

# Nun Karma



Release Lifetimes of Limiting Solemn Vows  
*made as Nuns, Monks and Renunciates*  
& Lead the Edge of Evolution Today

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A Free Open-Source Re-Patterning Formula  
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Edited by Gail Glanville

CERTIFIED PRACTITIONERS OF THE RESONANCE REPATTERNING® SYSTEM

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We are grateful to Carin Block who combined Resonance Repatterning with Bert Hellinger's Family System to create the Family and Organizational Systems Repatternings. We have adapted her Embracing the Shadow modality for this Repatterning.

Appreciation also to Dr. John Wyrick for his innovative work with Nirodha Karma Release and the NLP-EFT modality he uses to release resonance with soul-level frequencies, which has been adapted for this Repatterning.  
<http://web.mac.com/firdousi/NIRODHA/HOME.html>

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# NUN KARMA REPATTERNING

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## Solemn Vows

A spiritual consecration

in which one is irrevocably set apart

through a state of absolute surrender

of self to a higher authority.

All right to ownership of goods or property is

relinquished.

For many people, especially men, this commitment

is taken to heart at a deep and irreversible level.

Until now.

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## INTRODUCTION

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A gifted healer named Dr. John Wyrick has the ability to see people's energy fields and their aura in great detail. He sees the colors, and can relate what he sees to karmic patterns from other lifetimes.

Some of these patterns serve us now, and others hold us back. One pattern that he sees frequently in people who are in the service professions is what he labels "Nun Karma." He can release our resonance with that pattern, but, he says, "I don't know how to teach you an esoteric way to create a more desirable pattern."

That's where Resonance Repatterning comes in. And that's the reason for creating this version of the Repatterning process: a Nun Karma Repatterning to create a bridge between releasing unwanted vows (especially the vow of poverty) and creating meaningful lives and professions in the 21st Century.

This Repatterning has been written so that anyone can do it for themselves. However if you would like to have a deeper experience, you might consider contacting one of the contributing practitioners listed at the end of this book, or one you're already working with.

## ABOUT PATTERNS

Old Karmic experiences can be fruitful and beneficial, or they can limit us today as we evolve our inner divinity and prosper in the world.

Most Karmic patterns are not held at physical, emotional and mental levels. They're held and activated at the Lightbody level, the subtle soul level that exists beyond our physical, emotional and mental bodies. These Lightbody patterns include the residual imprinting from

solemn vows we have taken in other lifetimes. They can also come in with our holographic family lineages and generational patterns.

The more we grow in conscious evolution towards the higher frequencies of light and spirit, the more our old spiritual vows are reactivated.

So the more we clear these old patterns, vows and ties from our subtle levels, the more effective we become in our present day life and work (and so do all others).

We do not have to release the beneficial aspects of our vows. High spiritual states serve us well today and we are at an advantage from having achieved them in other times. Most solemn vows were made in a state of heightened spiritual bliss. They have a powerful and attractive resonance.

The intention is to release just those aspects that affect us negatively today. Lifetimes of living inside a cloister or other "institution" predispose us to relying on institutions today for rules of guidance and sources of income that might better be provided using our innate creative talents. We have to get over being "institutionalized" and giving up our sacred powers.

You might question why "prostitute" karma is included, or "starving artist." They are both flip sides of nun and monk karma; if you were a nun in one lifetime and flipped the role of celibacy to experience its opposite in the next, you're still resonating with a lifetime of denying your creativity and abasing yourself to serve others. The starving artist is claiming her creativity, but usually still resonates with her work as a gift from spirit rather than a prosperous business.

In this Repatterning, we use materials and exercises from both quantum physics and metaphysics, which have anecdotal and in some cases scientific proof of effectiveness. These include NLP, EFT, modalities from Resonance Repatterning and Family Systems Repatternings and new material that is original to this Repatterning.

## PROOF

In the Resonance Repatterning process, the unit of measure for proving you have shifted your resonance with any of the negative karmic patterns is resonance muscle checking. When you see the symbol \*[cr] in this book, it means to check your resonance using muscle checking or your inner felt sense.

Muscle checking is a form of energy kinesiology which measures your resonance with a statement by the "on-off" response of your muscles.

In the beginning of a session, you will muscle check "on" for a negative statement, and "off" for a positive or more coherent statement.

After completing the session and the exercises, muscle checking will verify that you are now "off" for the negative statement and strongly "on" for the positive ones.

Resonance muscle checking is just as easily done in person as it is at a distance. Because we are all connected in the unified energy field, a trained practitioner knows how to attune to their client's frequencies, free of the influence of their own, and measure the other person's (or group's) resonant responses... no matter the physical distance between them.

- **If you are a Resonance Repatterning practitioner**, use your muscle checking (mcs) and \*[cr] and follow the instructions for this Repatterning as with any Repatterning formula.
- **If you are not a practitioner or student**, substitute your inner felt sense to select those statements that "light up" when you read them. Copy them out or circle them on the page. Notice how you feel when you first read them or say them aloud.

You can also select Modalities using your felt sense. Then, when you have finished the Repatterning, go back to the statements you have selected. Say them aloud again and notice the difference in how you feel. People usually notice a sense of calm, lightness, energy shifts in their chakras or a sense of detachment and confidence.

**To begin**, look for the statement in the Repatterning which represents a particular frequency in your energy field that you are currently resonating with, if negative, or not resonating with if positive. Whatever you resonate with appears in your life.

In the Modalities section, every exercise or energy modality represents an input of highly ordered frequency waves (selected by muscle checking or your felt sense) to tilt your resonance away from the negative and into entrainment with the positive.

In order to reframe your Karmic patterns, this shift must take place at the Lightbody or soul level before new neural pathways can be formed in your mental, emotional and physical (cellular level) bodies.

At the Lightbody level, a tiny (quantum) shift is all that's needed. However, additional and continued efforts will sustain the pattern change throughout the denser mental, emotional and physical levels. (See Action section, p.37).

## TO CREATE A MORE DESIRABLE PATTERN

Once a pattern has been embedded, it tends to repeat itself endlessly, like fractal behavior, over and over.

There's little you can do to change this pattern, unless you go back to the seed moment, when the pattern started, and insert a new seed moment. Quantum physicists call these seed moments "choice points."

A new seed moment might include a revised alignment of spirit and matter, so they are no longer separate as many Western religions teach, but integrated one in the other as indigenous people know.

Another seed moment might be to expand one's heart center, so the hyperactive ego mind is slowed, the nervous system is soothed, and your bioenergetic field comes into "coherence." Coherence refers to a highly balanced state which measures a slow 0.10 cycles per second. In this state, beneficial anti-aging hormones like oxytocin and serotonin are triggered.



