

# A New Chakra Repatterning To Support Your Business...

BY Ardis Ozborn and Carolyn Winter





**Ardis Ozborn** is known as a “naturally gifted teacher” and was one of the first to be trained by Chloe Faith Wordsworth founder of the Resonance Repatterning system. For nearly 20 years, she has been teaching this transformational method to people from South Africa to Australia, from England to Hawaii, from the Virgin Islands to Washington State.

Ardis is Director of Teacher Training for the Resonance Repatterning Institute. She works closely with the founder, Chloe Faith Wordsworth, to support the development of new training materials and introductory courses so anyone can learn

how to turn on the light bulb of self-empowerment

In addition to teaching Resonance Repatterning Ardis offers skills development sessions, personal sessions and introductory journey workshops. You can converse with Ardis at her blog [Journey's with Oz](#) or find out about her next seminars at [www.Ozardis.com](http://www.Ozardis.com)



**Carolyn Winter** is the Online Coordinator at [www.Ozardis.com](http://www.Ozardis.com), who also has her own successful practice as a holographic coach at [www.LightTravels.com](http://www.LightTravels.com). She is dedicated to helping students gain confidence as a facilitator of the extraordinary for their clients. Her focus is on creating a nurturing online environment to learn Resonance Repatterning anywhere in the world.

Carolyn is a longtime supporter of the wider Resonance Repatterning Community and has served as president and current board volunteer at the Repatterning Practitioners Association.

You can follow Carolyn on [TWITTER](#), or read her guest posts at [JOURNEYS WITH OZ](#) or continue reading her posts at [her personal blog](#).

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## INTRODUCTION FOR THIS REPATTERNING –

Moving into a career as a healer may present unique challenges. Perhaps we are used to a different kind of profession or field; perhaps we don't have the support of family or friends. Others may find the potential joy of self-employment to be more stressful than anticipated. Many healers have the experience of facilitating extraordinary success for their clients and their careers but not for themselves.

Have you focused on creating a powerful intention for **your** career? Would you like to attract more clients? Be more successful? Create more income?

A great support for your intentions on growing your business is to resonate with the coherent qualities of all the chakra energy centers: the grounded energy of earth, the creative input of water, the action of fire, the inspiration of air, the peaceful quiet of ether, the inner knowing of the brow and the connection to source of the crown. By aligning with all these energies your business is supported in the most coherent way possible. This repatterning helps us to focus on the wholeness of our career intentions by tuning up our chakra system in relation to our overall vision or goal

We have incorporated the relevant coherent chakra statements from the Chakra Repatterning book as well as affirmations from Carolyn Winter's long running group proxy series "Mastering MY Present Moment Project".

Whether you have been a healer for a number of years or this is a career choice you are moving into; give new energy to your work with this repatterning and the suggested exercises.

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**A. Identify: What is your overall intention or vision for your career as a healer?** This is something bigger than your current circumstances and allows you to stretch enhancing what is possible yet attainable for you. (\*cr )

**B. Identify: What issues or challenges do you face with your career? What blocks you from attaining your vision?** (\*cr )

**C. CHAKRA PATTERNS THAT SUPPORT OUR VISION:** (mcs) for the patterns needed from each chakra to support your vision. (From the “Transforming Chakra Patterns Book” by Chloe F. Wordsworth) and (\*cr )

Earth Chakra:

1. I am here and now.
2. I am grounded, centered and secure in all circumstances.
3. I manifest my ideals materially into form, I am successful.
4. I have stamina, I am tenacious.
5. I complete what I set out to do and acknowledge myself for my accomplishments.

Water Chakra:

1. I experience the joy of creation.
2. I creatively manifest success.
3. I am in tune with and in awe of and accept the mystery of life.
4. I celebrate what I create and manifest.
5. I accept that I’m different from my family and also appreciate that I’m a part of my family.

Fire Chakra:

1. I am fully alive, enthusiastic and full of vital force.
2. I put my ideals into action.
3. I’m able to take charge, I’m responsible.
4. I have personal power, I’m charismatic, I motivate others.
5. My vision is clear, I transform myself, I welcome change.

Air Chakra:

1. There is always enough.
2. I live my ideals.
3. I easily communicate my ideas, feelings and needs.
4. I access the creative ideas and inspiration that motivates my actions.
5. I value the present experience and the possible inspiration it holds for all concerned.

