

Mastering MY Present Moment Project.® Workbook



My Journal of Insight Change Transformation

A Series of 15  RESONANCE REPATTERNINGS®
(Recently changed from Holographic Repatterning)

Sessions for a Group by Proxy ONLINE

By Carolyn Winter



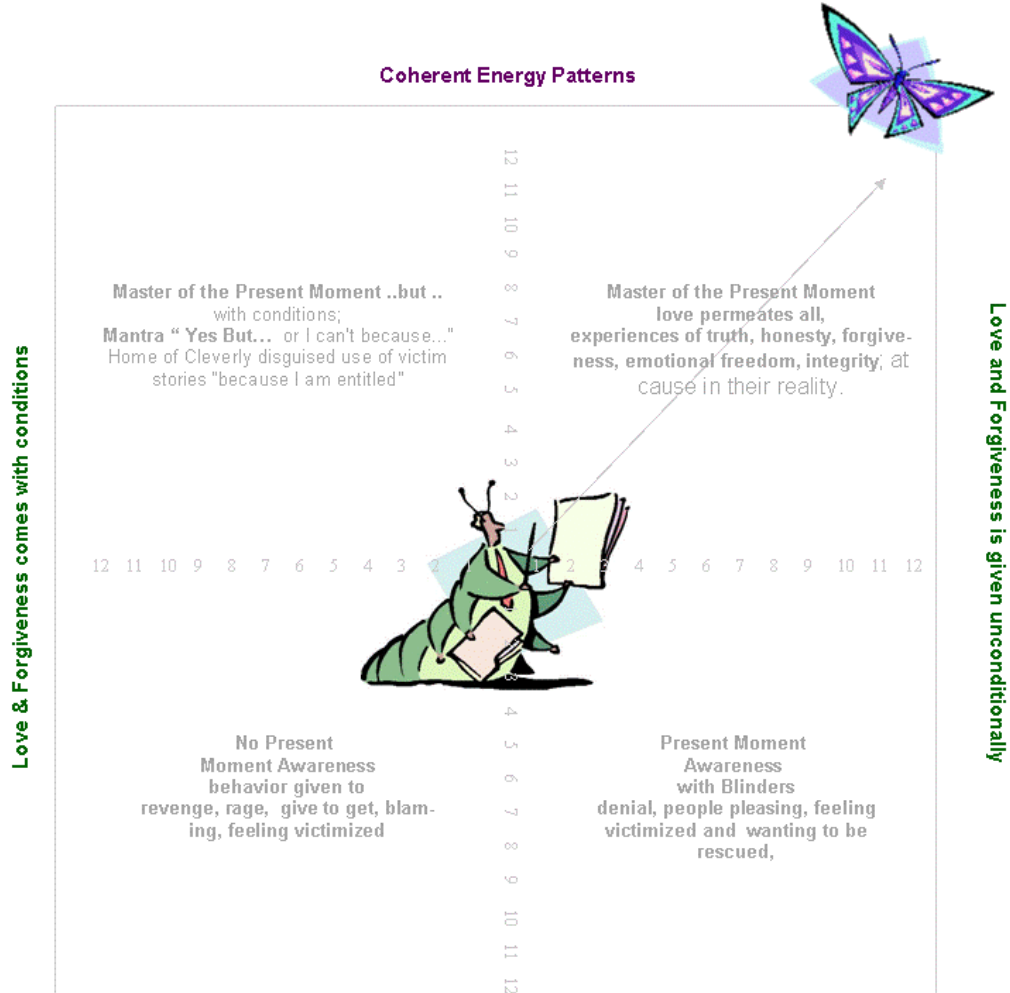
The Journey

Revised Edition August 2007
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Mastering MY Present Moment Project©

PRESENT MOMENT MAP LOCATOR WHERE IS YOUR ENERGY IN THE PRESENT MOMENT?



Non - Coherent Energy Patterns often routed in past unresolved experiences where our needs were not met.

