

SPRING EQUINOX REPATTERNING
(The 'Season' of Wood Element Energy)
March 20th 2021 at 12:00pm Eastern



Welcome to this repatterning!

Welcome to the www.LightTravels.com SEASONS REPATTERNING - a group Holographic Coaching Series I do 5 times per year ... Each of the 5 HC sessions in this series explores the patterns and qualities associated with the element that aligns with each season. When we resonate with the present and changing seasons, we align with the pulsation of the earth and its frequencies and find ourselves feeling at one with nature, feeling nurtured and balanced and easily transitioning into the season. When we stop resonating with a significant number of seasonal qualities, we may feel blocked, stuck, and out of sync or out of our natural daily rhythm. We may feel it as irritability, frustration, or bad luck and that our goals and intentions are difficult to manifest.

For those of you who are new to this work, we are using frequencies of energy and a tool we call muscle checking. 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. You will learn more about the process at my website ABOUT section where you will find 5 pages of additional information. <https://lighttravels.com/about> .

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.

**Recorded March 20th 2021 Topic:
Spring Equinox Repatterning**

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.

Let's begin the session

Take a deep breath and come into your heart center...

Resonate with the seasonal qualities of WOOD ELEMENT - Beginnings, Vision, A Sense of Direction, Planning & Potential, and more. This is a wonderful time of year to set goals and intentions, make plans for projects, make new beginnings etc. Energetically this is the perfect time to make New Year's Resolutions – start new habits change or some aspect of your life. If there is a place in your life that needs a new beginning, this repatterning will give it a boost!

CUSTOMIZE THE SESSION WITH YOUR INFORMATION:

For the repatterning answer the questions below as much as you can. These are good questions to return to after the session and to keep tuning them up with each new level of coherence you integrate.

RESONANCE WITH WOOD ELEMENT QUALITIES OF THE SPRING SEASON:

- Giving Birth
- Beginnings
- Vision
- Making goals and having a sense of direction
- Planning
- Flexibility
- Decision Making
- Judgement
- Potential
- Identity
- Positive Self Assertion
- Hope
- Discernment
- Creativity
- Focus
- Timing
- Self Esteem

/ON

What is your life vision Intention? What do you intend to create for yourself in the next chapter of your life?

From the hologram of all responses...

1. I create my new Repatternings based on integral and launch it this year
2. I am at peace and thoroughly enjoy my life and the experiences I create. I have a beautiful home faithful partnership and an abundant income as I commit to my life purpose.
3. I release myself from my resonances of past messages of " I never have anything" I lose everything even if I have it" "keep everything as you may need it someday" and my fears of "there is never enough" and my emotional attachments to all my excess "stuff" so my husband and I can release our excess have more space in our home to "breathe and move freely with light love peace and harmony in all aspects of our lives".
4. I have a thriving business meaningful connection friendships fun closeness with my higher self/ mulit dimensional heart guidance beloved soulmate man relationship travel magic and miracles.
5. I remain healthy and vibrant and create the financial resources to provide the funds for air travel to visit our family in Europe this year.
6. "I conquer/manage my obstacles/fears allowing me to pursue my goals free from drama.
7. I am highly successful selling my projects online - I am safe online. "
8. I live a joyful creative expansive life in a beautiful home filled with harmony and light with my perfect companion/partner.
9. I am at peace within myself living my best life in a beautiful new home that is both my refuge and a place to dream and be inspired and create.
10. I regain mobility and health
11. I travel, enjoy being with family taxes complete joyfully study and learn that which is challenging speaking my truth finding my words and using my voice in song.
12. I experience myself every day as Whole Perfect and Complete - in all ways and on all levels - living a happy ending to my life so far while anticipating that I am at the very beginning of a wonderful and exciting new Chapter with loving companions a like-minded partner and with new experiences of camaraderie and inclusiveness.
13. I have a thriving successful energy healing practice that helps people and meets my financial needs. I have deeply fulfilling intimate relationship on all levels with a partner who loves adores supports and encourages me.
14. I live from a place of love and compassion and the truth of what I am.

/All positive statement are ON

PROXY STATEMENT - I live from a place of love and compassion and the truth of what I am. /on

What blocks you from living and manifesting your life vision? From the hologram of all responses...

1. I feel inadequate unfocused fear rejection or massive criticism
2. I feel scattered inadequate and anticipate rejection
3. I feel like I don't deserve my good and/or that I won't be able to keep it. I have a lot of fears and doubts.
4. I am afraid of being poor.
5. Being more in my heard than my higher self/ multi-dimensional heart guidance not thinking I am worthy of it.
6. I lack the vision to see myself financially successful in my business.
7. "Doubt. I hide I catastrophize myself out of trying.
8. Resentment and anger towards siblings who aren't showing up to help AND self-criticism and self-doubt.
9. I'm still trying to find balance to meet my needs and accomplish my goals while assisting an elderly parent to be more independent safe and cared for.
10. "Past injuries. procrastination avoiding taking action
11. I can't seem to get 3 element qualities in box below. The other two are discernment and judgement."
12. fear procrastination lack of know how
13. "My vision is blocked; disharmony frustration and anger thwart and constrain my ability to see with clear sight and an open heart
14. I can't access my creativity. I don't prioritize my needs over the needs of my children. I don't utilize the resources at my disposal.
15. Fear of the perceptual world and false beliefs and rules about life.