Perhaps your own best seed moment to repattern residual Nun Karma might be to reclaim more of the earth-based feminine energy (whether you're a man or a woman). Or perhaps embrace the goddess-empress-queen perspective of empowered healing and creativity, so you can help reset the choice points to walk away from war.

## REASON WHY

Those who carry many lifetimes of spiritual development are precisely the ones to help the world gain what the Dalai Lama calls "a global spirit perspective." In other words, understanding spirit as the unified field within and without our physical bodies, beyond any religious perspective. Acting together from a state of coherence, as One in energy, we enhance the environment and our lives as a species, and fully embody our purpose from a global spirit perspective.

That's why the final chapter in this ebook encourages the creation of new forms of community.

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# NUN KARMA REPATTERNING

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## A. INFORMATION

Muscle Check Self (mcs) or use your felt sense to see if any information is needed from the Introduction, or any further discussion is required on the definition of a Solemn Vow on page 3.

## B. PROBLEM

Do a. and b.

a. Select by muscle checking one or more of the following roles you or your client have inhabited in this or other lifetimes. Create a statement “I am a \_\_\_\_\_.” \*[cr] (It will be “on”).

- Nun
- Monk
- Martyr
- Ascetic
- Priest/Priestess/Shaman
- Prostitute/Seductress
- Witch
- Slave
- Servant
- Charlatan,
- Victim, abuser, savior
- Starving Artist

b. What do you **imagine** is the problem you might be facing as a result of honoring outdated solemn vows? Create a statement: “As a result of earlier lifetime vows, I now \_\_\_\_\_.” More than one statement may be required. Check Resonance \*[cr] (Statement will be “on”)

## C. RESULT OF OLD VOWS

There is often more than one category affecting your energy field. Muscle check for the category/categories still resonant in this lifetime. Also, muscle check (mcs) or use the felt sense, to determine if a primary (just one) category is needed, or if more than one category and more than one statement is needed.

### 1. POVERTY

- a. I honor and embrace my vow of poverty.
- b. Since my service comes from God, I must not charge for it.
- c. I feel guilty about charging what my service is really worth.
- d. I feel guilty about having money or property.
- e. I feel better when my service is given for free.
- f. I don't know how to charge for my services.
- g. I have to beg for every penny I earn.
- h. I am not paid fairly for what I do.
- i. I am afraid to ask for what my services are worth.
- j. I have to sell myself in order to make money.
- k. I abase myself in order to make money.
- l. I sell out my (talents – ideas - creative self-expressiveness - fruits of my labors).
- m. I live in poverty. I enjoy poverty. I am impoverished.
- n. I am enraged at myself, life, and others for such a life of deprivation.
- o. Because I am attuned to the suffering of the world, I cannot relax and enjoy a life of plenitude.
- p. I give everything away until I am nothing but pure light.
- q. I live on air and the joy of service.
- r. I am not worthy of earning and enjoying money.
- s. I have no reserves of money.
- t. I am comforted by my poverty.
- u. When I am around large amounts of money or people of wealth, I am uncomfortable.
- v. I feel inferior.
- w. I doubt my abilities and the validity and value of my work.
- x. I am addicted to (deprivation - underearning).

## 2. CELIBACY

- a. I embrace my vow of chastity. I enjoy celibacy.
- b. I hide my attractive appeal.
- c. I cannot be attractive to the opposite sex.
- d. I judge and criticize myself harshly as a way to deny intimacy with others.
- e. I deny myself as a sexual being.

## 3. SILENCE

- a. I cannot raise my voice or speak out loud on my behalf.
- b. I enjoy being silent. I enjoy silence.
- c. If I speak out, I will be (punished-reprimanded) by (my peers - authorities - the Pope - other).
- d. No one hears or understands me.

## 4. OBEDIENCE

- a. I obey the (Mother Superior - Bishop - Abbot - Head Priest) without question.
- b. My solemn vows, made before God, cannot be broken even after death.
- c. I am obedient to authority and suppress my natural instincts.
- d. I have made an unbreakable covenant with God.

## 5. SERVICE

- a. I am committed to a life of obedient service.
- b. I am drawn to a life of sacrificial service.
- c. I serve the priests.
- d. My selfless service to others is a noble calling which I pursue even though my life and livelihood are at stake.
- e. Trusted counselors proscribe my service and place limits what I am able to achieve.
- f. I am not allowed access to sacred texts.

## 6. RENUNCIATION

- a. I renounce all worldly life and things.
- b. I suppress my needs.
- c. I am dead to the world.

- d. My true (feminine-masculine) nature is repressed and denied.
- e. I am reluctant to accept the responsibility of maintaining a state of higher consciousness.

#### 7. INVISIBILITY

- a. I dress in a way that keeps me invisible.
- b. I blend in with everyone else.
- c. I enjoy being invisible to others.
- d. I deflect or avoid receiving credit for my accomplishments.
- e. I am anxious in all social situations.
- f. I am unable to maintain my emotional balance, boundaries and integrity within groups.
- g. I am unable to differentiate my internal world and external stimulus when in groups.
- h. I stay on the surface and cannot connect deeply when in groups.
- i. I use the observation mode and kinesthetic cues rather than engaging with others in a connected way.

#### 8. UNREQUITED LOVE

- a. Love and intimacy are unsafe.
- b. My solemn vows keep me from following my heart's true love.
- c. The one I love is not available to me.
- d. I am (unlovable - unloved - unloving).

#### 9. MARTYRDOM

- a. The more devoted I am to (God - the Master - Buddha - Allah - other), the more I will feel purified and special.
- b. I give up my life (for the greater good – for the glory of the Divine).
- c. I am a sacrificial lamb.
- d. I have to put my own dreams and desires on hold in order to help others.
- e. I believe in self-sacrifice.
- f. I suppress my impatience and succumb to my fate.
- g. I avoid pleasure and a life of fun and joy.

#### 10. PENANCE

- a. To purify my body from sin, (I fast - I self-flagellate).
- b. I am an ascetic.
- c. I do penance for the sins of the world.
- d. I enjoy doing penance.
- e. I am damned.
- f. My sins can never be absolved - I can never be forgiven.

#### 11. SECLUSION

- a. I live a cloistered life.
- b. I enjoy a life of seclusion.
- c. I am lonely.
- d. I am self-sufficient.
- e. I can only survive within the protection of an institution.
- f. I am institutionalized. I am cloistered.

#### 12. GUILT

- a. I am overly perfectionistic.
- b. I feel guilty when I don't honor my vows.
- c. I feel guilty for no reason.

## D. REASON FOR RENUNCIATION

Muscle check (mcs) or use your felt sense to determine if a primary (just one) category is needed. Do the same for the number of statements you may need.

- a. Life is not safe.
- b. I have to escape a forced marriage.
- c. My family is gone and there is no one to care for me.
- d. When I get scared, I retreat into the safety of a secluded institution or cloistered service.
- e. Constant (prayer – meditation - self-flagellation) is my only path to redemption.
- f. My \_\_\_\_\_ is abusive towards me.
- g. I need a way to live without money or property.