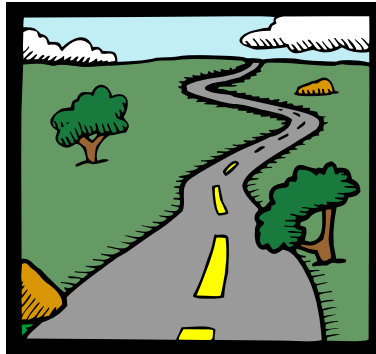
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The Journey



This journey has begun with you - your choice, faith and commitment to the road less traveled in quest of personal growth and transformation. Your choice is one of trust. You trust, if only unconsciously, that while you are doing some work on your end something else is happening at my end to cause your energy and the energy of the group to change and shift to a place of higher coherence.

Mastering MY Present Moment Project© is an amazing journey. I think of it as the most practical application of quantum physics for everyday life and everyday people. As much as I enjoy reading about psycho-spiritual matters, or how quantum physics is linked to spirituality, intellectual understanding does not always change how I do my life tomorrow.

For example, having read about the benefits of meditation, I might want to meditate more often, I know it's a good thing to do for my well-being. But past habits die hard and something always comes along to gobble up the time allocated for meditating. Some invisible barrier keeps me from my good intentions.

Resonance Repatterning creates changes of energy in our body-mind system at the level of resonance and coherence. The benefits from these changes help us to gain awareness, stay in right action and just do life with better results. If I resonate with meditation I am more likely to turn off the TV to do so.

What do you hope to gain on this journey? My intention for you is that this journey makes your path lighter, that you are able to "see" clearly, and that which you desire manifests. I intend that this journey complements and strengthens any other psycho-spiritual work you have been engaged in, helping you realize insights and inspirations so that you live your life with clarity and awareness. Some measure of peace, happiness and love will naturally flow into your life as a result of this work.



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*“When the voice and the vision on the inside
become more profound and clear
than the opinions on the outside,
I’ve mastered my life!”*

Dr. John Demartini

*“It is not my job to change the world, or the people around me.
It’s my job to go with flow inside of the Universe,
and to celebrate it inside the world that exists”.*

Lisa Nichols

*“Look not to the past with anger
nor the future with fear
but to the present ... with awareness.”*

James Thurber



The Map & Travel Log

In this journey our map is the Yogic Chakra system from the East Indian tradition. Much has been written about the Chakra system, and in particular, I have been inspired by the works of Caroline Myss (Anatomy of Spirit) and Anodea Judith (Eastern Body Western Mind).

A Chakra is an energy centre of your body- mind system where energy is either swirling in or swirling out. There are several principal Chakras, each associated with a set of properties that are physical, emotional, mental and spiritual in nature. In this program we mostly focus on the psycho-spiritual aspect of the chakra system.

The Chakra system provides us with a way to organize the weekly Repatterning Sessions. The sequential themes give us a direction and a foundation with which to shift our issues. The notes you receive are reported like chapters in a travel log covering your journey.

The notes are published as travel-log chapters in this journey through the chakras, with the notes for all sessions relating to one Chakra as part of that chapter. For example, after 2 sessions addressing the Earth Chakra, you will download chapter one. This will contain some notes on the Earth Chakra, HR session # 2 & 3 notes addressing the Earth Chakra and a few special pages at the end for reflecting and journaling on the information.

THE JOURNEY BEGINS... When you register for the Mastering MY Present Moment Project, you will have access to the Mastering MY Present Moment Project Journal available as a download. This journal provides you with more information on each chakra, specific chakra positive actions you can take to support yourself energetically, and a place to add your submitted issues and intentions as well as the download notes. The journal is organized with the following chapter headings:

The Journey Begins - We begin with session 1 where we prepare for the journey. This first session helps us to resonate with setting a goal and working towards it as well as a focus to help us resonate with this system of self-healing, clear any lingering negative beliefs about long distance healing and prepare us for the shift in our issues. For those of us experiencing computer reluctance it will help us resonate with doing this program on the Internet.

Chapter 1 The Earth Chakra contains notes for Sessions 2&3. These sessions focus on the themes of the Earth or 1st Chakra. These are issues around family, belonging, beliefs and security.

