



LIGHT TRAVELS

Navigating a Holographic Universe

WORLD PEACE HOLOGRAM GROUP REPATTERNING SESSION

Recorded Sunday January 2 2022
Session Notes



Let's put the power of a large group with focused attention to the task of creating peace in the world for 2022. This year I will be doing 4 sessions likely all related to the topic of emerging from the world pandemic. Our first session topic is very general. (Money, career and relationships)

When I first posted this event,... Many countries had experienced a return to normal due to the high rate of double vaccinations and then we were hit with a holiday surprise of the omicron variant which cancelled many plans to be together. It is no wonder that many people feel uncertain about going back to work or life regaining some normalcy. That is not a surprise given many factors such as...

- Professionals are warning that mental health issues may linger for up to 10 years!

-New variants are making a return to a normal life unpredictable.

-Everyone's livelihood has been affected - some barely making it or others not surviving at all. So many businesses have been lost

-Some of us have lost loved ones or our health, and all of us may be feeling the grief of having collectively lost 5.2 million people to this disease.

What post pandemic challenges are you resonating with? - In our first World Peace Hologram session of the year we will repattern the problems and intentions we are experiencing that relate to the post pandemic state



of being. What challenges do you face in your career, social life or living your life vision intention? How do you want to emerge in a way that is better than before? What are your intentions?

Here is the mystical bit of this session... We'll also set intentions for the world at large, taking our personal intentions to a macro level. Let's intend success for others that mirrors our personal intentions. For example, I may personally intend to feel comfortable going to a restaurant... my world intention is that the food service industry is fully recovered in my country / all countries/ etc and thriving.

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. The more positive experiences you have the stronger your wise self becomes, and your field of consciousness and awareness grows!

You may 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 sessions – you have to experience them.

My 2022 WPH group sessions give you an easy opportunity to do just that. I invite you to explore all of the 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.

Where do you need more resonance and coherence in your life for successfully emerging from a pandemic state of being? What do you intend for the world?

With light and love

Carolyn Winter, Holographic Coach

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.

Table of Contents

- A. Permission 4
- B. Pandemic Challenges 4
 - a) Personal Pandemic Challenges 4
 - b) World Challenges: 6
- C. Negative Habits/Weakness Involved..... 6
- D. Brain Area involved..... 7
- E. Patterns that cause us to cycle down..... 7
- F. Neural Pathways..... 7
- I. What would you like instead of this problem? 8
 - a) Personal..... 8
 - b) Intentions for the World 9
- L. Brain Area Patterns needed 10
- M. New mental attitude..... 10
- N. Action..... 10
- N. Spiral Up Options – see video..... 10
- O. INTEGRATE THE SESSION 11

Let's begin the session

Take a deep breath and come into your heart center...the part of you that is all loving, kind, compassionate and holds caring intent

A. Permission



I give permission to have my field of energy included in this group session.

B. Pandemic Challenges

a) **Personal Pandemic Challenges** - **How** have the last 2 years of pandemic restrictions created issues in your life? What do you no longer want to resonate with?

- lack of movement lack of exercise
- fear of catching the infection
- I live in stress fear and worry.
- Friends and family are inaccessible.
- I am constantly thinking about minute-level details to avoid infection. My head is full and I can't relax.
- My social acceptability is determined by how others judge my stance on vaccination and mask-wearing and because of this I no longer feel safe to say openly what I think.
- I am judged by others.
- I can't get my head round what the death toll from the pandemic means for our society my country and the world.
- I feel saddened and angry by the lack of personal contact in public and at the schools for my children. I feel sickened by parent's lining their young children up to be vaccinated.
- A limiting belief that creating value for clients must come in the forms and pricing I have relied on for 25 years.
- A limiting belief that I won't be able to travel as I had dreamed of doing at this stage of my life."
- Working from home has created a non-stop working environment where my laptop never closes and it's nearly impossible to disconnect. There's no work-life balance. I'm very stressed out on a daily basis.
- I find myself at odds with family members who refuse to believe the pandemic is real or believe it is part of some vast conspiracy. I am having a difficult time respecting them and their views and choices which I feel put myself and other family members at risk.
- Groups that I used to participate in person are no longer meeting in person. Groups such as: meditation singing chanting dancing 12 step gym classes, water aerobics. These were huge supports for my

emotional and physical well-being. I no longer want to resonate with what is missing from my life. I want to find new resources and ways to take care of myself.

