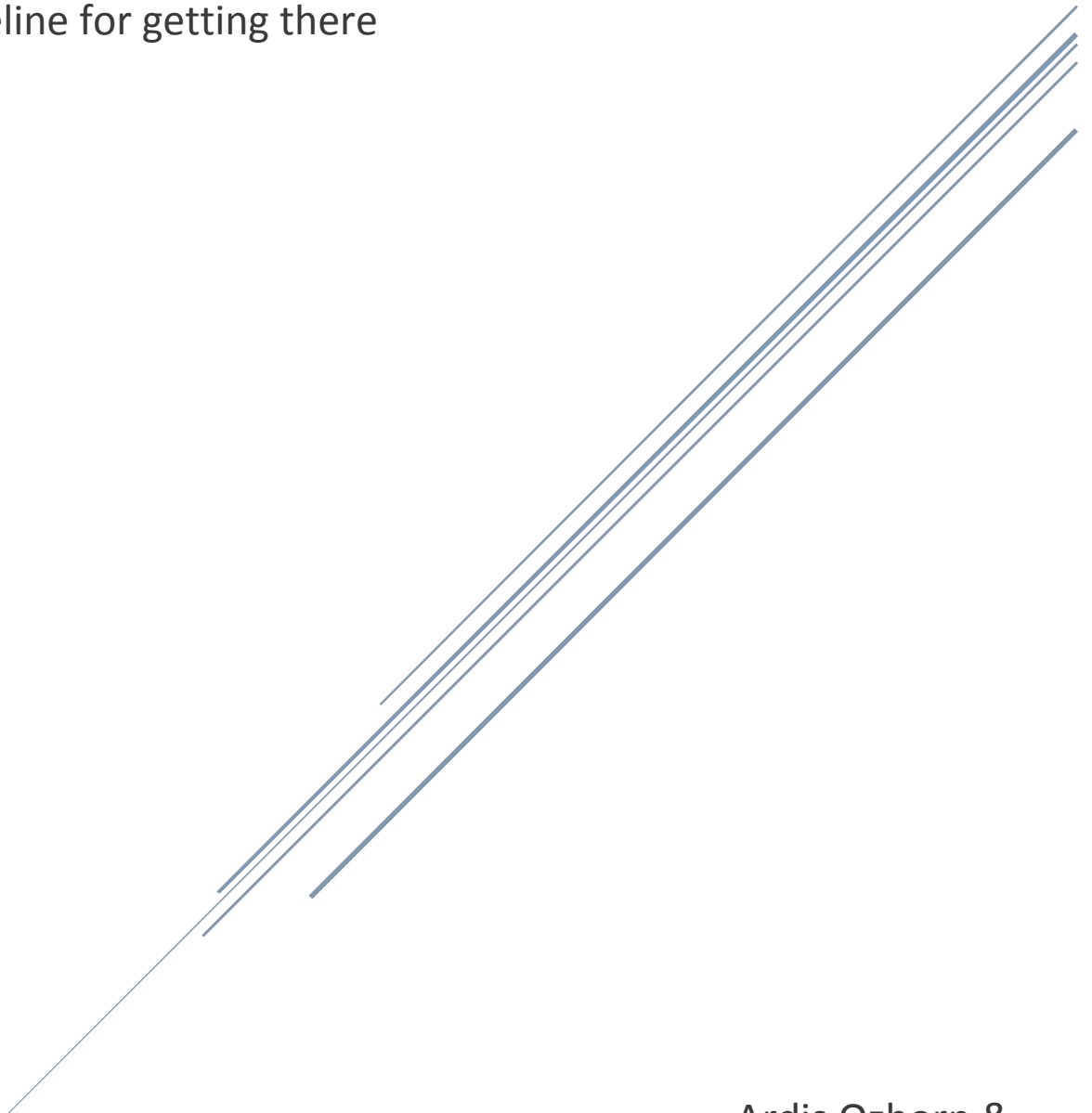


# DISCOVER THE POWER OF RESONANCE & BECOME A CERTIFIED ENERGY HEALER ONLINE!

a guideline for getting there



Ardis Ozborn &  
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 <http://www.ozardis.com>



**Carolyn Winter** is the Online Coordinator at <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 is currently serving in the role as President 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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## PART I - Introduction

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Whether you serve clients with a healing practice or you are interested in new self-help tools for your own journey this E book is for you. Discover a system that allows you to integrate everything you have learned and take your skill set to a whole new level of expertise with the gift of facilitating the extraordinary for clients.