Chapter 2 - The Water Chakra contains notes for Sessions 4, 5, & 6. In these sessions we address the themes of the Water or 2nd Chakra including money issues, relationship, career, control, & creativity. It is a powerhouse Chakra where many of us have our issues so we will spend a little extra time here.

Chapter 3 - The Fire Chakra contains notes for Sessions 7&8. These sessions focus on the Fire or 3rd Chakra. The themes here include willpower, intuition, self- esteem and energy level.



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Chapter 4 - The Heart Chakra contains notes for Sessions 9, 10 & 11 and focus on the Heart or 4th chakra question of "Who am I?" (separate from what my family, clan, work etc. says I am). It addresses themes of love, forgiveness and our inner purpose or calling. This Chakra is the bridge between the lower and higher chakras.

Chapter 5 - The Ether Chakra contains notes for Session 12. It works with the Throat or 5th Chakra themes of communication, creative self- expression, and choice and intuition guidance.

Chapter 6 - The Brow Chakra contains notes for Session 13. It concerns the Brow or 6th Chakra themes of clear vision, memory and the ability to problem-solve through our dreams.

Chapter 7 - The Crown Chakra contains notes for Session 14. It addresses the Crown or 7th Chakra themes of spiritual insight and wisdom through awareness.

Conclusion - The Journey's End contains notes for Session 15 – Here we bring the series to an end. Having cleared many issues, especially through the lower Chakras, we experience an integration of the flow of energy through the total Chakra system. This is the time to assess the over-all results of our work, and commit our intentions to a plan of action that will manifest those intentions.

You are asked to select an area of focus for your life such as career, relationship, spirituality etc. and make one statement of intention, something specific that you plan to take action on in the next few months or year.

If we have done our work, we will be experiencing life in the present moment more often and action toward our intentions will be effortless.

The Vehicle

Resonance Repatterning is the vehicle with which we will make this journey. The Resonance Repatterning sessions have several components:

1) Your commitment to participate indicated by your registration.

2) Your level of participation, which personalizes the weekly sessions to you. There is no right or wrong level of participation, only what you are drawn to do - anything you choose to do will be right. Your choices are:

a) Register, thereby agreeing to be repatterned and receive the shift in energy that results - OR

b) Register and participate by setting an overall project intention called your Compass Point Intention AND/ OR

c) Register and participate by submitting issues and intention online - OR

c) Register and make use of any of the options designed to support your experience - read and reflect on the Chapter notes for each chakra, making full use of the journal section, online chakra exercises, and contemplation cards, - OR

d) Something in between

Your participation level is up to you. My observation is that the higher your level of participation, the more you will connect a shift in your energy to the program or simply the more you will connect to the program. However, shift will happen regardless of your participation level.

3) Resonance Repatterning Sessions occurring weekly conducted by myself and on occasion by selected colleagues who stand as a proxy for the group. You receive the shift in energy at your end. The shift may be experienced as insight, subjective personal change and /or overall improvements to your relationships.



Tell me more about the Vehicle

What is ...Resonance Repatterning™

Resonance Repatterning is a system for self-healing developed by Chloe Wordsworth, a holistic health educator. This amazing process is based on the recent scientific theories that the universe is something like a hologram where every part contains a representation of the whole. The material reality of the Universe, of which our bodies, minds and souls are a part, is a living energy of sound and light waves vibrating at different frequencies.

When we experience difficulties in our lives there is distortion or dissonance in the frequencies that express our bodies' emotions, thoughts and beliefs. With the Resonance Repatterning process, a skilled practitioner can bring to our awareness the distorted energy and apply specific healing procedures to restore our resonance to the high frequencies that promote optimum health, confidence and success.

Literally, it helps you to get on 'the right wave length', in a reality where you may create what you truly want in all areas of your life.

For more information on this system, you may wish to read the book "Quantum Change Made Easy" by Chloe Faith Wordsworth. For details visit www.LightTravels.com/products.htm

WHAT HAPPENS IN AN IN-PERSON SESSION?

