



Welcome to the [www.LightTravels.com](http://www.LightTravels.com) SEASONS REPATTERNING - a group Holographic Coaching Series I do 5 times per year ... Each of the 5 HC sessions in this 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 and a tool we call muscle checking. 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> .

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.

**December 21<sup>st</sup> 2020 Topic:  
Winter Solstice Repatterning**

**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...*

The season of Winter beginning with the winter solstice in the northern hemisphere, is associated with Water element – Here are some additional associated coherent and non-coherent qualities:

- Perseverance
- Ambition-drive and High-Powered energy,
- Empowerment,
- Flowing,
- Adaptability
- Calmness
- Clear thought
- Depth containment
- Reserves Courage
- Boundaries
- cleverness
- Responsiveness - reflecting and listening
- Soothing Effect

## WATER ELEMENT REPATTERNING

A. Read Introduction (see audio/video)

B. Commitment - Pick one area to focus on in this session (don't worry others will more than likely name your other items!) (Work, relationships creative expression, work, or life?) . What do you truly want for yourself in the area named above?

**PROXY STATEMENT** – I take the risk to explore my creative nature in my home, at my work, in my creative outlets such as writing. I am 100% healthy and feel well and vital, with enjoyable, sustainable work that makes a difference to others, with an income comfortable income and a richly rewarding life where everything works out better than expected that I share with a committed ideal life partner. /on

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

Creative Self Expression:

- My creativity flows.
- To have and take time to listen to my guidance and be nurtured by the beautiful spirit of the solstice blessing.  
Create art fun new work website clients love beauty magic soul inquiries.
- I'm a writer who writes and who is read. I earn a living writing.

/ON

Health

- Impeccable perfect health.
- a feeling of wellness and vitality
- I am 100% healthy
- I am aware of the choices I make and how they affect my health and make positive choices moment to moment
- To experience clarity with my mind abundant energy to carry out tasks with skillful means.

/ON

## Life

- A fulsome conscious experience with presence. Joy in the moments. The middle way. Acceptance without settling for. Expansiveness and generosity (lost it along the way). Energy and spark - passion.
- Relax finish old projects give voice
- I embody the coherent qualities of the Water Element flowing with ease and purpose. I enjoy the companionship of multiple like-minded friends and associates Freedom of movement activities and social gatherings with the ability to roam and explore visit places that are new as well as those I am already fond of. I am grateful for the abundance I enjoy in all areas of my life and I look forward to resonating to energy empowerment perseverance with clear thought calm courage and Love stabilizing boundaries in a year of positive growth focusing on spiritual pursuits. I gleefully watch the old ways and rigid thoughts and manner of being fade into the ether while we welcome new insights and new ideas and Revolution.
- Overall - to enjoy life by accomplishing goals with settling my mother's estate moving out of New York and settling in a new home.

/ON

## Relationship

- Love. Connection. A small group of friend's family & colleagues who care about me deeply as I do about them. A healthy fulfilling relationship with a partner.
- Someone I am at home with comfortable in his own skin who enjoys spending time with me and who thinks I'm pretty great even when I'm not doing anything particularly exciting.

/ON

## Work

- I build my online business with a combination of long term corporate clients, workshops and products and earn a comfortable income.
- To be of service at the highest levels and receive abundance in all forms for the service I provide
- To bounce out of bed and LOVE what I do. Rewards naturally follow. My work is impactful helps others.
- I am clear about the next phase of my career journey and have a wise mentor to support me on that journey.

/ON

You're Intention:

## C. LIMITATIONS INVOLVED

### a) What stops you from having the outcome you desire? What is the issue or block?

- Lack of motivation unable to make time to be creative.
- I have too much to do. I get too productive. Worry about money and the world issues about freedoms being taken away.
- Trauma.
- Emotional/mental issues.
- Not recovered fully from a viral infection a year ago. Total recovery
- Jaded. Decades of pain. Old - little energy for change.
- fear lack for understanding
- (Please rephrase for me...) My desires for Life qualities are limited by the conditions placed on Life by the COVID virus and the resultant constraints fears and limiting beliefs as well as the economic impacts limiting our possibilities and the stringent attitudes of authorities and governance taking precedence. Those in authority must get a different perspective and attitude that encourages new ways of thinking and expectations for change and growth that are Life fulfilling.
- Previous pain in relationships finding human beings so very disappointing.
- Not sure this man exists.
- I feel excited about my work but feel like a door is slammed in my face energetically when I put my work out there.
- Habit and fear.
- Confusion attention split amongst many options fear of being seen and persecuted fear of being undervalued fatigue
- Poor energy and confusion.
- My ego's belief that I need money to be happy and secure
- Everything is at a standstill - stop and go - delays - the current state of the world with COVID and the hidden agendas.

YOUR ADDITIONAL ISSUES....