- h. The outside world is too confusing so I withdraw to a life of silence and service.
- i. I am a contemplative.
- j. I seek a safe sanctuary.
- k. I'm afraid I will die in childbirth.
- l. I am habituated to (living - working) inside an institution.
- m. I am only comfortable when I have someone else's rules to follow.
- n. I cannot have a family because I'm too poor to support one.
- o. I have to become neutral and sexless so I am not attractive to other people's spouses and arouse their jealousy.

## E. EARLIER EXPERIENCE

(mcs) to see if you need to pinpoint an earlier non-coherent seed moment. Use muscle checking (mcs) or your felt sense to determine what you imagine is the following information. (Note that even if you feel you are making this up, it is symbolically valuable for you.) This information may be based on your own earlier experience or a family/generational pattern.

- a. Year or # of generations back
- b. Location (continent, country, environment)
- c. You (M or F, your age)
- d. Who else was involved?
- e. What was the negative situation?
- f. What was your negative emotional response to it?
- g. What was the limiting belief you formed as a result of the situation?
- h. What would have made a difference for you at that time?

## F. RELEASE VOWS

Muscle check to be sure this release is needed at this time. (mcs) to choose which vow or vows from the following list need to be released. Also, muscle check (mcs) or use the felt sense to determine if a primary (just one) is needed, or if more than one category of vows is needed.

- Poverty

- Celibacy
- Silence
- Obedience
- Service
- Renunciation
- Invisibility
- Unrequited love
- Martyrdom
- Penance
- Seclusion - Institutionalization
- Guilt
- Other

**How to:** Repeat the following sequence of statements from #1 through #16 aloud. (mcs) to see if any of the 16 statements can or should be omitted. Then insert the name of the vow or vows in the blank spaces. (mcs) if you or your client is to repeat the vows aloud or silently.

Tapping is the primary modality for this release. Choose or (mcs) one of the cranial bones (sphenoid, frontal, parietal, temporal or occipital) or the cheeks or the thymus to tap on.

The tapping can be synchronous (both hands together) or asynchronous (alternate sides.) (mcs) to determine which fingers to use, or if the whole hand is used. Allow your body to spontaneously direct your tapping.

(mcs) to determine if any combination of the following should be included during, before or after the release: toning, eye movements, Brain Gym, breath, color/light, energetic contacts, essential oils like lavender, frankincense, myrrh, balsam, sandalwood, pine or rose.

The statements can be adapted according to your or your client's earlier statements or words of their choice. Say aloud while tapping:

1. The solemn vows I made in other lifetimes to renounce the world and live in (C 1-12 above) \_\_\_\_\_ are not necessary in this lifetime.



2. (C 1-12) \_\_\_\_\_ no longer serves me in any form or dimension.
3. I no longer have to live in (C 1-12) \_\_\_\_\_.
4. I am hereby supported as I renounce this vow (and beliefs) in this lifetime, in all parallel lifetimes and dimensions.
5. I now rescind any and all vows that keep me experiencing the illusion of limitation.
6. I cut the cord with the person or people (or institution) to whom I made the vow, knowing they, too, are free in this lifetime.
7. Any and all karmic ties related to this vow (beliefs – experiences) are released.
8. I dispense with these vows for myself and all of my ancestors.
9. I declare these vows null and void in this incarnation, and all incarnations across time and space, parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all Source systems, all dimensions, and the Void.
10. I ask for the release of all crystals, thought forms, emotions, matrices, veils, cellular memories, outdated pictures of reality, and genetic limitation. NOW!
11. I let go of the old patterns of being unrecognized, underpaid, unseen, unheard and impoverished. I do not need to beg for anything.
12. I step forth in this world free of the need to be protected by any secluded institution.
13. In this lifetime I am welcomed wherever I go. My message and work are welcome wherever I go.
14. I am now free of all my vows of obedience from any and every lifetime as a nun, monk, martyr, ascetic, servant, slave, witch, shaman, prostitute, victim, abuser, starving artist or any other role that inhibits my personal evolution in this lifetime.
15. I now commit to my personal evolution in this lifetime.
16. And so it is.

## TIME OUT

This is a powerful releasing exercise. It will stir up residue in the Lightbody and chakras which you or your client may feel. Allow time for the release to integrate into the various levels of the energetic system. It is sometimes advisable (mcs) to end the session at this time and schedule the second half the next day, especially if you or your client have not done a lot of energy or personal growth work.

If you choose to continue the session on another day remember that you have created an energetic vacuum. Temporarily fill this space by visualizing either white light or soft pink light permeating every cell of your being.

## G. CREATE NEW VOWS

In the vacuum created by the release of old vows, there is ample room for inserting new vows in terms of beliefs, behaviors, goals and soul purpose. Let your muscle checking or felt sense select which of the statements below will represent your evolution and serve your power to co-create the future.

Muscle check (mcs) or use your felt sense to determine if a primary (just one) category is needed. Do the same for the number of statements needed.

1. COHERENT REASON FOR BEING A (NUN – MONK – PRIEST – OTHER)
  - a. I am committed to spiritual growth.
  - b. I love to serve the (Lord – Allah – Buddha - other).
  - c. I am one with the Divine source.
  - d. The closer I am to God, the better my service to others.
  - e. While I love the beauty of the convent, its silence and its dedication, I also love the beauty of the world.
  - f. Loving order shines amidst the chaos.
  - g. The (nun's-monk's-priest's) discipline serves me well during peak times of change.
  - h. The Divine Will expresses through me and creates the physical world.
  - i. My body, mind and spirit are One.

## 2. PERSONAL FOCUS

- a. I am visible.
- b. I dress in my own colorful individual style.
- c. I am free to create.
- d. I get newer every day.
- e. My purpose for being a human being is to create something new in physical form.
- f. I am shaped by the new goals I create for myself
- g. I focus on Living Well. Now.
- h. I celebrate my own creative expression.
- i. I enjoy a worldly life.
- j. I have and enjoy beautiful things while continuing on my spiritual path.
- k. I weed out all those things I no longer need and pass them on to others.
- l. I celebrate earth's bounty.
- m. I am free to roam the earth and live where I choose.
- n. I create my own structure, free of institutional rules.
- o. My dress and my posture exude confident appeal.
- p. I am consistent in my ideas, and allow sufficient time for them to mature.
- q. I get out and live my life as a self-responsible adult.
- r. It's good to be me.
- s. I value my words and actions free of the need to be right or wrong.
- t. I unleash the fullness of my creativity and my voice.
- u. I trust myself.
- v. In speaking my truth I am contributing to the well-being of all.
- w. I bring fresh inspiration into the world and am master of my domain.
- x. I am fully embodied and enjoy life to the fullest in all its abundance.