- 1) You sit comfortably opposite a practitioner.
- 2) The practitioner systematically asks you specific questions about your intentions, issues, and desires with "The Resonance Repatterning Process for Positive Change" model.
- 3) Using applied kinesiology, the practitioner muscle checks your responses to determine the degree of unconscious resonance or agreement. These are then written down and recorded.
- 4) Simple effective exercises, called Modalities to Create Coherence, which may involve sound, visualization, movement, energy work or breathing, will be used to effect positive change.
- 5) The questioning process is repeated as the Practitioner rechecks all answers until you resonate with the positive aspect of the questions.
- 6) A specific action related to your session may be recommended to support and strengthen the shift in your awareness.

The Resonance Repatterning process may be applied to any problems or issues you are experiencing in your life, or intentions and goals you have set in areas including relationships, family issues, career, finances, health, stress or spirituality issues. As a certified practitioner, I facilitate Resonance Repatterning sessions for individuals, groups, employee groups or families.

More Information... This might be a place for me to mention that anyone who can read and follow instructions can learn to do Resonance Repatterning for themselves. Information on classes, practitioners etc. can be attained either by contacting the Resonance Repatterning Institute at www.resonancerepatterning.net

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What happens in a Proxy Session?

A proxy session is exactly like an in-person session described above except that someone else stands in for the person having the session. This is helpful for situations where a person can't speak for themselves such as an infant, or someone who is sick. It is also a convenient way to have a session when you know something needs to shift, you need a session, but don't have the time or the practitioner is too far away. It has been the experience of practitioners of this process that it works just as well.

Proxy sessions can be held for individuals or for groups **where there is permission and intention.**

In Mastering MY Present Moment Project®, we are a large group with shared intentions and issues which are approached through the life themes associated with the Chakras.

About the Science of it....

Science has taken a quantum leap in research results establishing that our universe consists of frequency patterns in constant vibration. This principle is what makes long distance healing and prayer possible.

I recommend a book called 'The Holographic Universe' by Michael Talbot, which explains the holographic nature of the universe according to recent interpretations of quantum physics. Resonance Repatterning is a practical application of these theories. Talbot's book is unrelated to our process of Resonance Repatterning but does give you a more scientific perspective as to how it works.

In recent years much has been written about the application of quantum physics to matters of spirituality. I have found the work of Dr. Deepak Chopra to be most informative of these theoretical applications especially his book 'The Spontaneous Fulfillment of Desire'. (see the book list in the resources section page...)

Another recent book that reports on the research done in the area for energy and consciousness is called 'The Field – the Quest for the Secret Force of the Universe', by Lynn McTaggart. It is a true page turner, as she gives the stories of noted scientists including Neil Armstrong, who have ventured into the frontier of quantum energy in our daily reality.

From my own reading I understand the following principles as the foundation for the effectiveness and success of Resonance Repatterning.

- Everything is energy and, as such has a frequency and vibration.
- Energy is constantly moving, slow or fast, but moving.
- The entire universe is one with all parts interconnected. It is as though we are all leaves on the same tree.
- The universe is holographic, meaning the whole is contained in all of the parts.
- Change something in one part and you have now changed the whole. For me, this is profound and a cornerstone of Resonance Repatterning work.
- Change happens at the level of resonance where our energy is vibrating.
- To create change in your life, focus on the levels of resonance to effect a change with ease and grace.
- That we are all part of a unified whole makes it possible for us to do healing at a distance.

See Recommended Reading on Page 26



The Journey

Vehicle Operation

We are carried on our journey by the Holographic Repatterning sessions, which are fueled by considering the issues related to the life themes of each Chakra. You will be in control of how fast and how far you want to go.

On a regular basis, I will do a **Resonance Repatterning** session for the entire group by proxy - you don't actually show up for the session. On occasion, I may delay a session or have one of my associate colleagues do the session due to the nature of the group energy or if I myself have succumbed to a flu or cold that prevents me from showing up to do the session.

The information that comes up through the session for the purpose of awareness and healing is recorded in a set of notes. You will receive these on line as soon as they have been processed and published. A weekly email will alert you to the status of the session notes. Each chapter of the journal contains the Chakra information, a place to store and review the session notes and a place to journal. The way you use the notes and cards and your interaction with your personal journal will determine the level of your awareness and the intensity of your journey.

