

WINTER SOLSTICE REPATTERNING  
(The 'Season' of Water Element Energy)  
December 21 2021 at 1:00pm Eastern



## Welcome to this repatterning!

Welcome to the WINTER SOLSTICE\_ -5 SEASONS REPATTERNING - a group Holographic Coaching Series I facilitate 5 times per year ... Each of the 5 HC sessions in this GROUP series explores the patterns and qualities associated with the element that aligns with each season. When we resonate with the present and changing seasons, we align with the pulsation of the earth and its frequencies and find ourselves feeling at one with nature, feeling nurtured and balanced and easily transitioning into the season. When we stop resonating with a significant number of seasonal qualities, we may feel blocked, stuck, and out of sync or out of our natural daily rhythm. We may feel it as irritability, frustration, or bad luck and that our goals and intentions are difficult to manifest.

For those of you who are new to this work, we are using frequencies of energy (based on the Law of Resonance that says everything vibrates- even our thoughts, feelings, memories etc.) and a tool we call muscle checking from biofeedback literature that taps into the body's own inner wisdom. We are on a mission of inquiry to determine what non-coherent patterns we resonate with and what coherent patterns are weak or that we are not resonating with because .... What we resonate with is what we tend to experience. You will learn more about the process at my website ABOUT section where you will find 5 pages of additional information. <https://lighttravels.com/about> . BUT most people agree, that to truly understand these session – you have to experience them.

My 5 season's group sessions give you an easy opportunity to do just that. I invite you to explore all of the other seasonal sessions I have posted online... they can be useful to re-experience at ANY time of year depending on what you feel you need as you navigate YOUR personal holographic universe

My name is Carolyn Winter. I am a holographic coach using resonance repatterning in my sessions.

**IMPORTANT NOTE:** Before we begin I remind you that this is introspective work that accesses a creative side of the brain. Do not listen to this broadcast or recording while driving or operating any kind of equipment that needs your full attention. You can always listen in later. Also be sure that you have privacy while listening in by wearing earbuds if you are with others to protect the integrity of this session.

**How to read the notes - experience** the session for yourself or repeat the session by listening to the recording and following along with the notes. A fillable box is provided in most sections to add your information to the hologram of this session. Fill in the box and when you have finished, save the document using the printer icon button at the top right



At the end of each statement you will find either a “/ON” or a “/ OFF” – indicating our group resonance with the statement. Typically, at the end of a session we are “ON” for the positive and life affirming statements (so we attract more of that) and “OFF” for the negative statements. When reading the notes it is helpful to say the “ONS” and “OFFs” out-loud with emphasis or a bit of attitude.

*Let's begin the session*

*Take a deep breath and come into your heart center...*

A few words about the Water Element season of winter – We want to resonate with the seasonal qualities of WATER ELEMENT to support our intentions! – The stillness of water in winter brings many of this season’s qualities to life in a way that we can tap into and apply to our intentions. Water can be calming, deep, reflective or soothing like the stillness of a frozen lake. At the opposite end, water is powerful, flowing, and adaptive as in rivers or - think of Niagara Falls! How do you feel when you are near a large body of water? Under the snow of winter you will find the cleverness of micro-organisms alive and like them we can be clever and persevere through the harshness of winter. At this time nature supports us in listening and hearing more, exploring other perspectives and ruminating deeper into our psyche. Like the source of water for any great river in the world, water element flows toward us a download of chi energy we inherit from our ancestors forming a reserve to draw on throughout our life.

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## **CUSTOMIZE THE SESSION WITH YOUR INFORMATION:**

For the repatterning answer the questions below as much as you can. These are good questions to return to after the session and to keep tuning them up with each new level of coherence you integrate.

### A. Our Present Moment Experiences:

#### a) Life Vision or Important Goal

**What is your life vision Intention or an important goal you have set for yourself in the coming year?**

What do you intend to create for yourself in the next chapter of your life? This intention energetically functions like your internal GPS organizing all the other energies around you to fulfill this desire. What is your wish?