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Ether Chakra:

1. I inspire others through the use of my words and my voice.
2. I express myself without fear, I remain true to myself when facing resistance.
3. I have the time and space for everything I want to do.
4. I stay calm in the unknown and apparent confusion.
5. I speak, act and live my life from purpose.

Brow Chakra:

1. My priorities are aligned with my highest ideals.
2. I am intuitive.
3. I am imaginative and have mental clarity.
4. I am a visionary; I have faith in the light within myself.
5. I see limitless potential in myself and others.

Crown Chakra:

1. My higher self is consistently manifesting through my personality.
2. Wisdom and understanding are within me.
3. I am in touch with and accept the higher purpose in every situation.
4. I accept that everything in creation is ultimately perfect and has a purpose in my life.
5. I'm in touch with the infinite within myself.

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**D) ADDITIONAL CHAKRA PATTERNS/AFFIRMATIONS THAT SUPPORT OUR VISION:**

(Note – adopted from Carolyn Winter’s long running group proxy series “Mastering My Present Moment Project”)

**a) EARTH CHAKRA QUALITIES /AFFIRMATIONS TO SUPPORT MY CAREER**

Earth chakra energy is about stability and grounding. We need to feel and be financially stable, have a roof over our heads and feet squarely on the ground as a base for building a career as a healer. Earth chakra energy is more about finding the financial stability to make a transition into a new career more than doing work that we love.

1. I receive and fully integrate an income of \$\_\_\_\_\_ per month. ( fill in the amount relevant to you).
2. I improve my ability to make business decisions that make me happy but also contribute to the financial stability and happiness of my family.
3. I am making more than enough money to survive and make a transition to my next career choice.
4. I fully integrate a lifestyle, knowledge of money, and level of earning where I always have money to surpass my needs.
5. I have an unlimited abundance and the energy to lead a fulfilling life.
6. My self-employment income allows me to work fewer hours and yet be fully employed.
7. My finances are in order including important financial documents.
8. We meet the financial needs of a situation easily and manage our resources steadily and wisely.
9. My cash flow is balanced.
10. I have a truly beautiful and functional home/workspace with easy accessibility for clients so I can earn income and gain self-confidence from experience.
11. I stay optimally grounded in the present throughout and enjoy each client and celebrate their growth.
12. My home office is functional and supports me in serving clients well.
13. I have the support I need of family, friends and colleagues for my career choice
14. I belong and have supportive relationships in my professional group.
15. I have a sense of belonging and acceptance within my professional group.
16. I have a functional blog or website that supports my business with an ‘online presence’ .

**b) WATER CHAKRA CAREER AND MONEY** - coherent water chakra energy is about having a career we love that supports our purpose and brings us immense joy and satisfaction. When we are engaged in this type of career; the boundaries blur between work and play and we find avenues for creative self-expression. We enjoy learning new things and bring them to our clients and feel satisfied with our offerings.

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1. I have a unique combination of skills that people value and want to pay me for.
2. I have a career which provides a foundation for other parts of my life such as art and relationships.
3. I have a career where I joyfully and happily help people. They are appreciative of my services and I appreciate them.
4. I am grateful and appreciative of my new supportive collaborative business partnership.
5. It's easy for me to make sales and make calls. These actions fit easily into my daily life.
6. I am free to pursue all my goals .
7. I am confident in my career choices and I am an expert at what I do.
8. I quickly find solutions to challenges and get past obstacles easily and efficiently.
9. I confidently use social media to build relationships with my ideal client audience over time.
10. I establish and feel comfortable with my online presence.

c) **FIRE - fire chakra energy supports our career with right actions.** It gives a sense of being organized, good time management, being intuitive, and having the self -esteem and confidence to put our name 'out there'.

1. I am organized.
2. I manage my time and money to achieve my overall intention.
3. I use my time wisely. When things are slow I know what to do to move projects forward. I know how to take a break, when to relax and get energized. I do not wait. I get clear about what my next task is and get on with doing it.
4. I know the next thing I need to do in order to achieve a goal.
5. I am empowered.
6. I am fully myself and independent of the good or bad opinions of others.
7. I am 100% confident and trust my intuition and let this guide me when working with clients.
8. I am comfortable claiming my authority as a healer.

d) **HEART - heart chakra energy supports the 'blue print' for our career intentions.** It helps us choose work that fulfills our sense of purpose and gives us meaning. When our heart chakra energy is coherent, we easily handle the ups and downs on the path to success; our values align with our purpose and work and we feel congruent with our chosen career path.