## 3. BALANCED MASCULINE-FEMININE WISDOM

- a. I enjoy my power to co-create the world and shape (my - its) future.

- b. I am an active, engaged agent of change from the inside.
- c. I am awakened to the fullness of my authentic power.
- d. My inner senses are fully developed.
- e. I use my inner senses to feel my way towards solutions the world needs now.
- f. I am a powerful being and have a significant, creative role to play in shaping our world.
- g. I have the courage to awaken my combined masculine-feminine power and strength.
- h. I unleash the fullness of my creativity and my voice. I support others creativity and voice. Others support my creativity and voice.
- i. The presence of feminine energy generates health, harmony, joy and compassion for all.
- j. I am free to realize my potential, to rise to ever higher levels of coherence as an awakened human being.

#### 4. FINANCIAL/CAREER

- a. I am able to make a clear distinction between my intuition, my intellect and my imagination.
- b. I offer clarity as a healer and creator, free of my personal projections.
- c. I am free to speak up about the value of (my work - my presence - my ideas - my words).
- d. I humbly accept abundant rewards for the service I provide.
- e. People give me money beyond what I ask for.
- f. I know how to communicate my high value to others.
- g. I earn plenty of money in service of (my own best interests - other's well-being).
- h. I am ready and able to receive all that comes to me from moving out into the world.

#### 5. RELATIONSHIP

- a. I give love fearlessly. I receive love fearlessly.
- b. As my self-esteem grows, I acknowledge my true needs and seek to get them met (for myself – in relationship with others).
- c. I am (desirable – sexy)

- d. I enjoy radiating my natural sex appeal, smarts and winning personality.
- e. I know how to radiate my desirability.
- f. I am a wonderful (mate – partner - teacher - leader).
- g. I attract a wonderful mate.
- h. I join other circles and find people I enjoy.
- i. I create ever-widening circles of friends and peers.
- j. I enjoy working collaboratively with others as we support each other fully in the process of co-creation.

#### 6. FAMILY AND COMMUNITY LEADERSHIP

- a. We have family and home-keeping routines that support personal freedom for each one of us and that are agreed upon by all members of the family.
- b. I easily negotiate a change in life-style and family routines that supports personal growth and commitment to transformation.
- c. I fully participate in communities supporting my interest, bringing a perspective of the big picture and what will support the greater good of the community and the world.
- d. I am a natural leader of my time and accept the responsibilities of acting from vision, values, and the greater good.
- e. I listen, and respect the values of all others building on the contributions of the past as a solid foundation for future expansion.
- f. I am in service to humanity while ensuring my own personal needs are fully met.
- g. I strengthen my coherence in caring for myself and my family while making a big contribution to the world.

#### 7. HEALTH

- a. Being healthy is my number one priority.
- b. As I care for my own health and well-being, I model the same for others.
- c. I am empowered by my inner spark of life.

#### 8. ENVIRONMENT

- a. I learn from my innate connection to the earth and all living creatures.

- b. I am actively engaged in supporting a healthy ecology in my home and environment.
- c. As an integral part of the earth's hologram, I recognize the importance of sustaining my own healthy inner ecology.
- d. I listen deeply to my inner environment in order to honor my outer environment.

#### 9. GLOBAL EVOLUTION

- a. I give my energy to the thoughts, feelings and actions that bring me joy and fulfillment, trusting that I model a coherent way to live.
- b. I have the greatest impact when I follow my heart's lead and exercise the fullness of my gifts and talents.
- c. My greatest impact comes from helping others inhabit the roles in which they can make the greatest impact.
- d. My contributions in the world are embraced, valued, and appreciated.
- e. I bring my vision of abundance, peace, personal responsibility and power into the world by fully embodying my personal power.
- f. (I create the systems - I help others create the systems) that contribute coherent transformation to a new world age.

#### 10. SELF-REALIZED SERVICE

- a. I take a solemn Vow of Prosperity and Plenitude to model abundance for all others.
- b. I find the group with whom I can collaborate and make my greatest contribution.
- c. There's a natural flow between my expanded state of service to the group and my own inner boundaries of self.
- d. I (support – maintain - receive) energetic integrity as I exchange my (information – service - products) with others.
- e. I align with the evolutionary impulse, stay present to the moment and act for the greater good of those I am meant to serve.
- f. I accept, embrace and excel in teaching and leadership roles as a form of service that spreads coherence.

## 11. NEW VOW VALUES\*

- a. I satisfy my physical needs.
- b. I feel safe, respected and loved.
- c. I enjoy a sense of personal self-worth.
- d. I find freedom by letting go of my fears about survival.
- e. I feel loved and am respected by my peers.
- f. I find personal meaning in my existence.
- g. I make a positive difference in the world.
- h. I co-create to lead a life of self-realized service.

\*Adapted from Richard Barrett. *Building a Values-Driven Organization*. Elsevier, New York, 2006,

## 12. SOUL VISION OF FULFILLMENT\*

- a. I am everything I need.
- b. I am secure because I have nothing to fear in myself.
- c. The flow of life's abundance brings me everything.
- d. I measure myself by the grandest vision of myself I can imagine.
- e. Giving my self in love is more important than winning.
- f. I am sensitive to what is emergent now in the world, including my own new, evolved self.
- g. Other people are attracted to my creativity as soul to soul.
- h. I can find perfect love, because I have discovered it first in myself.

\*Adapted from Deepak Chopra, *Reinventing the Body, Resurrecting the Soul*. Harmony Books, New York, NY, 2009. And Barbara Marx Hubbard on *Women Leading the Edge of Evolution* broadcast, 14 November 2009.

## H. MODALITIES

All modalities represent an input of coherent, balanced, energetic information at the subtle levels of our unified body-mind-spirit field. Each modality represents a healing tradition from antiquity. Its purpose is to encourage new seed moments or choice points.

NOTE: Often when the exercises or affirmations feel like they're too much, it's because our ego mind can't keep up. That's a good sign. Healing happens more easily when we can bypass our habitual mental control and enter the larger field of consciousness.

Muscle check (mcs) or use your felt sense to select those that apply. These modalities may be used **in any combination...** for example, adding chanting and an essential oil as you repeat your new vows.

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### **1. STRENGTHEN NEW VOWS FOR PROSPERITY AND SELF-REALIZED SERVICE**

Say these sequential statements aloud, while including other modalities selected by muscle checking. It is especially beneficial to include tapping on the temples or sides of the face to support creating new neural pathways.

(mcs) to add toning, chanting, eye movements, Brain Gym, breath, color/light, essential oils like lavender, frankincense, myrrh, balsam, sandalwood, pine or rose, and energetic contacts.



(mcs)if the client is to repeat these aloud after you say them, or simply listen while doing other modalities. The words can be changed to fit yours or your client's situation. Begin with the tapping.