#### **From the hologram of all responses...**

- I complete my PhD Program.
- I develop in Spiritual work make it my priority
- Create a work life balance
- Create time to take care of my physical body
- Go around obstacles and go to me goal."
- To transition into a line of business that aligns with my Divine gifts talents and purpose.
- "I always pay attention to my body and move in a way that bring energy and strength.
- I listen to Spirit and communicate with ease and clarity.
- That I live consciously comfortably lovingly kindly & contribute meaningfully to others.
- "I heal mentally emotionally physically & spiritually & I am peaceful relaxed healthy happy loving capable & content in all areas of my life. I easily lovingly & consistently release the excess items in our home. I hold RPA & RRI in prayer for the highest & best working relationship. I organize my RR files from Suzanne's classes. I am thankful for all I have & am open to receive funds for RR sessions I give. I continue to follow Divine Guidance in praying for others. I let go of my grief & depression over the passing of loved ones. I live in the now with happiness contentment love & joy. I resonate with courage clear thought & perseverance in releasing what I no longer need."
- I thrive in pursuing my life's purpose with my life partner. I give and receive love freely and effortlessly. My life is fulfilling stable healthy and secure.
- "My first movie is in production in spring and airing at the end of the year. I do all the steps to being a paid writer - GST number guild membership taxes paid and writing two more scripts in readiness for new connections and opportunities.
- I give time and space to rest spirituality self-reflection on what I am learning and being close to home. My family thrives through our loving and humorous communication the solid grounding from our home community and finances our travel experiences and our willingness to embrace change."
- I wish to commit to my intention of living in greater harmony with nature learning continually about her processes in community with like-minded others. I hope to earn a sufficient income

from my teaching and writing to support this lifestyle. My desire is to be more accepting of myself and to grow in self-love. I need to let go of the belief that nothing I do will work that I will always be financially dependent on my spouse.

- "I speak my truth. Let go of what no longer serves me. Accept others for who they are
- Love myself. Trust myself. Ground myself. Tune into the messages that spirit sends. Listen to my intuition. Respect nature. Slow down. Breathe deeper. Heal. Strengthen the love in my family. Connect deeply with my partner. "
- I reach a larger audience to help others heal from trauma by marketing and growing my practice in an instrumental way.
- "I support myself and my family to find harmony and meaning in life and in each other
- I am successful in building my Resonance Repatterning practice
- I let go of what I am holding on to that is not mine (mentally and emotionally)
- I let go of clutter in my home and in my mind
- I am organized"
- My life vision intention: at the end of my life I look back on my life and truly feel I have lived a good life - a sense of fullness peace and contentedness with how I lived my life. I create for myself in the next chapter: the family that I have always wanted. MY DEEPEST WISH IS FOR a loving partner and step-children or adopted children. New intentions: mentorship for public engagement in career finding my volunteer place, daily spiritual ritual deep and meaningful friendship.

**YOUR ADDITIONAL INTENTION:**

**PROXY STATEMENT - I listen to Spirit and communicate with ease and clarity. . / All positive statements are on**

b) Set a holiday intention that contributes to your life vision intention.

**How would you ideally like your holidays to go? What would make this the best holiday season ever ....for you? Be sure to name some specifics so you know when the intention has manifested!**

- I do activities in my holidays that build my Jing.
- I cherish my relationship with my mom and build on to become a wonderful woman"
- I thoroughly enjoy the holidays with my family as we focus on sharing lots of laughter love and joy and don't sweat the small stuff!
- I have deep and meaningful conversations with each of my children and grandchildren with sharing and telling stories. We truly listen to one another. We laugh together.
- I am full of love & cheer! I feel 'light' perfectly content being in my own skin. My exchanges with my son are magical time with others is rich I feel 'gifted' and generous. I am in harmony with

myself with everyone & everything. There are happy surprises - something unexpectedly spectacular happens! We are all safe & healthy.

- My loved ones know my love for them appreciate my love care & presence in their lives. There is peace & harmony in all my relationships. There is a Spiritual Renewal in all their lives for the highest & best good as they continue on their life's journey.
- I travel safely. Time spent with my family is enjoyable and fun. I feel comfortable and at ease in my family's presence.
- I easily resolve my parent's unfinished business and create a sense of safety, security, kindness and love for all family members concerned with it.
- This holiday my family and I get much needed physical and spiritual rest. I feel deeply rested by January 2nd. I bake Christmas cookies and other treats and we have the energy to do some deep tidying and organizing in three or four places in the house (ideally with the Lego put away in the closet and more room for my plants in the window). The dog continues to make strides with her training learning how to come back to me and the other family members quickly when she runs ahead or chases something. I get rested enough to do some writing and the rest of my first draft comes easily after Christmas.
- I see my close friends and have heart-to-heart conversation with them over the holidays. Since Covid has affected our ability to gather I would like to have outdoor time with them maybe some walks in the woods. I would like to find more writing/editing work in the New Year; an inkling of that during the holidays would be welcome!
- Let go of expectations. Be grateful. Make beautiful memories. Thank God and my spirit guides for all I am blessed with. Repel negativity. Be the light. Spread love.
- I remain internally calm throughout the holidays and the large and loud family dynamics.
- "I connect meaningfully with my family
- I am a source of strength and encouragement for others
- I go within and connect with my inner self through meditation and quiet contemplation
- I intend to: ski outside every second day of my holiday take my dog Ruby for a leash free walk once on the Seine and once on La Salle River have intimate time with Kristy Kate my mom Harry Jesse and connect via letter or phone with my special friends across the country and across the "pond". Glenn and Robin are priority. Eat cruciferous vegetables every day and drink at least two large cups of water every day. Cause i feel better that way!
- The weather cooperates for safe travel, my family, friends are safe and protected from covid, and everything works out well for me.