- People not wanting to hug.
- Having to wear masks in dance classes
- Distancing due to fear and fear in general. Holding dying as bad alarming. Less income and in fact giving back advance monies I previously received. Husband feeling isolated and depressed. Not feeling safe to travel seeming risky and inconvenient.
- Stop-start stop-start work. No gym or trainer- weight gain fitness/agility slide. Not traveling regardless fabulous invitations. No separation between work and personal/social life. Repetitive tasks = boredom. Glitchy and complex to get anything done(supply chain shortages everything is a slog). Worry about disease especially for family & friends. Too many people moving to my area in the country - not as quiet as when I moved here many disrespectful of peace people & critters. Sick of masks & rubbing chemicals on my hands. Talent shortage right down to someone to fix a tap.
- conflicts between people re vaccinations vs anti-vax.
 - "1. Lack of flexibility and pains in the body. Lack of strength tension in eyes and body
 - 2. over eating especially sweets resulting in clothes that are too tight and not comfortable.
 - 3. Lack of walking and meeting neighbors.
 - 4. Lack of desire to communicate.
 - 5. Time wasted hiding from life."
- Inability to attend certain events unless I am vaccinated. Having to wear masks when I have no fear of viruses."
- Not being able to predict when I can travel or when my film production might go ahead. Uncertainty about planning.
- I lose my balance and orientation wearing a mask so mobility is impaired.

Your Additional Challenges:

PROXY STATEMENT: I find it difficult to maintain a high state of wellbeing because the last 2 years of pandemic restrictions has created issues of: lack of movement and lack of exercise; fear of catching the infection; I live in stress fear and worry; Friends and family are inaccessible; Stop-start work and not being able to predict when I can travel/off (*proxy statements represent all of the submitted items for this section*)

b) World Challenges:

Where do you notice or see your pandemic related problem mirrored in the world at large? Name one world problem related to the pandemic.

- freezing
- large intestine meridian issue : give away even what is healthy "
- "We are given many figures and confusing baffling information with no logical framework to help us make sense of it.
- It is hard to get perspective or make sense of things.
- We live in an atmosphere of mistrust.
- The children in school are acting out and being disrespectful.
- "Hoarding of resources - toilet paper vaccines"
- People are quitting their jobs at a higher rate citing stress and burn out.
- People are feeling angry and divided because of the pandemic.
- I see new and triggered traumas for individuals that are mirrored in the world at large. i hear people say they are discouraged and losing hope for themselves and the world.
- Increased fear in people
- People are more fearful and stuck afraid to go out and go after what they want.
- Environment. Instead of focusing on saving the planet and life on it every newscast gobs of money etc are perma-COVID. Disease will be insignificant in a world on fire no clean water or air etc.
- Fear separation and immobility.
- People are buying the ridiculous mainstream narrative. It is really a plandemic. It's created to control the population. Surprisingly intelligent people are believing this and are being misled. Fear is the real problem not a virus.
- People are unable to see far ahead without seeing gloom or uncertainty.

Your Additional Challenges:

PROXY STATEMENT: There is an increased fear in people/off

C. Negative Habits/Weakness Involved

What habit or weakness do you have that may be associated with this drop in well-being?

I deplete my energy by Isolating, over eating chocolate and bread, sleeping more, being anxious, pretending I don't care, over focusing on getting things, thinking too much, and (name your non coherent way of dealing with negative habits)

/off

D. Brain Area involved

Left cerebral

- I am obsessed with schedules /off
- I pay attention to details/on

E. Patterns that cause us to cycle down...

a) The problem is that we are identify with the old way of being and don't want to feel the void of letting go of it?

- I feel in the nothingness without my old way of being/off
- I won't know who I am without my old way of being /off

b) The new state of well-being feels unfamiliar:

- I return to my old way of being because it feels familiar and comfortable/off

c) Challenges that others may not accept us if we change:

_____ won't spend time with me unless I stay in my lower energy state. /off

F. Neural Pathways

Why we are unable to sustain a new neural pathway that supports coherence and vitality:

a) What does our pandemic challenges keep us from being doing or having?

- I avoid having accomplishment and success, spontaneous movement, a feeling of connection to anything enjoyable, making new friends, and planning for travel, /off

b) What does our response to the problems (depleted energy state) give us that is positive?

- I have time for myself and my projects
- Time to myself to do what I want
- Less busyness
- Relying on myself
- More inner focus
- More relaxation and quiet time
- Deepening my spiritual growth/
- fewer expectations and judgments
- acceptance of others choices

/on

I. What would you like instead of this problem?

a) Personal - What do you want instead of the pandemic challenges where you are not maintaining your high sense of well-being? **What do you want manifest for yourself in 2022?**

