



LIGHT TRAVELS

Navigating a Holographic Universe

WORLD PEACE HOLOGRAM GROUP REPATTERNING SESSION

Recorded Wednesday April 13th 2022
Session Notes



It's what happens to anyone who goes from crazy to extra extra crazy and is spiraling down - with no capacity to receive healing influence from other leaders or peers. As a result Russia's war on Ukraine and the daily atrocities are breaking our hearts. The overwhelming magnitude can make us feel helpless to help in a tangible way. We ourselves have to be on guard to maintain our own center of equanimity and choose the spiral of love.

It helps to remember that we are all instruments of resonance and connected on the energy grid of humanity. We are constantly uploading and downloading vibrations to this grid. Using that idea... together we can at least make a splash in a positive direction for peace.

Beyond politics and who we feel is right or wrong (as Rumi is quoted) there is a field where only the power of love prevails and melts all negativity.

Meet me there...

Join me in this April 13th World Peace Hologram group session where our focus is on creating peace for the Ukraine Russia conflict. Astrologer Julie Simmons joins me as the group proxy and voice for participants.

In this session you have the opportunity to clear a personal issue and support an intention that mirrors our world peace issue - that is the holographic part. Together we will all make intentions for multiple aspects of the situation and do simple energy modalities to raise our frequencies. I warmly invite you to replay, listen into and

lend your energy to the session. The more people we have involved, the bigger and more long lasting the wave of influence we will be creating.

Let's create a resonance of peace within ourselves and simultaneously create peace in the world focusing on the Ukraine/Russia situation. Let's do what we can to change the energy!

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. Challenges	4
a) The overall astrological influences involved	4
b) Personal Challenges -	5
c) World Challenges:.....	6
C. Awareness of our interconnection with others	6
D. Non-coherent power struggle patterns	6
E. Coherent patterns to stop struggling for Power	6
F. Non coherent patterns related to control issues	6
G. Coherent patterns to let go of control.....	6
H. Non-coherent patterns of denial	6
I. Coherent patterns to acknowledge what is?	7
J. Non-coherent Patterns involving communication.....	7
K. Coherent patterns needed for communication	7
L. Non-coherent Patterns involving limits.....	7
M. Coherent Patterns involving limits.....	7
N. Releasing the Generational Pattern	7
O. Intentions – What we want instead	7
a) Personal.....	7
b) Intentions for the World	8
P. Spiral Up Options – quantum code (see video).....	9
R. INTEGRATE THE SESSION.....	10

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*

STRUGGLE FOR POWER REPATTERNING

A. Permission



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

Julie declares – I am now a proxy for all those who have given permission to include their field of energy in this session.

B. Challenges

a) The overall astrological influences involved

- Jupiter and Neptune are conjunct forming an oceanic wave that appears as chaotic energy.
- We transcend the chaos and connect in peace and compassion /on
- On April 29 – pluto retrograde –things that were denied or repressed and hidden are revealed enabling us to leverage our positive power/on
- We manage the global transition of the supply chain system and monetary system issues so they are transformed in a positive way. /on
- We communicate without understanding /off
- We avoid escalating things /on
- We are get a historic, cabinet-level US Department of Peacebuilding passed in Congress and signed into law./on

b) Personal Challenges - **Where are you experiencing conflict in your life. What is prevents you from having inner peace?**

- I have so many personal goals and no time to dedicate myself to accomplishing them because I always seem to be in service to family and friends.
- I can't get going on my own behalf. I have lost my mojo.
- "I am feeling anxious about returning to / entering into other groups both small and large.
- I am feeling distressed and helpless about the situation in Ukraine.
- I am being triggered from time to time to remember my parents stories about their war experiences in WWII in the Netherlands"
- Siblings refuse to help with the care of a parent and judge me while they let me handle everything.
- Self judgement. Body hatred.
- i am lethargic and can't get going; waste to much time each day and have lost my productivity
- Family conflict.
- Inner conflict; I reach for the stars then pull back in fear
- I am conflicted about my new career choice and questioning my motives and my people pleasing behaviors.
- I constantly second guess myself.
- I have writing blocks a fear of rejection for the work i do and extreme sadness for the victims in Ukraine
- my body needs to rest a lot and yet I have so many idea of things I wish to accomplish.

Your Additional Challenges:

PROXY STATEMENT: *(proxy statements represent all of the submitted items for this section)*

I reach for the stars then pull back in fear/off

c) World Challenges:

- Russia's invasion, aggression and genocide activities in Ukraine
- The suppression of awareness of world events for Russian people
- The inevitable business of war that constantly needs feeding
- The lapse into governance that is fear driven instead of love driven
- Hopeless peace talks
- The inequity Refuges – world wide are being ignored and is horrifying

Your WPH Additional Challenges:

PROXY STATEMENT:

- Hopeless peace talks. /off

C. Awareness of our interconnection with others

- My issue of "reaching for the stars then pulling back in fear" _____
(your issue) ...are reflected in the world issue of Russia's aggression toward Ukraine./ Off
- Proxy Statement: My issue of being distressed and helpless with world events or hopeless peace talks
...are reflected in the world issue of Russia's aggression toward Ukraine. /Off
- We are in a power struggle. / Off
(applies to us personally and to the world)