(mcs) if any and which of the coherent statements from G. New Vows need to be included.

1. I accept all the abundance that is mine in this lifetime. I am amply rewarded for everything I create. I accept with humility all the money that comes to me in this life.
2. I harmonize my inner masculine power and will with my inner feminine love, caring and reverence.
3. As my self-esteem increases, I project my desirability as a mate - as a business partner - as an effective source of support, learning, healing for others.
4. I am free to speak out for myself in any situation. I speak, write, and freely make my needs, thoughts and desires known to others. What I say is respected and accepted.
5. I follow my heart's desires and soul's creative expressions.
6. I am a free-spirited servant leader respected by many.
7. I shine with my full radiance and irresistible attractive appeal.
8. I am whole.
9. As I grow, I continue to evolve in consciousness.
10. All of heaven rejoices as I manifest my earthly destiny.
11. And so it is.

## **2. SOUL QUALITY RETRIEVAL**

Soul Quality Retrieval is an ancient method of visualization which starts with the understanding that time is flexible and limitless.

The past moment is brought into the present. Future moments are brought to the present time too. Only in the present moment can healing occur. The goal is to establish a new seed moment in terms of re-claiming an important soul quality that has been lost, or claiming a new soul quality---both will be significant for moving forward.

**Sit in a quiet place**, in a comfortable position. Read through the instructions first. If you are doing this for yourself, it might help to

record the visualization changing the language to suit you, and use it to guide you to a new choice point. You may want to name the soul quality to be strengthened. If you have done the Earlier Experience exercise, you may choose to bring forward the missing need that would be useful now. Otherwise, select a quality by (mcs) from the new vows listed above that will serve to create a new choice point for you now.

*Begin by centering yourself. Close your eyes and take a series of slow deep breaths. Imagine that you are slowing down your brain waves to about 8 cycles per second or less so you enter a heightened state of awareness. Let the outside world drop away as you enter the liquid crystal core at your center. Relax into this center and allow it to expand. Know that you can change any of the following words to better fit your situation.*

*Bring forward your memory of a sacred ceremony. It is a moment of heightened spiritual ecstasy when you committed your life to sacred service. Imagine the beautiful setting and what you were wearing. Who were the people around you? What did you see?*

*In this moment, imagine you are leading the ceremony. You begin to create new vows that honor your spiritual commitments, and that also honor your ability to thrive and contribute to the evolutionary impulse alive in the world today.*

*Imagine yourself saying new words of your own rather than repeating words of an institution or tribal or ancestral heritage. You claim the tools and symbols of your new purpose, those that will enable you to fulfill your own calling.*

*Imagine that you are stepping into your new role for this lifetime while retaining the full spiritual advancements you have made in other lifetimes.*

*As you do, those people who are meant to support and co-create with you in this world now, begin to appear. They gather around you holding the tools that represent the fulfillment of their callings too.*

*All the people around you are in full support as you integrate your new vows. Someone may step forward now to present something to you. You notice it is really beautiful and a perfect symbol of your positive quality and vows. Accept the gift. Let it melt into your body and seat itself wherever it is meant to be. Breathe in deeply as this new aspect of yourself integrates into your being.*

*Now, bring forward an image of your future when your purpose for this lifetime is fully materialized.*

*In this moment, your past memories and your future images come together in healing. You feel a swirling wind gently surround you. As it swirls around you, you see yourself surrounded in white light. This unifying light may travel through as well as around your body. Breathe deeply of your new wholeness.*

*All the important people in your life have now taken their proper place as you connect and support each other in your creative co-evolution.*

*And so it is.*

You may want to seal this visualization with the fragrance of an essential oil like lavender, rose, frankincense, myrrh, balsam sandalwood or fir.

From teachings by Alberto Villoldo, The Four Winds Society, and Chloe Faith Wordsworth, Resonance Repatterning system, adapted by GAIL GLANVILLE and HELENE ZAHN-CHILBERG

### **3. GROANING, TONING, CHANTING AND HUMMING**

The use of the voice is an ancient method of healing. It need not depend upon faith or belief any more than our use of electricity which brings light and energy to our daily living. Sound healing is available to anyone who can let their voice express itself in a natural way and tune to its benefits. Anyone who can groan can tone, chant and hum!

(mcs) for the type of use of voice healing needed to start. This can be more than one type as the body will spontaneously adjust as needed.

**a. Groaning and Toning**

The greatest difference between groaning and toning is that the person who is toning watches the process and, after the first sigh, directs it consciously. Toning is a very positive, consciously directed identification with the inner power of life, and the full awareness of the release of it at will. Groaning on the other hand is a sound the body makes naturally. It is not consciously directed. In this exercise, we focus on groaning.

**How to:** Stand erect, with feet several inches apart. Stretch both arms high and let them drop back, shoulders swinging on the spine as a cross bar rests on top of a T, in perfect balance. Close your eyes. Begin to look inward, and *feel*. Let your torso ride on the pelvic boney structure with the feeling that your hip bones protrude forward like headlights on an automobile (to counteract the usual tendency to cave in and bend forward). Let your body sway as a flower on its stalk in a breeze.

Feeling the magical process of aliveness within and around you, *let your body speak*. Relax your jaws so that your teeth are slightly parted. Let sound come up from your body, not down upon it from the mind, but up from your feeling sense. Let the body groan. It may be only an audible deep sigh but it is a feeling of release, or emptying out, of resting. Encourage it to be vocal. Always start with low groans.

Let your body groan as long as it likes and with abandon. You may think that you have nothing to groan about, but you will be surprised. All the hurts, physical and emotional, which you have received are buried in your subconscious memory, and groaning offers a release for them. Once the door is opened, repressed feelings of your entire life may begin to flow out. The voice may rise and fall; words may or may not come out; the sound may go on for ten minutes or an hour. Whatever happens, let it be OK – do not allow the mind to interfere

but rather let it observe what happens. Once the body feels cleansed, a sigh is released and you know that the body-voice is satisfied.

You can follow this release by **toning** a particular note or series of notes, using a particular vowel sound: oh, ou, ah, eh, ih, ee.

From Laurel Elizabeth Keyes, *Toning – the Creative Power of the Voice*, DeVorss & Company, Marina del Rey, CA 1973

### **b. Chanting**

Chanting, or the Gregorian Chant, has its roots in the monasteries of medieval Europe (although there is evidence that eastern religions have been chanting for thousands of years). Chants are always sung in perfect unison, each note clear and even, any harmony that would distract us conspicuous by its absence. In the chant there are no climactic moments that we might eagerly await and from which we would return, exhausted of our emotional substance. Instead, the musical line is constantly nurturing, feeding our inner emotional life without exciting superficial feelings. If we are unfamiliar with the text, it is difficult for us to know exactly how we should be reacting. Perhaps the message is that we should simply not react at all, but be content to rest in the serene and wakeful presence that the music evokes.