Control your journey through your level of participation. Choose any or all of these actions:

Receive the notes and read them - or not.

1. If you read the notes, notice what insights they may bring up for you. Reflect on your life during the past weeks or month. Have the events of your life somehow connected to this session?
2. Jot down your thoughts in the Journal Notes section of the Chapter - if you are drawn to do so. Not everyone enjoys journaling, so don't feel you have to do it to benefit. The journal is a useful tool to help confirm your experience and learn a little about the chakras.
3. You may also enjoy trying the other tools for the journey found online on a page set up for each chakra.
4. Use the Contemplation Cards that you have downloaded, daily or as often as you feel the need. The download will contain two or more cards for each session. Some cards are printed with a positive affirmation related to the upcoming chakra sessions while others are blank, ready for you to record your own positive affirmation or intentions. You may find your affirmation in the session notes that have gone by or you may use your own intention statement. Use the Contemplation Cards to keep your intentions in your awareness.

Mastering the Present Moment

...Our Destination

Dr. Phil has 10 axioms for how to live life and my favorite is, "Life is managed, not cured. You never arrive."

This project is a tool for helping you manage life - not cure it. Its sole intent is to help you be more present in the moment, a place where the extraordinary is possible. When we are more present we are more likely to experience life with energy, enthusiasm and a positive outlook and create what we say we truly want.

Much of the way we "do" life is distorted because we are not in the present moment. Our thoughts, perceptions and actions are imprisoned in filters of the past or future. In Resonance Repatterning, these filters are known as limiting belief patterns, or non-coherent patterns. These patterns are our system's way of managing life to get around the pain of an unmet life need or painful past event that haunts us unconsciously in the present.

Each Resonance Repatterning session works to turn dissonant energy patterns into coherent energy patterns. When you throw a stone into the calm waters of a pond, you will see a perfect circular pattern of waves rippling out to the edge of the water. These waves undulate smoothly and coherently until they reach an obstacle in the water, or until another object is thrown in. When that happens, the pattern is lost, the waves clash and become choppy and we see a dissonant pattern on the surface of the pond.

Our emotional pain and every-day problems fracture our energy waves, slowing their frequency, and even blocking their movement. Working with this dissonance through the Mastering the Present Moment Project will bring our energy wave patterns closer to coherence in the present. Our energy then flows in a smooth, powerful pattern and we experience peace, calm, and an inner strength and understanding. When we resonate with coherent or positive wave patterns we are better able to handle our problems and accomplish our goals.

It's true that we never arrive at the perfect self, but we do get closer to living in the present moment and being our true self as we continually clear away issues and dissonant patterns.





Start Your Journey Here:



The Chakra Journey – Your Map

In the next few pages you will examine the chakra issues in relation to your own life. The following steps are a guide. Again, **you** control your journey by your level of participation.

- 1) **Read the summary for the chakra.** Reflect on the related issues in your life.
- 2) **Note, in the space provided, your thoughts, questions, needs and desires** related to these issues. These notes should suggest to you at least one issue and one intention concerning that chakra.
- 3) **Write a brief summary**, in one or two sentences, of your issue. Do the same for your intention.
 - An issue is a problem, a painful experience, or something that is missing in your life. It is a negative aspect of one's life, i.e. my home is poorly maintained and does not feel safe and comfortable.
 - An intention is the expression of some action or some new way of thinking intended to eliminate or improve your chakra problem. It is a positive statement given in the present tense as though already a part of your life, i.e. I take the time to clear away the unnecessary clutter from my home and I keep it neat by regularly following a cleaning schedule.

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- 4) **Submit your issue and intention online at the Chakra Submission Pages of the Mastering MY Present Moment Project® web site.** This web site is accessed information is provided in your registration follow-up email.. At the “Welcome” page of this web site, you will find links to a page for each of seven chakras, with a place to repattern submissions, find chakra related actions you can take for yourself, and download the chakra contemplation cards. The statements you submit become an important part of the actual repatterning. They represent the energy that we will be working with, therefore they need to be: -Written in your own words - specific to your problem (not, 'I would like the world to be at peace', but, 'I need to stop quarrelling with my neighbour.') - Because this is a shared experience, we will generalize the people we refer to and not name names. i.e. 'my neighbour' not 'that miserable Melba Jones.'