1. I am aligned with my inner purpose.
2. I am in balance. I know what to do and it works. My contributions are valuable. My heart is in training for success.
3. I feel successful when I am true to myself.
4. I am a success.
5. I communicate my ideas while staying connected to my heart.
6. My work nurtures the planet.
7. I am flexible working with others.

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8. I am accountable for what I do.
9. I am in the moment when dealing with challenging situations at work
10. I intuitively resolve a relationship situation
11. I engage my intuition in my creative art form
12. I listened to my inner self.
13. I follow my hunches.
14. I know exactly who to deal with in relevant business situations.
15. My vision is connected to my home based business and is very profitable.
16. I create my own methods, skills and ways of healing, while integrating all I have learned through life and the teachings of others.
17. I learn easily with joy and teach with passion, love and abundance.

**e) ETHER - Ether chakra energy gives us a voice and we feel heard.** It is easy for us to talk about the work we do and receive the respect of others for it. We have faith in ourselves & our work makes a difference. We experience intuition and guidance that comes from beyond; something bigger than ourselves.

1. I am drawn to the right sources and people to help me develop my abilities to play music, write, painting or whatever I am trying to do.
2. I have faith things are working out well for me.
3. I attract like-minded individuals who appreciate, respect and share my business values.
4. I let go of my old way of being and assume a new higher energy state which integrates my experiences, knowledge and overwhelming consciousness.
5. I have faith that everything is turning out exactly as it should, that I am guided to the best possible outcomes. I enjoy and love the journey because I can share the load with a higher power.
6. I take the steps that positively change my life. I produce great and profitable work through my innate resources.
7. I know what I believe. I believe in myself.

**f) BROW - Brow chakra energy is often described as 'the eye that looks within'** that knows and remembers who you **really** are. This is energy that allows us to rise above our emotions, witness our life and be an objective observer. It gives us the ability to envision what is possible and sends messages through the dream world. Coherent brow chakra energy improves our memory!

1. I remember my dreams and find valuable meaning and guidance in them.

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2. I easily envision my overall intention.
3. Good things happen for me every day that support manifestation of my intention.
4. I stand back and observe what is happening free of my emotional projections.
5. I am in touch with the obscure actions needed to move my career intentions into manifestation.

**g) CROWN - The integrating energy of the crown chakra supports our career** as healers with coherent energy for spirituality, community and present moment awareness. We act in the moment with a sense of connection to past and future. We have a sense of the small part that our work contributes to the planet and humanity and stand together with others who also make difference. We feel at one with our career.

1. "My crown chakra present moment awareness allows me the freedom to move freely in the world. I am a free spirit bound by none, returning to my home in the universe whenever I need and want to."
2. "I surrender my ego's needs in order to embrace the unified field of consciousness and experience unity within the world."
3. I remain open and curious about my world, engaging in a process of inquiry that expands my knowledge and present moment awareness.
4. I have a spiritual practice that nourishes my soul.
5. I enjoy the experience of community, fully participating and creating community to support my world.

**D. SELF-NURTURANCE NEEDED** – The path of success is not always a straight arrow or easy. It has been said that the so-called “overnight success” took 7 years or more on average to achieve the success now viewed by the world. During the hard times of pursuing our goals, when things seem uncertain, when we lack the resources or know-how we need; it’s important to take care of our own spirit and resonate with making that a priority. MCS ( a-c below)

- a) What will allow you to persevere throughout the pursuit of your dreams, goals or success intentions?
- b) How are you taking care of yourself while pursuing your intentions for success?
- c) How are you nurturing your (relationship / others)?

**E. Spiral Up Option** – Once you have gathered all your statements remember to shift the energy with a modality (perhaps a polarity contact or chakra sound) and enjoy your newly revived business!

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**F. What positive action do you need to take to support your career vision?** This should be a small step, something easily done in the next few hours or days. Completing this action gives a signal to your energy system that you are ready to move forward on your big vision as a healer.

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*My Notes:*

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