



TRANSITIONS REPATTERNING

Earth Element

ABSTRACT

The in-between season is experienced at the end of every season. In this session we focus on the weeks at the end of August and before the fall equinox....

Carolyn Winter

The Five Seasons Repatterning Series



The Season of Earth Element has a special role in the cycle of the seasons...as it shows up in the waning space between EVERY season! It is especially strong at the end of the summer season.

However you will also become aware of the transitional qualities this elemental season brings between fall and winter (early December), Winter and Spring (early March), Spring and Summer (Early June) – where we are right now.

Support your overall life vision by resonating with the qualities of this between seasons Earth Element energy map that governs being nurtured, taken care of, handling transitions, mothering energy, caring for others, sympathy, groundedness, home and hearth, digestion, imagination, etc.

In this Repatterning we will continue working with patterns that helps us to create a coherent 'life story. These are stories are brain captures that are created moment by moment as we handle the stream of events in our life. We are always the central character in our interpretation of what happened in our life. Our brain files these stories and then accesses this library to help us deal with future life events. On balance we want that collection of stories to be positive so that our narrative reads something like...

“My life makes sense to me and I am at the beginning of something wonderful happening for me.”

Today we focus on the Earth element patterns and transitions inherent in this energy group.

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. Our goal is to reclaim our energy so that we resonate with what we truly want for our life. 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**.

Navigating a Personal Holographic Universe... with Carolyn Winter

www.LightTravels.com

A. Life Vision Intention: What is your life vision intentions. Remember this is your internal GPS intention that organizes all the other energies around you to fulfill this desire.) . Write your overall life vision intention or intention for this repatterning:

- *To have creative and financial abundance.*
- *I am happily settled in my home with all my belongings. My home renovation work is complete.*
- *I expand my business so that I have clients five days a week - on-line and in person*
- *I create comfort and ease in my home, studio and relationships and wrap up my projects.*
- *I move homes by _____ (name a date if relevant to you) and am settled and happy living there.*
- *I continue to move forward with achieving my goals of new clients, a new career, and I move into my new goals smoothly and consistently with ease.*
- *I create a new business or move my existing business online.*
- *YOUR LIFE VISION INTENTION:*

/on

**** PROXY STATEMENT...** My life is in flow, where my dreams come true in right timing /on
(Proxies your statement) .

B/ Earth Element Qualities - Qualities to support our overall intention

- | | | |
|--------------------|------------------|---------------------|
| • Mothering energy | • Generosity | • Sympathetic |
| • Nurturing | • Predictable | • Good assimilation |
| • Grounded | • At home | of food, ideas |
| • Secure | • Able to reap a | • knowledge |
| • Stable | harvest | |
| • Centered | • Transitions | |

/On

C. Problems Destabilizing our Earth Element

What problem are you experiencing that is related to the changing of seasons?

- The extra tasks of laundering and putting away last seasons cloths and household items and bringing out stuff for next season is de-energizing; it takes too much time and then I don't have time for me.
- Changes at work due to covid restrictions

Navigating a Personal Holographic Universe... with Carolyn Winter

www.LightTravels.com

- Having to return to working at the office just as I got used to working at home.
- Going from a covid lock down phase to back to normal feels unreal and don't know if I can trust it.
- Your Statement here

- PROXY: Work transition and relationship stresses at work/off

D. Specific Transition Stresses Destabilizing our Earth Element

a) I feel stressed by....

- I feel stressed out moving to a new home/ **off**
- I feel overlooked/ **Off**

Your Statement

/OFF

b) Transition stresses

- I easily make the transition from work to vacation time and back/on
- I feel safe and secure travelling/on
- I main my center and peace of mind as I face my transitional stress/on

E. Negative Feelings involved in the transition stress:

- I feel let down/off
- I feel immobilized/off
- I feel full of guilt/off

/OFF

F. Notice where stress is being held

Stress is being held in my Joints /off

/off

G. Nurturing needed that will help maintain our peaceful center

a) What will allow you to feel that life or relationship is safe and predictable?

- I create a home keeping routine and stick to it every day; making my bed each day as a priority; When ever I look at my made up bed I feel happy that one thing got done. /off
- As I accept my limitation, I let others work on their things/off
- I am comfortable allowing my children to reach out to me/off
- **PROXY: I actively maintain my good health /on**

b) What can you do to nurture yourself during times of transition? I nurture myself by:

- Remember to take my supplements
 - Eating clean diet
 - Allowing myself time in nature
 - I do my stretches or exercise routine
 - I allow myself to have healing massage or reiki
 - I do an hour of quilting each day
- /on

c) Empowerment Intentions... I nurture myself by ...

- Waking up alert and refreshed and ready for the day
- Exercising 15 minutes or more each day
- Meditating 15 minutes or more each day
- Planning my day so that everything gets done
- Making healthy food choices throughout the day
- Naming and letting go of my regrets and
- Naming at least 3 good things that happened for me today
- I keep my commitments
- I relax and sleep soundly.

/on

How do you nurture yourself?

/ON

H. Positive Feelings that will nurture our Earth Element

- I feel cared for/on
- I feel satisfied/on
- I feel loyal/on
- I feel productive/on

I. Earth Element Qualities that will help us feel stable and secure during times of transitions.

- I maintain my center of equilibrium as I handle life's challenges/on
- I am secure/on
- I calmly handle what essential/on
- I walk barefoot on the ground and draw in the Earth Element/on
- I feel grounded in the earth connected to the stabilizing Earth energies and vitalized by these energies/on

J. Modalities to harmonize the patterns and create coherence

– (see video)

“All the statements have cleared. We are now “ON” or coherent with the positive and life enhancing statements and “OFF” or cleared for the negative statements. What we are “ON for is what we resonate with and tend to then experience as we move forward in our lives. The session is now complete.

Please scroll down for tips to integrate this session”

Carolyn Winter, Holographic Coach

INTEGRATE THE SESSION

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 Earth element energy supporting you?**
 - Are you handling transitions of any kind with ease?
 - Do you feel nurtured and taken care of?
 - Do you have daily routines that support you?
 - Are you feeling that life is safe and predictable?
 - Are you reaping the harvest of your life experiences, assimilating ideas, integrating new patterns of awareness and being?

3. **What do you notice about yourself and your relationship to others?**
 - What new insights do you have regarding your situation? Are your relationships more nurturing? Are you more caring for others?
 - What new actions can you take that you could not take before?
 - How are other people showing up to support your goals?



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 us work together. Visit the coaching options, purchase then book your session at <https://lighttravels.com/HolographicCoaching> (copy and paste to your browser)

Find out more about navigating YOUR personal holographic universe

VISIT

www.LIGHTTRAVELS.com

(copy and paste to your browser)

Navigating a Personal Holographic Universe... with Carolyn Winter

www.LightTravels.com

MY Journal Notes –