Because of its intimate connection with sacred words of scripture and with devotional practice, Gregorian Chant has the power to awaken the mind and heart, of both singer and listener, to deeper levels of being.

From Katharine Le Mée, *Chant: the Origins, Form, Practice, and Healing Power of Gregorian Chant*, Harmony Books, New York, 1994

**How to:** There are several excellent recordings of Gregorian chant available. Select one, and listen to it on headphones in a quiet, meditative setting.

If you wish to sing, choose a phrase from a familiar song, and simply sing it over and over to yourself. Or choose a phrase such as *Om Namah Shivaya* and sing it to a tune you know or a tune you make up yourself. The benefit comes from the repetition

### c. Humming

Humming is another way to bring the sound and vibration of music into your body. When done with intention and intensity, humming vibrates in the bones and sinus cavities of the face and skull, and from there via bone conduction vibrates the rest of the body. We can thus, using our intention, send our humming vibration to any area of the body-mind system that needs healing or support.

**How to:** Sit on the edge of your chair with a straight spine. Bring your chin in (rather than up) so your larynx (voice box) is close to your cervical vertebrae. Inhale fully. As you exhale with a hum, slowly squeeze your belly in. The sound is so easy and effortless that it may continue for up to a minute. You can always take another breath, and release it with a hum. If you wish, you can use a pitch pipe to select a comfortable note to hum on. If you allow your lips to part slightly, a resonant hum will cause your lips to vibrate and feel “ticklish”.

Adapted from Chloe Faith Wordsworth, *Modalities for Transforming Resonance Patterns*, Wordsworth Productions, Inc. Scottsdale AZ 2002

COMPILED BY KATHIE JOBLIN

## 4. COLOR SCRIBBLES

Materials needed: 2 sheets of paper 8”x11”, colored markers.  
Orient the paper to the horizontal “landscape” format.

**Step 1.** Select a marker pen in a color that represents the karmic vow patterns you wish to release. Take a few deep breaths and center yourself. Then take your pen and allow yourself to scribble in whatever way your hand is drawn to move.

Keep scribbling until your hand naturally comes to a stop or 2 minutes have passed. Look at the pattern you have created which is a representation of the internal unconscious image of the vows you now wish to release.

Declare out loud “I am not that.” Label the top of sheet (on the long side): Vows I Have Now Released

**Step 2.** Title the second sheet of paper on the landscaped top (long side of paper): New Vows I Now Adopt

Select one or more colored marker pens that represent the feelings and images reflected by the new vows you've created that express your love and life purpose. These will be colors that uplift you.

Again, take a few breaths, centering yourself. Put the pen to paper allowing your hand to move with an inner directed movement. Keep scribbling colors and images as you are moved to do for about 2 minutes. Look at the pattern you have created. This is an internal and conscious representation of the new vows you now resonate with.

Declare out loud - "I am this!"

Repeat your declaration 2-3 times.

Complete the exercise by crumbling your released vows picture and place in a recycling bin.

You may keep your drawing of new vows or reverently recycle it if you feel they have now integrated into your system.

CREATED BY CAROLYN WINTER

## **5. STEPPING OUT**

Using muscle checking or your felt sense, create a small circle around your feet (or your client's feet).

The circle can be seen as a metaphor for a cloistered life, or as a metaphor for soul expansion. The circle can be formed by a scarf, ribbons, rope, piece of cloth or an arrangement of pillows. MCS for the material that is most appropriate, and for the ideal size of the circle to begin. Usually it is quite small.

Then read the following in a calm, low-pitched voice, taking the time necessary for each step to be completed.

"You can change any of the following words to suit you, or invite your client to do the same. Begin by slowing down your breath. Notice your feet inside the circle.

“You can see and feel how your resonance with your old sacred vows keeps you in a small circle like this. You can hardly move inside it, but it may be familiar and you probably feel protected and safe. You have been cloistered in this circle for a very long time, and can let your body take the posture this small space represents. It is familiar to you. Probably others in your group live in circles very similar to yours, so it is easy for you to feel connected to them.

“Now that you realize how small this circle is, you begin to notice how it makes you feel to stay inside its edges. You become willing to find out what is beyond, knowing you can always return to your circle when you need to.

“Expand the boundaries of your circle by widening the edges little by little. Perhaps you’d like to step over the edges or move the rope out of the way or jump over the pillows. Begin to move freely in your new space, letting your body move in any way it wants. Imagine you have entered a new environment of light and infinite space.

“Now how do you feel? What images arise?

“With pleasure, you realize how easy it is to grow beyond your karmic ties and enter a space of expansion. Recognize others who have done the same and imagine that you are now creating a new connection with them, forming a new kind of mutual support and communion.

“Then, if you want to return to the small circle, it’s all right. Realize the safety you enjoy, but notice that you also remain small. The challenge of accepting your new vows is to continually expand the limits of your circle. You may lose the safety the smaller circle gives you, but slowly you will gain in growth, power and expansion. (Give yourself a few seconds to integrate.) “

Breathe deeply. Muscle check self if this is complete.

From *Family Systems II* by Carin Block, adapted by GAIL GLANVILLE



**6. INVOCATION TO THE UNIFIED CHAKRA\***

While this is an old and familiar invocation, it is worth re-visiting. The words help to stabilize our Lightbody field (now that the frequencies of out-dated solemn vows no longer cause a disturbance) so you or your client more easily continue on the path of conscious evolution.

It is reprinted with permission from the book *What is Lightbody*, by Tashira Tachi-Ren, who writes that the Alpha chakra above our head connects us to our Lightbody. The Omega chakra beneath our feet is our link to earth as a hologram, as well as to our own holographic grid of physical incarnations.

Between the Alpha and Omega chakras runs a tube, or inner column, of Light. When the chakras are open, magnetic, electric and gravitational waves oscillate back and forth to stimulate and regulate the flow of pranic life force energy through the column. The oscillating waves, esoterically known as the Waves of Metatron, help our physical body adjust to and re-balance our Lightbody's higher-frequency template.

Muscle check (mcs) to determine if the Invocation is to be read aloud or silently, and if any other modalities would be beneficial to include.

I breathe in Light  
Through the center of my heart,  
Opening my heart  
Into a beautiful ball of Light,  
Allowing myself to expand.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my throat chakra  
And my solar plexus chakra  
In one unified field of Light  
Within, through, and around my body.