/All negative statements are OFF

PROXY STATEMENT - I lack the vision to see myself financially successful in my business/off

What specific wood element quality patterns below would support you the most with your intention?

Making Goals and having a sense of direction

- My goals are unrealistic/off
- I have no sense of direction for what I want to do next /off
- I know where I am going what I want to do and achieve and I go into action for what I want/on

Spring Equinox Repatterning with Carolyn Winter

Potential

- My growth is stunted/off
- I am growing toward my highest potential/on
- I free myself from all constraints and achieve great things/on

Planning

- I am disorganized and impractical. /off
- I am organized, practical and motivated./on

Self-Esteem

- I have a high sense of self-esteem/on
- I am uniquely and creatively myself /on

Hope

- I am optimistic/on

Positive self-assertion

- I dislike what is happening but do nothing to improve the situation /off
- I go into action/on

Timing

- I am always late/off
- I become tense unless I arrive excessively early/off

Focus

- I give my priorities my focused attention/on

Creativity

- I combine different ideas in new and exciting ways/on
- I go into action to express my creativity in my own unique way/on

Other Qualities

- "Letting go of investment in outcomes
- Letting go of fear/guilt
- Assurance

/on

NEXT PAGE....

MERIDIAN QUALITIES

Gall Bladder Meridian Patterns

- I know where I come from, where I am in the present and where I am going/on
- I make decision aligned with my vision and priorities which allows for growth and the full realization of my business potential /on

Liver Meridian Patterns:

- My plans allow for flexibility spontaneity and positive change when needed/on
 - I have excellent timing/on
 - I appreciate my own unique identity/on
 - Trust and dare to try
 - Visionary
 - Never give up never surrender
 - I open to trying new things
 - I can see the big picture, and what needs to be done to make it happen
 - Insightful
 - Funny
- /on

Wood Element Repatterning

Attitudes that keep us stuck, feeling constrained, and unable to grow:

- I want my own personal desires and expectations met immediately/on
- I create limitation in my relationships because what I think I want in the future I more important that unbounded love in the present/off
- I set a time for achieving my goal and ignore that my process of growth may have its own timing/off

Non Coherent Mental emotional state that creates resistance and stops us from orbiting to a higher truth:

- I feel let down/off
- I feel sad/off
- I feel trapped/off

Positive Attitude that allows for creative optimistic and positive self-assertion:

- I accept my uncertainty about the future/on
- Regardless of whatever worldly goals I have or obstacles I face I stay connected to my higher purpose of self-realization/on

Positive Wood Element qualities that support us in realizing our larger vision and personal transformation:

- I enjoy new beginnings and make appropriate plans and decisions so I go into effortless energized action toward my priorities/on
- I am full of hope/on
- I am focused /on
- I experience the present moment of aliveness and growth/on
- I release my need to control outcomes and open myself to receive more than I envisioned/on

ORIENTATION

- I suddenly feel tired even though I have had plenty of sleep/off
- I have all the energy I need and I give myself enough sleep to sustain my high level of energy/on

POSITIVE ACTION – spend 20 minutes in the next 2 days after doing this session in a spiritual environment t for you and meditate there/

ENERGIZING OPTIONS: Modalities - Quantum code + Meridian Points (see video)



Happy Spring!

You may also be interested in....

My New Home for The Nun Karma Repatterning:

<https://lighttravels.com/NunKarma>

Join as a Premium Member and sign up for any of the monthly PHD sessions for free:

<https://lighttravels.com/Premium-Membership>

Next PHD – Health and Fitness

<https://lighttravels.com/event-4182664>

Holographic Coaching Sessions:

<https://lighttravels.com/HolographicCoaching>

INTEGRATE THE SESSION ...

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Integrate this session and the new positive patterns you now resonate with using one or more of the following questions for reflection. You may find it helpful to make notes in a journal you keep for the 5 sessions to track the overall manifestation of your goals.

- 1. Select 2-3 statements from the session notes above that 'speak' to you and your situation**
 - How are these statements showing up for you?
- 2. How is Wood Element energy supporting you?**
 - Are you in touch with your vision of possibility and potential, setting goals and making plans?
 - Are you more positively assertive yet flexible? Are you finding it easier to focus and work on your plans?
- 3. What do you notice about yourself and your relationship to others?**
 - How are others showing up to support you? Are your unique gifts and talents or identity being recognized by others?



Need a Personal Session? - Group sessions look at patterns and frequencies we all share. A personal session can help you clear patterns more specific to you and your circumstances. I would love to help you! Let's work together. Visit the coaching options, purchase then book your session at <https://lighttravels.com/HolographicCoaching>

Find out more about navigating YOUR personal holographic universe

VISIT... www.LIGHTTRAVELS.com/about