**Stop Guessing!** – Other healing systems often rely on detailed diagnostic tools where you must interpret results and make educated decisions on next steps for the client. It can require thousands of hours of practice to consistently make successful calls on where to go next in the client’s process.

Frequently, our initial assessments are based on what the clients provide in answer to our questions. This may not always be the information needed for successful results. The Resonance Repatterning system teaches a unique applied kinesiology’s technique called muscle checking ( often referred to as muscle testing) In this system we are simply checking for resonance which is the universal law of attraction.

**Start Trusting!** -when you study Resonance Repatterning with us it often confirm how much you already know about healing and gives you a framework of using muscle checking and your rich energetic data base of skills and experiences.

**The client is always right.** In the Resonance Repatterning system, there is an acknowledgment of the shared field of energy between facilitator and participant or practitioner/client. The higher wisdom of the participant guides the facilitator toward the next best step in the healing process for that participant at that time. The wisdom you bring to each session is fine but takes a back seat to that of the client.

For example, Carolyn writes – *“Some years ago a new client came for a session. She desperately wanted to free herself from the painful memories of an excruciatingly abusive childhood. My initial internal reaction/ judgment as a new practitioner at the time was oh no; this will be deep and messy and require many sessions to achieve her goal. I was surprised. The muscle checking indicator focused the session on the future for this young woman not on the past events. She was asked to name career intentions. A positive action was identified that would stretch her mental outlook. She was to obtain educational brochures for 2 different programs and discuss them with a trusted friend by a certain date. She left the session on cloud nine - happy, optimistic and forward looking. As it turned out her years of therapy had already served her well. Her system identified the need to resonate with moving forward in life with positive next steps. I learned a valuable lesson in trusting muscle checking and that ultimately the client’s system is always right. “*

In the example above, you might see practitioners without specialized training for a particular problem, feeling inadequate. They may be concerned about assisting a client or feel the limitation of their healing skills in terms of helping. In Resonance Repatterning we forge through a session in order to be as helpful as possible. It is nice to have a process that supports genuine transformation by empowering the client; a client centered process. This is exactly the case with Resonance Repatterning where the facilitator is now in the role of interpreting the next steps guided by the higher wisdom of the client rather than relying on their best judgment, formal training, or lack of it.

**You already know more than you know!** – In the resonance repatterning system, facilitators, bring their own rich experience, training and knowledge to the sessions. Other systems of learning can be effectively added into the practitioner’s use of the Resonance Repatterning system as an option in the overall sequence of a session. Muscle checking by the facilitator will indicate what precisely is needed.

The Resonance Repatterning system uses your skills and experience to bring out the very best for each client in every session! It also brings out the best in you as a practitioner! We offer a structure that allows the energy healing practitioner to INTEGRATE everything they have already learned. Many have found that the tools in their tool box did not work as well as desired or change did not happen as expected. Integrating what you have already mastered with the Resonance Repatterning system can result in much more effective, timely, and perhaps synchronistic results.

**The Secret to Successful Sessions** –We know that everything a practitioner does for a participant helps AND is helpful. Showing up for another person with compassion and good intention will accomplish that. What it can’t do is clear the unconscious patterns that underlie all symptoms. The healing path is then slow and symptoms often return to everyone’s disappointment. A more permanent shift will not occur until resonance with the web of underlying patterns has cleared.

Resonance Repatterning is a cutting edge method with a winning proven formula that does just that! Identifies a problem, reveals the unconscious pattern underneath it then moves the stuck energy with appropriate spiral up healing options. It is a simple process with an inner complexity that provides amazing results.

## Stories of change and transformation

Lillianna faced an uncertain business disaster when several large receivables went unpaid and her line of credit was frozen. Her business was coming to a grinding halt. She felt physically immobilized. She reached out to a Resonance Repatterning practitioner whom she had seen once for something entirely different. The session revealed a resonance with an earlier experience where her parents business was constantly up and down and on the brink of closure. Within 10 minutes of realizing the pattern and healing it, the phone rang with apologies from customers who had not paid and now called to make immediate arrangements. Of course not all sessions are this immediate yet many are. It depends on how many layers need to be identified and transformed around a core pattern.

Jocelyn had regular repatterning sessions over a period of 18 months that helped her to make the transition from deep lifelong patterns of people pleasing, an inability to say no, and self-doubt. She had longed for a life of her own where she had the courage to follow through on many of her dreams and wishes. Her sessions focused on present issues but frequently found resonances with unmet life needs from the past, earlier experiences that kept zapping her energy and resonance with imposed family beliefs that limited her. After clearing some of these patterns, she began to make new decisions in her life that she could not do before. To the astonishment of family and many friends she began trying new things from her ‘bucket list’ including adventure weekend trips, trying things like zip-lining, learning to play a musical instrument, and joining a choir. She found it easier to say no and maintain clear boundaries with her time.