I breathe in Light

Through the center of my heart,  
Allowing the light to expand,  
Encompassing my brow chakra  
And my navel chakra  
In one unified field of Light  
Within, through, and around my body.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my crown chakra  
And my base chakra  
In one unified field of Light  
Within, through, and around my body.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my Alpha chakra  
(eight inches above my head)  
And my Omega chakra  
(eight inches below my spine)  
In one unified field of Light  
Within, through, and around my body.  
I allow the Wave of Metatron\*\*  
To move between these two points.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my eighth chakra  
(Above my head)  
And my upper thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my emotional body to merge  
With my physical body

I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my ninth chakra  
(Above my head)  
And my lower thighs  
In one unified field of Light  
Within, through, and around my body.  
I allow my mental body to merge  
With my physical body  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand.  
Encompassing my tenth chakra  
(Above my head)  
And to my knees  
In one unified field of Light  
Within, through, and around my body.  
I allow my spiritual body to merge  
With my physical body,  
Forming the unified field.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart  
Allowing the Light to expand,  
Encompassing my eleventh chakra  
(Above my head)  
And my upper calves  
In one unified field of Light,  
Within, through, and around my body.  
I allow the Oversoul to merge  
With the unified field.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my twelfth chakra  
(Above my head)  
And my lower calves  
In one unified field of Light,  
Within, through, and around my body.  
I allow the Christ Oversoul to merge  
With the unified field.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart,  
Allowing the Light to expand,  
Encompassing my thirteenth chakra  
(Above my head)  
And my feet  
In one unified field of Light  
Within, through, and around my body.  
I allow the I AM Oversoul to merge  
with the unified field.  
I AM a unity of Light.

I breathe in Light  
Through the center of my heart  
Allowing the Light to expand,  
Encompassing my fourteenth chakra  
(Above my head)  
And to below my feet  
In one unified field of Light  
Within, through, and around my body.  
I allow the Source's Presence to move  
Throughout the Unified field.  
I AM a unity of Light.

I breathe in Light

Through the center of my heart.  
I ask that  
The highest level of my spirit  
Radiate forth  
From the center of my heart,  
Filling this unified field completely.  
I radiate forth throughout this day.

I AM a unity of Spirit.

### **7. INVOCATION TO THE SILVER RAY\***

This is a short version from *What is Lightbody* asking for the release of all karmic patterns.

I call upon the Elohim of the Silver Ray  
To pour Divine Grace through my bodies.

I call upon the Elohim of the Silver Ray  
To release all karmic patterns,  
To release all pockets of resentment,  
That I may know Joy.

I call upon the Elohim of Grace  
To fill my being with forgiveness,  
To fill my life with gratitude,  
And fill my heart with celebration.

I call upon the Elohim of the Silver Ray  
To release my bindings of pettiness,  
To break the yoke of hatred,  
And free my soul.

I call upon the Elohim of Grace  
To fill me with the Joy of Living--  
NOW.

## I. POSITIVE ACTION

To anchor your new vows and help you move forward with them, choose one positive, harmonious thing that comes to mind that would make a difference for you now in terms of creating a healthy new community for yourself. Make it specific. Rather than just saying "money" or "a home," consider something small, specific and measurable like "5 clients a week" or "my own studio space for classes" or "two of my articles are published."

Answer the following questions:

1. What do you want to accomplish, achieve or create?
2. Why this goal realistic and doable now?
3. What makes it useful, unique, ultra-specific and urgent?
4. Why have you not accomplished your goal up until now?
5. What will your life be like when you have achieved your goal?
6. What talents and resources do you already have?
7. What would make getting started easier for you?
8. Who can help you?
9. Who will you invite?
10. When will you contact them?
11. Exactly what will you ask them for?
12. When will you start?
13. What is the best first step? Second step? Third step?
14. How will you know when you've achieved your goal?
15. What will insure that you honor your creative expression above all else?

### RELATED REPATTERNINGS

*Abundance Repatterning*

*Integration for Growth Repatterning*

*Masculine-Feminine Polarity Repatterning*

*Earlier Experience Repatterning*

### RECOMMENDED READING

*Understanding Karmic Complexes* by Patricia L. Walsh.

Using the paradigms of Evolutionary Astrology and Deep memory Process, this book illuminates the dynamics of the astrology of karma and the psychology of the soul.

## J.CONTRIBUTORS

We are Certified Practitioners of the Resonance Repatterning System who have been drawn to co-create this work. We recognize the **complex archetypal patterns** that surround nun and monk, priest and priestess karma. These are patterns that permeate our lives on the subtle levels identified in this Repatterning, so the result may be a **whole lifestyle shift**. If you feel the need to go deeper into any part of this Repatterning, or want support for the shifts you're already experiencing or would like a fresh viewpoint as you update your religious and spiritual views... feel free to contact any one of us for private Repatterning sessions.

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As an artist, dealer, teacher, art therapist, Interfaith Minister, healer, and public speaker, Carol loves supporting other's growth beyond personal, creative, and financial limitations. Committed to her own and global transformation, she uses her lifelong research, Energy Psychology training, 12-Step background, and broad experience in the New York art world to listen compassionately and allow higher intelligence to guide the sessions (in person or on the phone) that results in immediate change and integration. Initial phone calls welcome for more information and orientation.

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As a Certified Practitioner with a background in writing and small business ownership, I believe energy medicine practices like Resonance Repatterning hold the key to solving many of the most pressing issues in women's healthcare today, such as depression, emotional eating, breast cancer and the belief in "not good enough" that holds so many people back. That's why this Repatterning (and my other Repatterning books) were born. I'm happy to give you a deeper experience of this or any Repatterning, Sign up for my newsletter at [www.changebistro.com](http://www.changebistro.com) for information on special tele-sessions, private sessions via phone and Skype, and collaborative events like this book has been.



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Kathie Joblin is a daughter, wife and mother, musician and teacher, and, since 1997, a Certified Practitioner of Resonance Repatterning®. She is a past member of the Board of the Repatterning Practitioners' Association, an occasional contributor to the quarterly journal of the association and a volunteer with the World Peace Hologram project. In addition to the group and individual repatterning sessions that she conducts, Kathie enjoys developing new applications of this work which include synthesizing the repatterning system with other writings such as Carolyn Myss' work on archetypes and Don Miguel Ruiz's teachings about the "Four Agreements". She is currently developing and piloting a ten-session workshop series "Living An Inspired Life" with her husband Fred.



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I am a Certified Practitioner with experience in Co-Counseling, grief and loss workshops through Aging 2000, 12-Step programs, Mystery School of the Ancients and Celebrate Aging learning series based on "Quantum Change Made Easy" by Chloe F. Wordsworth and Gail N. Glanville. I care deeply that older adults engage their wholeness to build on liberation from obstacles and move into limitless love and life. We see ourselves in a new light of being, doing and leading--possibilities abound. I welcome all who feel the impulse to discover and transform.