Complete the form for each page and press the “submit” button at the bottom of the form. This will return a confirmation record back to you that your information is now in the database.

- 5) **Keep your confirmation pages** as you may wish to use these in conjunction with you journal pages as they become available.
- 6) **You may have more than one issue or intention for each of the Chakras. Submit issues and intentions online as often as you like** provided each submission is a separate issue or intention.
- 7) **Submit issues and intentions either all at once or throughout the program by the due dates for each Chakra.** Check the schedule for due dates if you are submitting information throughout the program. Also I will be sending out reminder emails for closure dates of submission for each Chakra.

Special Note – *I have found that this program tends to shift energy quickly, rendering today's problem as less important or solved and making room for new ones to appear! If you find your circumstances changing use this program to continually add your new issues and intentions to the mix. This keeps you present and moving ultimately toward your compass goal.*

- 8) **We suggest you print and keep your confirmation record of your submissions so that you can track the progress of your issues and intentions when you review the Chakra Journey Chapters and the session notes they contain.**
- 9) The online program provides you with a status of the project, letting you know what sessions have been completed, what chapters are ready to be picked up and what we will be working on next week.
- 10) As the notes for sessions become available you will be notified by email to pick them up online.



THE COMPASS

YOUR COMPASS SETS THE DIRECTION

Before the days of high tech, a ship would not leave its port without a working compass to set the direction. A compass would make the difference between arriving at your destination and being lost at sea.

Your Mastering My Present Moment Journey has a compass to keep your course steady and true, to bring you to the destination that you have chosen. Your compass is the vision you hold in your mind's eye of the final result of all your work throughout this journey.

Spend some time at the beginning of this journey to set your compass. Decide on an intention that can be your project or goal for this series. Yes, you may change directions along the way - it's a natural consequence when the fog has lifted to decide on another port... but do have a direction in mind.

CONSIDER AN AREA OF FOCUS

Select one area of focus in your life and make one intention for something you intend to do in this area. For example, you may select career as a focus and intend to start something new in your career.

i.e. "I launch a new service" or "I initiate a new procedure" or "I take a course to enhance my skills" "I start a job search and find the job of my life" ...

An area of focus can be:

- job/career
- energy level
- relationships
- family
- business
- health
- a situation
- creativity
- personal development
- spirituality
- prosperity or money
- abundance
- other _____

My Area of Focus is _____

And My Present Moment Project

(compass point intention) is:

Registered participants are asked to update their registration information with this intention at the program website. You will find the update link on the

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Weekly Announcements page. Your intention will be repatterned throughout the program.

CHAKRA LIFE THEMES

The following pages describe the life themes for each Chakra. Review each Chakra and only respond to the areas that are relevant to you at this time. Make a note of the life themes that have energy for you. You may address issues or problems and/or positive statements of intention that any of these themes raise in your life right now. Pay particular attention to the life themes that either block or support the manifestation of your present moment project – your compass point intention.

In this workbook you may wish to write about your issue in full.

However, to submit it for repatterning, often just a brief summary statement is needed as the “RR system” will tune into the other necessary details.

Registered participants - To submit your information to be repatterned log into the web site (instructions page 4) and select scroll down. You will find the 7 color navigation links to the chakra pages. Then select the Chakra for which you would like to make a submission. On the chakra page you will find the link for submissions. Enter your information and press the submit button to enter your data in the project. Enter issues and intentions as often as you feel necessary.

When to Submit Your Information – I encourage everyone to get started entering their information for all chakras as soon as possible. You will begin to feel your energy shift by doing so even if the session is weeks away. You may enter your information for each Chakra as soon as as you are registered, and do it all at once, or as time permits over the 15 weeks of the program. There is only one restriction. Your submissions for any Chakra must be submitted by the day before the first repatterning done for the Chakra. For example, October 1st is the date of the first repatterning addressing the life themes of the Earth Chakra. While we will be spending 3 weekly sessions on this Chakra, the last date for submissions is Oct 1. After that you may still submit items for the Earth Chakra area but I will not be using that information for the sessions as frequently.