- sufficient movement exercise
- work on the path even if i am physically in lock down
- I feel relaxed happy and safe.
- I feel happiness and peace when I see others faces in public.
- Inner freedom to follow creative urges that may lead in new and different directions for my career.
- Increased abundances and generosity with my resources and a falling away of scarcity beliefs
- I rest and relax. From this natural state of ease I create value and contribute to the greater good. I am perfectly in alignment with my life's purpose.
- I respect my family members and their unique perspectives. I feel comfortable when I am around them and we enjoy each other's company in a safe way. I move through life with courage serenity and joy.
- I manifest publication for my writing. New hiking and gardening buddies. A good mobile mechanic. A good handy person and other skilled home repair/upgrade professional. New groups for meditation dance singing chanting. A healthy way to be with family members who are suffering. Continue with somatic practices. Live in awareness gratitude friendship generosity.
- I am free to hug and be physically close to whomever I choose.
- I dance freely alone and with others.
- We both experience being well blessed by God motivated energetic enthusiastic unleashed unstoppable propelled engaged intentional powerful fun creative relaxed safe joyful loved wanted belonging fulfilled and satisfied. Ease of safety with joy and affordable luxury with travel. Dramatically abundant inflow of income with minimal effort. More and higher quality of time with mom; mom being safe in her Independent Living apartment or her happily choosing to at least try Assisted Living.
- Smooth ride with my work; transformation of a writing/business mix. Safety without protective gear. Traveling to visit friends loved ones take courses etc. Healthy stimulation new experiences & eyes for life. Ease with the dailies - supply chain handyman etc. Harmony between & amongst all people critters etc. Extraordinarily good health.
- Healthy vibrant body ready and able to take on physical activities such paddle boarding and hiking with confidence and ease.
- Joy in connecting communicating and sharing.
- Clarity that comes from being immersed in the Silence.
- I am well organized and up to date - in my thoughts projects home and with my finances.
- I am free to attend all events with ease and joy; I easily hug my friends. I am welcome as my real self.
- I make good use of this time and each day I take solid actions towards my goals.
- My teen travels safely to Quebec twice in the first half of the year.
- My film production shoots in the Winter/Spring of 2022 and I can safely travel to visit the set. The movie brings joy and happiness at Christmastime 2022.

Your Additional Challenges:

PROXY STATEMENT: I feel happiness and peace when I see others faces in public./on

b) Intentions for the World - What do you intend for the world instead? What is your world peace intention that addresses the post pandemic era?

- The world experiences relaxation and growth in the new way of being
- We are free from stress fear and worry.
- We live in peace harmony and kind-heartedness."
- Children in school and adults in families are not divided over the issue of vaccines or no vaccines/ masks or no masks. Families and friends come together out of love rather than stay apart out of fear.
- Individual and collective embrace of the universal intelligence that is present in all people and the earth and its lifeforms - animate and inanimate
- A light curious and playful approach to new endeavors and challenges"
- From our natural state of love and peace we pulse together with ease and relaxation creating value and contributing to the greater good. We pursue jobs and careers that feel good to our soul.
- We listen to each other with open hearts and minds allowing for the possibility that we may not always be right. We respect and celebrate each other's unique differences.
We all open our hearts in hope generosity imagination and creativity. We are kind to ourselves and others. We see a return to in person meetings and activities. We all hear voices of hope and see actions that nourish and nurture us. The media becomes more solutions focused. We see smiles and hear laughter. There is less violence and more helping and caring.
- I am relaxed and at peace.
- All people are free to experience being well blessed by God motivated energetic enthusiastic unleashed unstoppable propelled engaged intentional powerful fun creative relaxed safe joyful loved wanted belonging fulfilled and satisfied.
- That we collectively use our 'quieter' COVID experiences to find inner harmony & peace - what is within is mirrored in the external world. We're creating a sustainable healthy clean planet through an economy that supports change to what is life affirming. We are more orderly, tolerant and generous with one another. More creative. We understand that change is the only constant and are agile as shifts occur. We are more spiritual giving every living being it's due - whether it's an insect an eagle a human being who's struggling on another continent. We are loving courageous and fearless.
- I/We recognize and take opportunities where we have the joy of sharing my/our gifts - such as careers that are fulfilling the hearts desire in doing those things that contribute to society.
- Emergence of awareness to self empowerment to deal with issues of health and life needs which might include how we dress eat move and spend time.
- I see Disclosure of information and techniques to enable individuals worldwide to access and utilize their human abilities unknown at present."
- The real truth is revealed. People understand where they have been lied to.
- Scientific evidence is revealed to show the true agenda.
- People discern the facts, embrace and act on their truth.
- People in the world feel a sense of peace with their "now" and can also visualize a future where good things are possible - community connection travel and work that is done as a collective.

Your Additional Intentions:

- **PROXY STATEMENT:** World wide we have and experience a light curious and playful approach to new endeavors and challenges/on

L. Brain Area Patterns needed

- I feel, I see, I hear, and I act/on

M. New mental attitude

New mental attitude needed to create a new energizing neural pathway

- I have faith I can handle and rise above work resistance with love understanding and inner strength./ on
- I am tolerant of others being who they are/on

N. Action – needed to cleanse and recharge our body mind system so that we can integrate the new patterns

- I am 100% committed to doing the left nostril breath once per week for 3 weeks/on

N. Spiral Up Options – see video



Dear Participant – I hope you enjoyed this World Peace Hologram 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 emerge from the pandemic in 2022 with a new more positive way of being and success with your goals.

With love and light

Carolyn Winter
Holographic Coach.

Find out more about navigating YOUR personal
holographic universe

VISIT... www.LIGHTTRAVELS.com/about