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Certified Practitioner of Resonance Repatterning®. With an educational background in Human Development, 20 years experience as an Executive Director of Social Service Agencies and a proven ability to lead people with success, Carolyn now helps individuals succeed at finding personal happiness and fulfillment. Fascinated with the fields of consciousness, science and spirituality, she views Resonance Repatterning as a largely undiscovered tool for interior quests that makes practical use of these theories and that anyone can learn to do for themselves. Carolyn has studied and practiced Resonance Repatterning® full time since 1997,



providing practical applications of this alternative healing method and new age wisdom to everyday situations, life issues and points of break-through. Carolyn's interest in collaborating in the Nun Karma Repatterning relates to her world view that we are in the dawning of a new age of understanding where our core values are being shaken in every part of society. In this Repatterning Carolyn recognizes the need we all have to release what no longer serves us and gracefully make the transition to the next stage of our evolution. For personal consultations or online healing experiences, contact Carolyn Winter in Toronto, Canada.

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A Certified Practitioner and Licensed Healing Arts Practitioner in NC with over 22 years experience in the counseling field, my focus is assisting others to reclaim joy, happiness, and passion in their lives. When we live authentically we bring the true gifts we were meant to manifest into the world. You are one note in the Great Song happening every moment. If you cannot sing (resonate) with the fullness of your divine being, we as the rest of the world suffer the loss of your contribution. You are ESSENTIAL, a necessary part of the beautiful whole. Without you something is missing and cannot be replaced by anyone or anything else. The song is incomplete. Call me to discover, transform, and reclaim what has been lost, hidden, or misplaced so that you can be All that you Are: Extraordinary, Beautiful, Unique, Irreplaceable. I would be honored to assist you in your transformation.



## K. COMMENTS

This ebook is organic. It is your feedback that will continually improve the Nun Karma Repatterning for others to enjoy. Add your comments to our blog site: [www.nunkarma.blogspot.com](http://www.nunkarma.blogspot.com)

We love hearing from you and enjoy the exchange!

### **Here's what other people wrote during our beta tests:**

One of my clients reported that they noticed themselves responding differently in difficult situations regarding their boundaries and being of service to others. One woman who is treasurer for spiritualist Church organization found herself able to say "no" to a request and ask the other person to do it instead...she was no longer being a selfless servant at her own expense. KATHIE JOBLIN

My first client wrote: I'm transported! I feel like a planet circulating with other planets and other light beings--like the Milky Way. I'm revolving on an axis of an expanding galaxy. I feel a sense of power and abundance. NANCY MARTIN

I started out with a relationship problem: I felt like I was invisible in my marriage. Within the first three weeks of working on this repatterning and giving it to others, I suddenly noticed a shift in how I'm treated. Now, I feel SEEN! PS: What my clients are experiencing initially is a sense of lightness. HELENE ZAHN-CHILBERG

"I very much appreciated the repatterning. I would love to be able to use it in my practice. Having worked for years on the religious non-coherences from this life time, it makes much sense to see how this has been carried through from past lives. Very freeing to know there is a tool to be able to clear this stuff out. I especially loved the Modality. I have cleared (I think) lots of the poverty issues, but felt a "vibe" for several of the statements and love to be able to clear even more. Made me think as well as other vows – marriage, political office, etc. and how those may resonate negatively for some in this lifetime.

I look forward to the entire repatterning and thank you all so much for this very healing piece of work." CLARE DOYLE

"What a fabulous repatterning the Nun Karma Repatterning is. While I have cleared past lives with other systems, I found that I still resonate with them!

An issue that needed to clear for me was 'If i do what I want I am bad'. Yuck! I am sooo pleased to say this statement is cleared for me from the repatterning... there is no longer a charge with it. I love the statements and the 'roles' we all could have been in past lives (I believe I have been every one of them) but one statement in particular that came up from the group that we needed to clear resonance with 'I enjoy poverty'! So glad this shifted... I think it did as soon as I heard it. And the releasing statements from all levels of our beings are wonderful. I hope you publish the repatterning as I would love to use this in my practice! Much love and joy and abundance to Carolyn for facilitating this and to the authors of this work! KAREN KENT

"Carolyn and fellow creators of this new repatterning – Thank You. I am in awe of the new possibilities arising from this. I can feel energy swirling and shifting as I type. My inner self seems to be rethinking many aspects of my life and while there is a very minor unsettled feeling, I am 100% confident it is for the good. My intention is I am stepping out of my comfort zone to experience what it is I have been aiming for... I particularly liked the modality. If it is possible to have the introduction in a PDF that would be very helpful. I am a visual learner and love to see and re-read things. There was so much information in the introduction that to be able to absorb and process it at my leisure would be a real treat. Bless you all for such forward thinking. With love and appreciation. SONJA PETERSON

"Thank you for the wonderful Repatterning. I was pretty much "out of it" for most of the session, but did wake up for the modality, and did the two free-style drawings. For the 2nd one, "new vows that I now adopt" the picture that emerged was of a soup ladle, and I was quite surprised to see it on my paper. The associations I had were of being

able to feed and nourish myself, and also, of having the capacity to give nourishment to others, (perhaps through my work.) As the 'struggling artist' theme is one that has resonated very strongly with me all my life, I felt very excited by the new possibilities that this image represented to me. Thanks again for a very powerful Repatterning.

RICHARD PERRIN

What a wonderful experience. Like Karen, I was fascinated by the different roles that came up. I've always been drawn to the stories of prostitutes ... I won a major award one year for a series I produced on prostitution. And at one point I had not one, but two housemates who had worked as prostitutes in the past ... by which I mean 20 years ago — in other words, in this lifetime.

I've been in a really dreadful situation with respect to a relationship. And yesterday (two days after the nun karma release) I was cycling home and suddenly realized I no longer felt shame. I could remember that I had felt deep shame just the day before, but it seemed that last night I simply was unable to experience the feeling. And this morning I woke up feeling utterly happy. Free of some torment which perhaps wasn't only of my own making. LOUISE BERGEN

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Don't ask what the world needs.

Ask what makes you come alive,

and go do it.

Because what the world needs  
is people who have come alive.”

HOWARD THURMAN

## CREATE COMMUNITY

Switch from Nun/Monk Karma to conscious co-creation.

Think of this Repatterning, not as a one-time experience of healing, but as an opportunity to expand your own collaborative networks.

Give a session, receive a session. Then support each other, and others, as you consciously evolve and move into the world in new ways.

Invite a group of people to share this Repatterning and then continue to meet weekly, monthly, by phone or in person to coach each other toward achieving your new goals.

Find like-hearted people and pool your talents to expand your networks and effectiveness and visionary projects.

How many lucrative spin-offs from this Repatterning can you imagine? You are welcome to create Workshops, Talks, Teleseminars, Articles. What would you like to see happen as a result of your own shift into a new future?

Tell your stories about what happens after your Repatterning. What kind of new community and lifestyle have you created?

**Nun Karma blog at [www.nunkarma.com](http://www.nunkarma.com) .**