Every Friday you will receive a reminder email about what is coming up next and the next submission due date.

You are now ready to begin. If you are reviewing this workbook and are not registered for the program, or for some reason you are unable to join the program at this time, you might find it helpful to do the following section and then use other healing exercises to help you clear your issues or support your intentions. Use the sample contemplation cards to write out your intentions and



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visualize them for example. Or take your list of issues to your next session with a therapist or healing arts practitioner and ask for support.

Earth Chakra- Stability



Home – The Earth Chakra is our home base; it is about our homes, where we choose to live and the standards we set for living. It is about keeping house, having routines to maintain a home, such as shopping, cooking meals, doing the dishes, the laundry etc. Is your home in order? Do you feel safe, comfortable and ‘at home’?

Security – Security is tied to our source of financial support. We are not so much concerned here with work that makes us happy as just having work and a dependable income. It is our state of feeling prosperous or that the earth will provide us with all that we need. Do you feel secure in your current level of prosperity?

Family – Family beliefs, values and rules are part of the Earth Chakra that form the structure of our family and govern how we live and behave in our families. It includes rituals and celebrations and family get-togethers. A good family structure nurtures and takes care of us and allows us to live and have a life beyond survival. How does your family serve you? How do you serve your family? What issues do you have with family? How would you really like it to be?

Friendships and Belonging - our ability to have and relate to family extends to our ability to have friends, and membership to groups or affiliations. It is our ability to belong to an interest group like a ski club or professional association, to feel welcomed there and be able to fully participate as a member of the group. It is our ability to hear and understand other members of the group and also to be heard and understood. Strong energy for belonging helps us to relate well to our employers, and colleagues at work. It is also our ability to network professionally or relax and socialize at a party.

Financial Stability - Balanced Earth Chakra energy generates feelings of financial security, the ability to balance a cheque book, live within our means, and feel that all we need is provided for. It's not so much about having the ideal job or source of money, but of just having money to meet and surpass our needs for survival.

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Fire Chakra- Action



Willpower – The Fire Chakra is our ability to follow through on what we say we will do, to follow through on commitments we have made to others and ourselves. It is our ability to set out goals and plans and accomplish them.

Energy Level – our action related to will power often depends on the energy level we have available. Do you get enough rest, nourishment, and exercise to energize your body? Is your energy level hyper or sluggish? How do you waste your energy?

Intuition – The Fire Chakra gives us a “gut sense” -- a knowing about situations, interactions and people. It is the voice inside that tells us to go left when rationality tells us to go right. It is about paying attention to our hunches and acting on them as a source of valid information. Do you have hunches and act on them?

Self Esteem - The Fire Chakra governs how we feel about ourselves, our self- esteem. It allows us to stand for ourselves and be counted and to have an identity separate from our family. It is about honoring and respecting others and ourselves. If we have high self esteem we are confident, feel capable and take calculated risks. How do you feel about yourself?

Time - The Fire Chakra governs how we manage and make use of time. When the Fire Chakra energy is balanced, we have a keen sense of time awareness and manage to accomplish our commitments within the time we feel we have. Do you have a time management system that works for you?

Money - The Fire Chakra also governs how we keep track of money, pay bills; keep records, file taxes and other required reports. Society measures it in a credit rating. It is our banking, use of credit cards, investments and portfolios and awareness of cost saving measures. When balanced it is a way of managing that supports our money and our life. What are your issues with the business of money?



Heart Chakra – Love



Love – is the energy of the Heart Chakra. It is the level of ability to love unconditionally, to accept and embrace people, events and situations as they really are, free of our “should’s” and “ought to’s”. When we love unconditionally, it is without expectation of anything in return. True unconditional love is free of guilt, strings being attached or other pre-requisites. It is accepting, embracing, detached, effortless and warm. Have you experienced true love?