**PROXY STATEMENT** – I feel jaded from decades of pain. I feel too old and have little energy for change.  
/off

### b). what are you afraid of?

- Being myself.
- Not living my best life. Not finishing my book creating a thriving business or have the marital bliss I desire.
- Not being good enough.
- Death. Isolation.
- losing enthusiasm fitness and vitality

- Dying without living fully.
- not knowing how feeling/ being powerful
- I am concerned that the protective measures that society has been required to implement and assume such as social distancing constraints on social venues interrupted supply chains and other conditions will become our New Way of Life; that the constraints will become acceptable for "protection and safety" and we will lose sight of Freedom Rights and Privileges to the end result that Fear dominates Life clouding our Vision Discernment and Judgment and allowing government mandates to override personal rights.
- Being hurt again.
- I am too critical.
- I am afraid things will never change no matter what I do.
- The unusual feeling of being happy.
- I am afraid of being seen and persecuted or simply undervalued. I am afraid of getting too tired or overwhelmed with work and losing my health again.
- Not having the resources or tools or ability to complete what I start.
- "Not having enough \$; Failure"
- Time moves on - nothing is getting done - opportunities to enjoy life are diminishing as the global population is very distressed with the hidden agendas.

YOUR FEARS:

#### **PROXY STATEMENT – I am too critical. /off**

**c) – Additional fears stopping us from having the relationship, health, creative expression, work or life that we desire:**

- **Fear of the positive:** I am afraid of caring for others/off
- **Fear in relation to people and their effect on us:** I am afraid of being needed/off
- **Fear of an internal state:** I am afraid of being unable to breathe/off
- **Fear of an external thing:** I am afraid of the unknown/off
- **Fear of the divine or supernatural:** I am afraid of the light/off

#### **D. Identify the non-coherent body positon and symbolic stance in life**

**a) Move into a body positon** that represents what stops us from having what we want to commit to  
 mcs – rounded protective left shoulder/off

**b) Pick a person to share your communication \_\_\_\_\_ / Universe (proxies the group)**

To the universe...

"What I want is (\_\_\_\_\_ your intention from section B) – "I take the risk to explore my creative nature in my home, at my work, in my creative outlets such as writing. I am 100% healthy and feel well and vital, with enjoyable, sustainable work that makes a difference to others, with an income comfortable income and a richly rewarding life where everything works out better than expected that I share with a committed ideal life partner BUT..."

What stops me is (\_\_\_\_\_ Your block or issue from section C) - I feel jaded from decades of pain. I feel too old and have little energy for change."

**Mcs for being heard/ON**

**c) How does this body position and negative communication make you feel?**

I feel heavy and tired, helpless, exhausted sad and alone, de-energized defensive fearful despairing demotivated and feeling lost/off

You specific answer...

**d) What does this position give you that is positive?**

I have .....Safety, security, and feeling of safety being myself. /on

Your specific answer...

**E. WATER Element non coherence that prevents 100% commitment to what we want (B)**

**a) Lack of availability:** I am unavailable/off

**b) Lack of Power:** My energy is depleted/off

**c) Lack of balanced water temperature:** I am Luke warm in relationship to \_\_\_\_\_ / my ideal partner/off

**d) Lack of purity:** I feel mentally toxic/off

**F. Non Coherent Mental Emotional States involved:**

- I am ... full of regret, full of grief, self-pitying, and trapped. /off

## G. Earlier Experience -

Note - Please book a personal session if you would like to explore the earlier experiences that are now related to what blocks you. Visit <https://lighttravels.com/HolographicCoaching>  
<https://lighttravels.com/HolographicCoaching>

## H. New Perception in the Present

### a) What new thing can you tell yourself about your intention from section B?

I tell myself...

- ~ anything is possible
- ~ I am guided every step of the way
- ~ everything flows easily and gracefully to my advantage
- ~ I move forward with courage and trust, the universe is delighted to help me,
- ~ I'm surprised by the amazing results I receive; The right circumstances are out there for me; this is happening right now

/ on

### b) What body position represents this new perception?

Lift arms / on

### c) What positive feeling did you have from this new body position?

I feel... optimistic, Grounded comfortable open... ready! Open, easy, grace; confident in my total recovery/on

Your Feeling...

## I. Coherent Water Element qualities needed

- I access my reserves of drive/on
- I access the power of my divine essence and use it with wisdom/on

## J. Quality needed to anchor the new perception is needed:

- I feel enthusiastic/on
- I feel glad/on
- I feel inspired/on

## K. Planetary Frequencies Jupiter conjuncts Saturn

### Qualities of Jupiter

- When faced by a challenging situation I ride off into the sun set/off
- I embrace for success/on

- I see the big picture/on
- I hold truth as my highest idea/on

### **Qualities of Saturn**

- I am excessively introverted/of
- I hold myself back/of
- I face constant delays in whatever I want to achieve/of
- I am patient and dedicated in all I do/on
- I create boundaries/on

[Energizing Option](#) – Bladder or Kidney meridian point (see video)

[Positive Action](#) – do your spiritual practice 2 consecutive days in a row.

*“All the statements have cleared – we are now ON for the positive and life affirming statements and cleared for the non-coherent statements (off). What we resonate with is what we tend to experience. “ –*

*With love and light*

*Carolyn*

[K. INTEGRATE THE SESSION - scroll down...](#)

## 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 fears and able to contain them?
  - Are you increasingly aware of you're the body stance you take and the energy it projects? Are you able to take a new more positive stance?
  -
3. **What do you notice about yourself and your relationship to others?**
  - How are others showing up to support you? Do you now feel heard and understood?



**Need a Personal Session?** - Group sessions look at patterns and frequencies we all share. A personal session can help you clear patterns more specific to you and your circumstances. I would love to help you! Let's work together. Visit the coaching options, purchase then book your session at  
<https://lighttravels.com/HolographicCoaching>

Find out more about navigating YOUR personal holographic universe

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