D. Non-coherent power struggle patterns

- The less power Putin has and the more devalued he feels the better I feel/off

E. Coherent patterns to stop struggling for Power

- My personal power is independent of what happens in the relationship/off

F. Non coherent patterns related to control issues

- I know how things should be and how people should behave/off

G. Coherent patterns to let go of control

- I trust life/on

H. Non-coherent patterns of denial

- I spend money compulsively/off

I. Coherent patterns to acknowledge what is?

- I admit the seriousness of circumstances as they really are/on

J. Non-coherent Patterns involving communication

- I ask for what I want and need indirectly/off

K. Coherent patterns needed for communication

- I express myself clearly and respectfully/on

L. Non-coherent Patterns involving limits

- I allow others to abuse me/off

M. Coherent Patterns involving limits

- I set healthy limits that give me order and protection/on

N. Releasing the Generational Pattern

We are free ___5___ generation on my mothers side and ___2___ generations on my fathers side of the struggling for power pattern in relation to my personal issues and my world peace issues with Russia's aggression in Ukraine. /on

O. Intentions – What we want instead

a) *Personal* - What would you like instead of the problem? Or... What would you like to be, do or have that would help you feel inner peace, happiness and contentment?

- i successfully launch my project it is well received and creates more sales than expected.
- I have a healthy balance when it comes to accomplishing my personal goals and helping loved ones. There's enough time for all of it.
- "I am feeling calm and empowered to trust my inner truths.
- I am feeling calm about the situation in Ukraine and send out peaceful vibrations. "
- I have all the time and support for my personal goals and accomplish them with ease.
- I am very happy with my body how it looks and all it's functioning.
- I am done with all my tasks and have time to spare this afternoon.
- i confidently complete my writing tasks put my work out into the world with an inner knowing that what i offer is valued and accepted.
- I easily and enthusiastically follow through on my goals and my life with ease and gusto!
- Family harmony.
- I control my fear instead of my circumstances.
- I learn to trust myself in the unknown. Inch by inch I move ahead.

- I am clear and at peace with the choices I make. I do what is best for myself and everyone in my life benefits from this.
- I surprise myself with my accomplishments. They energize me.

Your Additional Intentions:

PROXY STATEMENT: I control my fear instead of my circumstances/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 basics of life are provided for everyone in this situation; first aid and supplies get through to where it is needed most.
- The evacuation efforts are well coordinated guided and protected
- Other countries open their doors to support and help the refugees
- The pet rescue mission continues to be successful; they are supported with the necessary resources
- Humanitarian aid provides special attention to the children and the trauma they are suffering
- Families find ways to remain in touch or miraculously get through to each other and stay connected
- We honor those who have met tragic ends and hold them in love and peace
- The power needs of the aggressors now subside and they now reach for negotiated peace
- We reconcile the underlying non coherent power patterns of this war within our selves so that a healthy reconciliation is now mirrored in the world players involved.
- Ukraine is successful at pushing back Russian forces with minimal casualties defeating Putin's plans to dominate and rebuild a beautiful country more prosperous than before.
- "Our vibrations of love and peace are washing over Ukraine and Russia and bringing them to a place of peace.
- Ukraine with all the global support and goodwill it needs rebuilds a beautiful peaceful and loving nation after successfully turning back Russian forces.
- All is well in the world.
- The world response generously meets the needs of refugees; they quickly resettle to a safe place until a normal life can be re-established.
- Russia suddenly stops it's aggression and withdraws. Ukraine is able to rebuild and live in peace in alliance with NATO The European Union and the west. Putin dies.
- My intention is for a spontaneous outbreak of peace in the world in which everyone realizes the need and urgency to build a peaceful global society.
- "Enough truth is smuggled into Russia creating a tipping point in Ukraine's favour and against Putin.

- The killing stops. Ukraine successfully establishes to Russia and the world it's autonomy and strong democracy.
- Russians free themselves from censorship and dictatorship.
- Leaders come to their senses and recognize that other solutions to their conflicts are possible and doable. They work together for everyone's benefit.

Your Additional Intentions:

- **PROXY STATEMENT:** Leaders come to their senses and recognize that other solutions to their conflicts are possible and doable. They work together for everyone's benefit./on

P. Spiral Up Options – quantum code (see video)

*“The **Session is now complete**. We are now ‘OFF’ or no longer resonating with the life depleting patterns identified in the session and we are ‘ON’ or resonating (in tune with) our positive life enhancing patterns. What we resonate with is what we tend to experience.*

We (Julie Simmons and I, as facilitator) are now complete with being a proxy for this group.” – Carolyn Winter, Holographic Coach



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 we all experience the vibration for peace in Ukraine in our hearts.

With love and light

Carolyn Winter
Holographic Coach.

Find out more about navigating YOUR personal
holographic universe

VISIT... www.LIGHTTRAVELS.com/about