[Learn Resonance Repatterning Online](#)

*Facilitate the Extraordinary for Your Clients*

Patrick had difficulty throwing things away and keeping his apartment organized. His official excuse was a diagnosis of ADHD. He was constantly distracted and unable to focus on the task at hand. He doubted that a session or two would make a difference. However, after the first session, he called the practitioner to report that he had enthusiastically taken 5 bags of trash to the curb and that the apartment was in order.

## What is Resonance Repatterning

Chloe Wordsworth, Founder of the Resonance Repatterning system writes:

“As you know, everything is vibrating with energy: your thoughts, feelings, words, organs, cells, as well as your atoms and subatomic particles that make you who you are.

Everything has a frequency: your back pain, your stress at work, your arguments, your depression and your joys and successes.

The frequencies you resonate with, your unconscious patterns, determine the life you experience, for better or worse. When your frequencies vibrate “in sync” (known as coherence) you will resonate with and experience health, success, joy and positive ways of thinking and relating.

If your frequencies are “out of sync” (known as non-coherence) you will resonate with and experience disease, failure, pain and negative ways of thinking and relating.

The quality of your life, down to the smallest detail, depends on whether your frequencies are in sync or out of sync and what you resonate with or don't resonate with.

Resonance Repatterning is a system that allows you to identify and change your resonance with out-of-sync frequency patterns that cause any problem you have in your life and stop you from living your intentions to the fullest.

Through Resonance Repatterning sessions you receive, or give yourself once you have attended some of the seminars; you can resonate with in-sync life-expanding frequencies to achieve your best, free yourself from your fears and live with more joy, peace of mind, love and health.”

## How does the Resonance System of healing –fit your goals?

- Yes it is something that compliments my understanding of energy work and I believe will deepen it.
- I can add this to my current alternative healing practice
- I can see myself studying and becoming a certified energy healer perhaps with a home-based practice
- I have to learn more about it and I will think about having a session with a practitioner

## PART II Checklist for Becoming a Certified Energy Healer

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### Set Your Goal

- The power of intention: What is your goal to become an energy healer?** State your intention in the present tense: Write your goal in the frame below. Consider printing it to refer to often:

A large, empty rectangular frame with a dark brown border. At the top center of the frame is a decorative floral ornament consisting of a central orange circle surrounded by dark brown, teardrop-shaped petals. The frame is intended for writing a goal.

## Discover the Power of the Resonance System

- Meet the Founder... Chloe Wordsworth in our recent online broadcast:**  
<http://www.ozardis.com/SpiralUpwithChloeWordsworth>
- Attend “**Learn How To Muscle Check Yourself in 90 Minutes**” – your registration fee for this workshop is deducted from your registration in the series [Learn Muscle Checking](#). Pre-recorded webinar
- Take the Sample Class to find out more...**  
<http://learnresonancerepatterningonline.com/starthereclass>
- Book a free consultation with Online Coordinator Carolyn Winter and take a tour of the online classroom.** <http://learnresonancerepatterningonline.com/curriculum/technical-requirements/>
- ENROLL in the Fall 2016 SERIES NOW to get books printed and shipped on time; Classes begin September 6<sup>th</sup> 2016** [Enroll in the Basic Training Series of 5 Seminars this Fall!](#)

### Notes & Questions:

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Make a note of any questions you may have and contact the coordinator, [Carolyn@lighttravels.com](mailto:Carolyn@lighttravels.com) / 416-763-6306 (In Toronto)

## September 6<sup>th</sup> 2016 - Begin Studying the Resonance System of Healing – Resonance Repatterning.

### *The Basic Seminar Starts September 6th*

- Fundamentals – begin clearing your energy daily; start doing basic sessions on yourself
- Primary Patterns – Select from 8 repatterning learn to transform your deeper patterns and start practicing on others
- Transforming Unconscious Patterns - Start clearing earlier experiences, parental patterns, and compensations, and integrate your growth
- Transforming Chakra Patterns – recognize which chakra is stuck and achieve chakra balancing on multiple levels
- Practice sessions – attend these sessions to improve technique and learn how to use video conferencing with clients
- Meridian and Five Element Patterns – Understand the relationship of patterns to the flows of energy in the meridians as governed by the 5 elements; integrate this ancient knowledge of China to increase the flow of chi energy in all areas of life with each repatterning



