING PRIMARY PATTERNS

During this seminar you learn that the primary pattern that control you and your life is your own mind. Your thoughts create your reality. You are introduced to five Repatterning processes that enable you to resonate with empowering thoughts; you explore the five categories of Needs that are essential for a well-lived life; and you discover how to use Jin Shin points, Katsugen, the Energy Constriction Release, Color Your World Glasses and more Modalities from sound, color and breath to create extraordinary change.

4. TRANSFORMING UNCONSCIOUS PATTERNS

This seminar focuses on the neural connections in our brain and how, in the present, they continue to keep us locked into protection-safely responses to what felt threatening in our past. In this seminar you will understand how your brain frees you or imprisons you, and will learn six powerful repatternings to transform memory imprints with a sense of ease and relief. New Modalities you are introduced to include: the Quantum Healing Codes for vibrational sound healing, how to use the ColorYourWorld torch (flashlight) for self-healing, cranial contacts for balancing core cranial-sacral rhythms, Hanna Somatic Movements to release habitual stress responses stored in the physical body, and the Resonance Repatterning Diffusion Process to neutralize negativity and diffuse painful, dissonant frequencies from your body-mind field.

5. TRANSFORMING CHAKRA PATTERNS

This seminar introduces you to the ancient Indian system of natural healing, Auyrved, which has identified seven major reservoirs or Chakras of energy that control the well-being of your body, your emotional responses, your thoughts and your life attitudes. You learn how to balance non-coherent energy patterns for improved health, performance and relationship through four power Repatterning processes, along with a practical understanding of maintaining your energy flow through Polarity balancing.

6. TRANSFORMING FIVE ELEMENT AND MERIDIAN PATTERNS

In this seminar you are introduced to the Chinese Five Element and Meridian model of natural healing. The five thousand year-old system of Acupuncture balances the natural flow of energy to enable you to maintain harmony, optimal health, constructive thinking, emotional well-being and coherent longevity. In the FIVE ELEMENT AND MERIDIAN SEMINAR, you learn about the attributes of each Acupuncture Element and Meridian and how to balance the Meridians and strengthen the flow of Chi life energy through seven powerful Repatternings (including the Mu Point Repatterning for releasing fear and phobias), along with Modalities from sound, movement and Acupuncture energy contacts.

Website: www.resonancerepatterning.net

Registration: Best done on-line in order to receive credits towards certification. If you have questions and want immediate answers please contact Merope, in Calgary, 403-217-2702 or email me

Merope@meropesdream.com

Location: will be determined by number of persons who are registered by May 13.

Instructor:

Jennifer Johnson

Email: jennifer-hr@comcast.net

Tel: [360-384-1415](tel:360-384-1415)

Ferndale, WA, United States

Jennifer is a certified practitioner and teacher of the Resonance Repatterning system. She works with individual clients and groups and is available for face to face, phone, or Skype sessions. She teaches the first five RR seminars through the Chakra class.

Jennifer is a retired psychiatric nurse practitioner and retains her RN license. She is also a certified Spiritual Director and has a Master's Degree in Pastoral Ministry.

Preparation for the Workshop: **You can read the book *Quantum Change Made Easy: Breakthroughs in personal transformation, self-healing and achieving the best of who you are***, written by Chloe Faith Wordsworth with Gail Noble Glanville. This book takes you step-by-step through the nine keys for self-healing and quantum change. Every chapter includes helpful information and an activity you can do on the spot to improve your resonance. [Quantum Change Made Easy](#) is highly recommended before you have a session or take a seminar. This can be ordered on line or through Self-Connections Bookstore in Calgary.