

Nun Karma Repatterning Workbook



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Programs and Services to Navigate Your Personal Holographic Universe

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Holographic Coaching - Let me work with you and support you either with one session, some in depth 3 or 5 session packages or my unique 12 month holographic telephone coaching program. Bring me your most stuck place and I

promise you will shift to a much better place - emotionally, mentally and spiritually. Tangible outcomes are the given delightful unexpected surprises resulting from this work.

Will this process work for you? Of course it will. The resonance repatterning system works with your own inner guidance system the part of us that knows what it wants for us that is healthy, optimal and our next step. By working with a practitioner using muscle checking and the resonance repatterning energy map, we uncover the precise patterns and internal images that need to shift in your awareness. You will resonate with what you do want instead of the problems you may be experiencing.

Please call me for a short consultation if your would like to know more about how I can support your personal transformation. I may be reached in Toronto at 416-410-2349 or by email at carolyn@lighttravels.com

Visit the Light Travels Store to check for availability or to register for Holographic Coaching http://www.lighttravels.net/Holographic-Coaching_c_7.html

For personal sessions using the Nun Karma Release Repatterning with Carolyn Winter visit: <http://www.lighttravels.net/NunKarma>

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C. Patterns Resulting from Coherence with Outdated Vows (Topic Areas 1-12) – referring to the Repatterning place the topic area in the left column and the statement(s) from that section that apply to your situation in the right hand side...

Topic	Statement

D. Reason for Renunciation...(mcs a-o) Pick one or more statements from the list that may apply to you.

E. Earlier Experience – follow the repatterning instructions and record your earlier experience – possibly a past life experience here. This is another part of the pattern you are shifting in this exercise....
(skipped for this session)

Nun Karma Release Repatterning

WORKBOOK

F. RELEASING VOWS EXERCISE: Do steps 1-16 unless otherwise mc for topics listed in section C. Either flip back to section C to do this part or re-write the topics you identified for yourself in C and place them here...

G. NEW VOWS (Check for Statements from Sections 1-12)

Topic	Statement

<p>H. MODALITIES</p>	<p>Pick one of the healing modality exercise for Section H of the repatterning. This is something you can do to shift the frequency patterns indentified in this session.</p>
	<p>When you have completed your selected exercise, re-read the patterns you have recorded in this workbook and put a check mark through them to indicate to your cellular physical system that they have now shifted. You may also want to enthusiastically declare out loud with each check mark you place “CLEARED!!!!”</p>
<p>POSITIVE ACTION</p>	<p>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 (See page 40 of the Repatterning)</p>
	<p>At the conclusion of this session you may also wish to say this statement out loud to bring closure.. “All statements have cleared and this session is complete. I am 100% myself, anchored in the present and in my body so I move with focused attention towards my purpose and what is energizing, coherent and ilfe-giving.”</p>

How did this session work for you? What insights have you gained? What new actions are you taking? Are others relating to you differently?

If a few days or weeks have gone by since you first experienced this session, think back to the issues you listed at that time. What if anything has shifted for you?

Share your stories, comments and questions at the blog...

<http://journeyswithoz.wordpress.com/nun-karma-release-repatterning/>



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 Learn Resonance Repatterning
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Need more support? - If you feel stuck doing this for yourself or would like some support consider having a session with Carolyn Winter either by phone or video conferencing. Check for coaching options at her Light Travels Store – <http://www.LightTravels.net>

About Carolyn Winter

a certified practitioner of
Resonance Repatterning®
Toronto, ON Canada

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. She also served as President of the Repatterning Practitioners Association for Qualified Practitioners (2004-09). Carolyn has studied and practiced Resonance Repatterning™ since 1997. She provides practical applications of this alternative healing method and new age wisdom to everyday situations, life issues and points of break-through. She is insightful, caring, and very helpful.

Carolyn is currently working on strategies to for healers to learn Resonance Repatterning online. She serves as the Online Coordinator at www.Ozardis.com

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