**YOUR ADDITIONAL INTENTION:**

**PROXY - This holiday my family and I get much needed physical and spiritual rest. /All positive statements are on**

c) Looking back on 2021 what issues, problems or worries would you like to let go of?

What is standing in the way of you moving forward in 2022? This is your chance to leave the things you don't want behind. We are going to let that all go so you don't resonate with it anymore, and only your intentions and goals above are heard by the Universe.

**From the hologram of all responses...**

- "I let go of attraction to negative/ non congruent behaviors towards me. Let them go on their journey.
- (Thankyou Carolyn for doing this session on me and us. Happy Holidays to you)"
- I am ready to release playing small hiding diminishing myself and soul pretending I don't know what I know I am not worthy of all that is good and living in accordance with someone else's desires.
- I can't see the question PLEASE WRITE N/A...is blocking the question. I let go of having pain and not doing move to relieve it.
- "I didn't exercise take care of my body properly. Overate gained weight.
- I didn't get my creative projects going.
- I didn't step out in the world meet new people do new things.
- I didn't manage to be as kind as I'd like.
- Lost passion joy for life."
- I let go of poor health issues and concerns. I let go of grief and fear of the loss of additional loved ones. I choose to acknowledge each person is on their own path & I can choose to love them wherever they are on that path freeing myself from feeling responsibility for their choices. I let go and I let God guide each one to their highest & best good.
- Unhealthy eating habits and excess weight.
- "I am done appeasing my boss and his ego and leaving our relationship up to this point in 2021. I'm done trying to figure out how he is feeling and what to say that won't upset or anger him. I'm done trying to help him to be better. He is not my problem anymore. His problems are not my problems. His unhappiness is not part of my work or life. I am free from worries about work and work culture.
- I let go of being tired and feeling like have to respond to every person's needs that I encounter. I trust that people will handle their own stuff more.
- I let go of feeling frustrated or hard on myself about how much I'm writing or how well I'm doing."
- I would like to leave behind the stomach tension and illness that has appeared during stressful times this year and which saps my energy. I would like to let go of my fears for the world my anxiety over the destruction of nature. I would like to end an addiction to a person from my past.
- Gear. Past traumas. Negative ego chatter. Anxiety. Insecurities. Toxic relationships. All they no longer serves my highest good. Gossip. Drama. Poor eating habits. Expectations. Guilt. All that is out of my control. Limiting beliefs
- I let go of feelings of rejection depression and apathy.
- "My eyes are sore and my brain is tired
- I feel stressed

## Winter Solstice Repatterning with Carolyn Winter

- I lack clarity
- Holding on to the following things is holding me back: the relationship I am currently in; the choices I have made that I wish I could change (regret); and "I'm not enough" "I'm too old" & "I've missed the boat" stories.

### **YOUR ADDITIONAL ISSUES:**

**PROXY STATEMENT** - The unhappy relationship I am currently in; the choices I have made that I wish I could change (regret); and beliefs "I'm not enough" "I'm too old" & "I've missed the boat" stories. **/All negative statements are off**

### d) Limitations involved

#### **Fears:**

- I am afraid of being cared for, being trusted, feeling happy, life, love, and trusting others /off
- i am afraid of being ignored, being helpless, being needed, being rejected, being unloved, being hurt emotionally, getting hurt, strangers, violence, not being heard, being left out, \_\_\_\_\_ / someone's reactions,
- Your specific fears:

**/OFF for all listed fears**

### e) Water Element non coherence that prevents 100 % commitment

- I am unavailable/off
- I am powerless/off
- I freeze in stressful situations/off
- I obsessed with keeping things clean/off
- I am not cared for /off
- I am trapped/off



## B. RESONANCE WITH BASIC WATER ELEMENT QUALITIES OF THE WINTER SEASON:

- Perseverance
- Ambition / Drive
- High-Powered Energy
- Empowerment
- Flowing
- Calmness
- Clear Thought
- Depth
- Containment
- Reserves
- Courage
- Boundaries
- Cleverness
- Responsiveness
- Reflecting or Listening
- Soothing Effect
- Adaptability