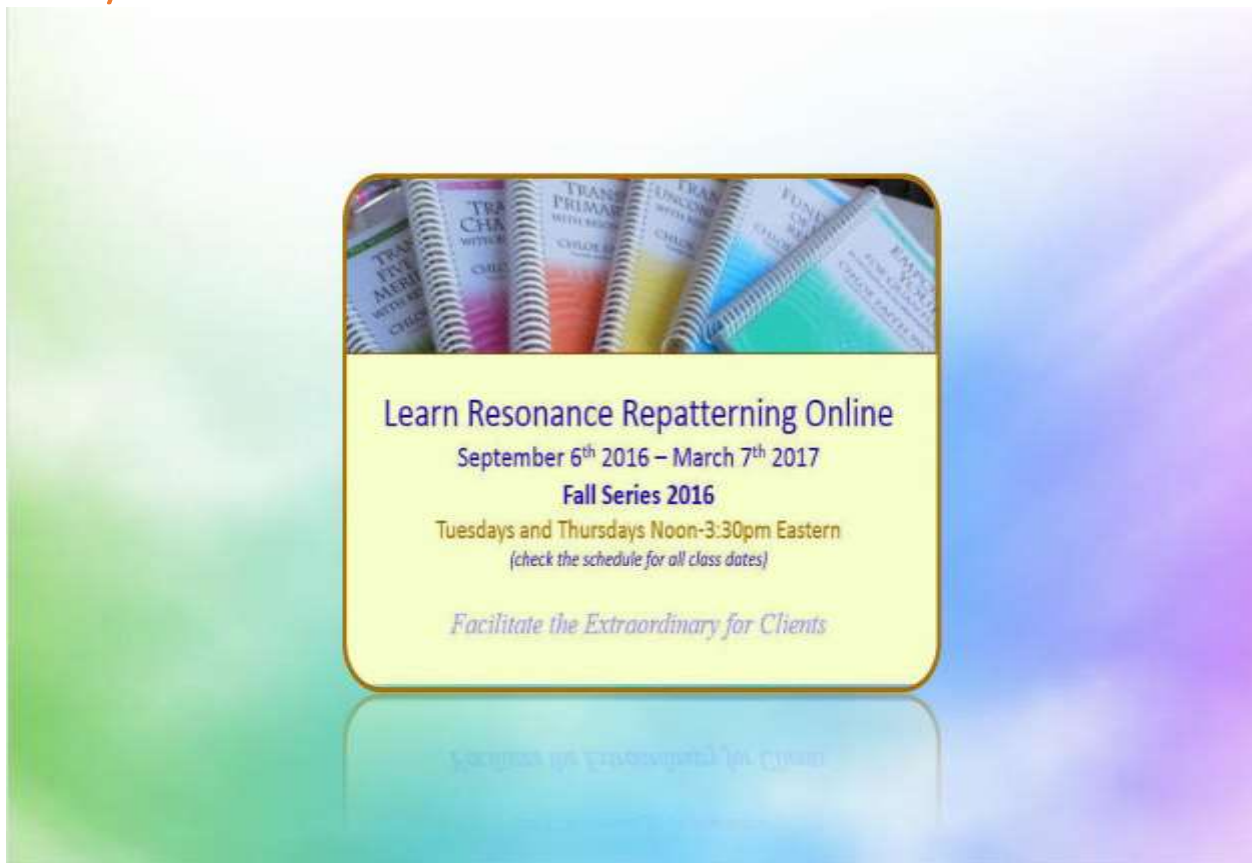
## Discover the Power of the Resonance System

- Attend the practice sessions – attend these sessions to practice the work, network with participants and learn how to use social media to build a practice

## RPA Certification

- Join the RPA Certification program
- Set up your Certification goals and target dates for completion as early as December 2015 or as needed.
- Join the Ozardis skills development and certification program
- Join Carolyn Winter's Tech Savvy Practitioner and learn how to promote yourself without selling.
- Begin working with a designated observer to schedule your observations (minimum of 3)
- Purchase modalities from the checklist as needed
- April – December 2017/2018 or as personally needed complete the RPA Certification requirements
- Complete the Observation for Recommendation for Certification

## Ready to Enroll?



**ENROLL DIRECTLY AT:**

[http://www.ozardis.com/Fall-Series-2016\\_c\\_74.html](http://www.ozardis.com/Fall-Series-2016_c_74.html)

[Learn Resonance Repatterning Online](#)

*Facilitate the Extraordinary for Your Clients*