Compassion – is our ability to reach out and be there for another person, to understand their pain and be a source of support. We don’t necessarily fix another person’s problems; we just let them know we understand and we care. We have compassion for others when we have been in touch with our own personal pain and have learned to be less judging and critical of others and ourselves. What role does judgment, criticism or compassion have in your life?

Forgiveness - Our ability to forgive others and ourselves is linked to our self-healing ability. Do you hang on to old emotional wounds of the past – things that were said, felt, thought or not said, felt or thought? What regrets do you hang onto? Have you experienced something unforgivable in your life that continues to block your inner peace? How easily do you forgive yourself and allow yourself and others to move on?

Inner Purpose or Calling - Heart Chakra energy calls to our sense of self that stands separate from our family and social network, and aches to declare who we really are by virtue of our purpose in life or calling. It is our passion, our contract in this life- time, our invisible motivator. Are you living your true purpose or putting it aside for the expectations of others for your life? Has a true purpose revealed itself to you?

Ether Chakra – Expression



Your Voice – This Chakra governs the quality of our voice and our ability to express to another what we have to say. Do you find yourself rehearsing what to say to another, planning the words and just how to say it or find yourself editing your remarks at the last minute to avoid conflict? Do you blurt out what you have to say without thinking? Is conversation easy or difficult for you? Are you comfortable talking in a group?

Creative Self-Expression – This Chakra governs our ability to express our creativity. Everyone has a creative talent such as an ability to tell jokes, sing, paint, write stories or poetry, invent, etc. When this Chakra is balanced we begin to incorporate our creativity into our lives. How does your creativity show itself? What creative project is lurking in the back of your mind waiting for the go-ahead?

Faith – This totally intangible quality is part of the Ether Chakra and comes from the belief that there is something greater than us influencing our lives. When we have faith, we open up to intuitive guidance – an intuition that goes beyond our gut level Fire Chakra hunches, but seems to come from an invisible source. When this Chakra is balanced, we have a sense of faith that “things are as they should be” and it is all for a higher purpose even if we don’t understand it. We act on intuitive guidance to take the next step. What role does faith play in your life?

Brow Chakra – Vision



Witness – This Chakra governs our ability to stand back and observe what is happening in our lives with a detached point of view. It allows us to see what is going on without involving our emotions or belief structures. We just see what is or is not. We see the facts of a situation and do not get embroiled in the emotion of it all or our agenda. Do you have the ability to stand back and just watch what goes on in your life?

Memory – The Brow Chakra governs our memory, helping us with both short-term and long-term recall. A balanced Brow Chakra allows us to access past information quickly. How easily do you remember names or phone numbers, or the instructions you were given to proceed on trip?

Vision – Can you see the big picture in your life? This Chakra helps us see a vision of the whole so that we can work on the parts with more understanding and clarity. It is our ability to visualize something before implementing it.

Dreams - A balanced Brow Chakra allows us to dream, to remember our dreams and to use them as a way of figuring out what is going on in our lives or to problem-solve. Dreams help us receive messages from our higher self, the part of us that knows what is best for us. What role do your dreams currently play in your life?

Crown Chakra – Awareness



The Present Moment – This is our ability to focus on what is in front of us at the moment. Driving the car, we mind the road. Doing the dishes, we focus on the dishes. Our thoughts concentrate on the task at hand, free of filters from past experiences or future concerns. We are in the now. We practice mindful awareness in every task we do.

Spiritual Practice – Crown Chakra energy puts us in touch with our yearning and need for a spiritual self, for a connection to a source greater than ourselves, a source of meaning, higher order or the divine. It is realized in religion or spiritual practice and it can take the form of prayer, meditation or ritual. What is your connection to the divine, and what is your spiritual practice? What role does it play in your life?

Community – Crown Chakra energy brings a sense of interconnectedness with others and the world. We feel no separateness – we are at one with the world. We experience a need to build community locally or globally through participation in causes, movements, projects, etc. Our participation becomes selfless -- we do it for the good of others and ourselves. We volunteer; we become a good neighbour, an involved citizen or community leader. How do you experience community?



Bibliography and Suggested Reading

For easy access to the following please visit my Amazon.com Associates page at www.lighttravels.com/products.htm

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