/On

## C. ELEMENTAL QUALITIES: Specific Water element quality patterns below that support our collective intentions:

- **Clear thought –**
  - I am unable to get clear about the real issue or need/off
  - I ask for clarity when I am confused/on
- **Cleansing Effect –**
  - I feel stagnant/off
  - I cleanse my thinking and feelings of negativity/on

## D. MERIDIAN QUALITIES -

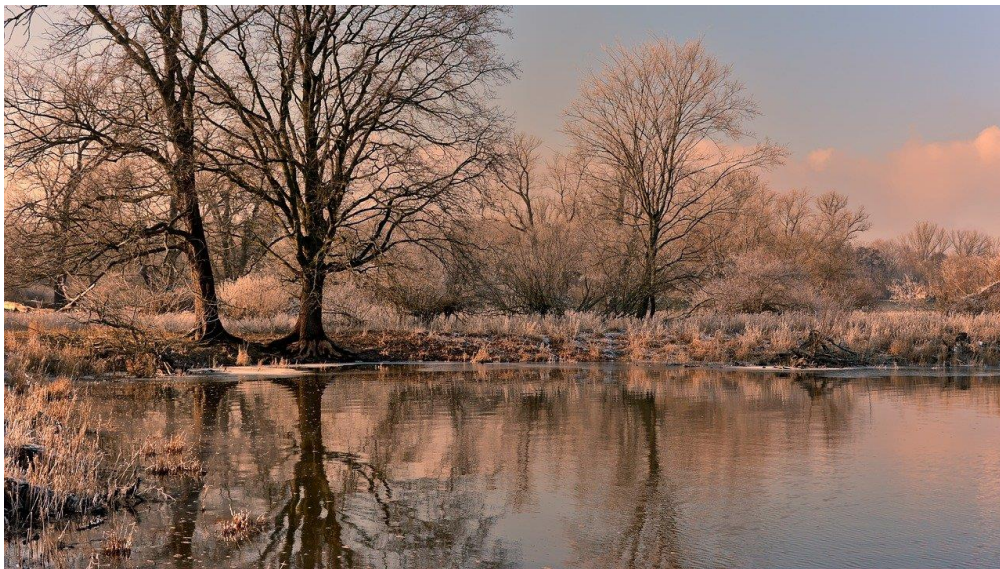
Water element governs 2 meridians – Bladder Meridian and Kidney Meridian. Each of these meridians have qualities related to the physical, emotional, mental, spiritual, relationship and business/work levels of our being. In this section we'll check on the water element meridian qualities our hologram needs to harmonize our issues and intentions.

- **Bladder Meridian -**
  - I have deep reserves of energy and I appropriately contain my energy in my relationships/on
  - I contain my ideas and release my product at the right time/on
- **Kidney –**
  - I accept changed in direction in my relationships/on
  - I share the essence of who I am in my relationships/on
  - I control how my creative abilities is distributed/on
- **Water element qualities –**
  - I live and relate from the power of my essence/on
  - I feel deserving, enthusiastic, satisfied, unwavering, truthful, at one, and reliable /on

E. ENERGIZING OPTIONS: (see video)

F. POSITIVE ACTION – not needed

The Session is COMPLETE – we are now resonating “ON” for the positive and life affirming patterns and “OFF” or cleared for the negative statements. What we resonate “ON” for is what we tend to now experience.



# Happy Winter Solstice!

(There's more...)

## G. INTEGRATE THE SESSION

Integrate this session and the new positive patterns you now resonate with using one or more of the following questions for reflection. You may find it helpful to make notes in a journal you keep for the 5 sessions to track the overall manifestation of your goals.

**1. Select 2-3 statements from the session notes above that 'speak' to you and your situation**

- How are these statements showing up for you?

**2. How is Water Element energy supporting you?**

- Are you in touch with your vision of possibility and potential, setting goals and making plans?
- Where do you experience more courage? What fears have you let go of?

**3. What do you notice about yourself and your relationship to others?**

- How are others showing up to support you? Are you more able or inclined to share your true essence in your relationships/



Dear Participant – I hope you enjoyed this group repatterning and found value with at least one shift either in your awareness, personal actions or how others are now showing up to support you.

Consider a personal session or a package of sessions to further address any of the issues you are currently experiencing or goals you wish to strengthen. I would love to help you! Let's work together. Visit the coaching options, purchase then book your session at <https://lighttravels.com/HolographicCoaching>

May you have a healthy and prosperous new year!

With love and light

Carolyn Winter  
Holographic Coach.

Find out more about navigating YOUR personal  
holographic universe

VISIT... [www.LIGHTTRAVELS.com/about](http://www.LIGHTTRAVELS.com/about)