

WINTER SOLSTICE REPATTERNING
(The 'Season' of Water Element Energy)
December 21 2022 at 5:00pm Eastern



Welcome to this repatterning!

Welcome to the WINTER SOLSTICE_ -5 SEASONS REPATTERNING - a group Holographic Coaching Series I facilitate 5 times per year ... Each of the 5 HC sessions in this GROUP 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 (based on the Law of Resonance that says everything vibrates- even our thoughts, feelings, memories etc.) and a tool we call muscle checking from biofeedback literature that taps into the body's own inner wisdom. 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> . BUT most people agree, that to truly understand these session – you have to experience them.

My 5 season's group sessions give you an easy opportunity to do just that. I invite you to explore all of the other seasonal sessions I have posted online... they can be useful to re-experience at ANY time of year depending on what you feel you need as you navigate YOUR personal holographic universe

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 December 21 2022 Topic:
Winter Solstice 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...

A few words about the Water Element season of winter – We want to resonate with the seasonal qualities of WATER ELEMENT to support our intentions! – The stillness of water in winter brings many of this season’s qualities to life in a way that we can tap into and apply to our intentions. Water can be calming, deep, reflective or soothing like the stillness of a frozen lake. At the opposite end, water is powerful, flowing, and adaptive as in rivers or - think of Niagara Falls! How do you feel when you are near a large body of water? Under the snow of winter you will find the cleverness of micro-organisms alive and like them we can be clever and persevere through the harshness of winter. At this time nature supports us in listening and hearing more, exploring other perspectives and ruminating deeper into our psyche. Like the source of water for any great river in the world, water element flows toward us a download of chi energy we inherit from our ancestors forming a reserve to draw on throughout our life.

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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.

A. Our Present Moment Experiences:

a) Life Vision or Important Goal

What is your life vision Intention or an important goal you have set for yourself in the coming year?

What do you intend to create for yourself in the next chapter of your life? This intention energetically functions like your internal GPS organizing all the other energies around you to fulfill this desire. What is your wish?

From the hologram of all responses...

- I continue to develop my Integral Life Repatterning system fully integrating all aspects of integral theory in a way that everyone easily understands, creates coherent growth and accelerated transformation for participants.
- I thrive in living my life's purpose with my life partner. I give and receive love freely and effortlessly. My life is fulfilling stable healthy and financially secure.
- "I integrate my spiritual practice into my life like air integrates incense into itself.
- I let spirituality enter into my life at a level it becomes my core."
- I relax and enjoy my life trusting that all will be well.
- My life is transformed by the willingness to surrender each moment to Self with faith and trust that all situations are working out for my highest good. I live this daily in my personal and business life and deepen compassion for myself and all other entities as a result.
- I am in the process of setting up a vibrant and secure future supporting my husband in his new job moving with ease into working with a supervisor in my client work paying down debt and taking the next best steps in my writing career. I feel light spacious and like everything is possible.
- I write and publish a successful book with coaching from DMS that educates and informs the public about my work creates high positive interest and creates a viable long term source of income for me.
- I thrive in living my life's purpose with my life partner. I give and receive love freely and effortlessly. My life is fulfilling stable healthy and financially secure.
- To build a beautiful community
- To really shine in my field to be able to ask for what I want and need --to be visible and unafraid to be out there offering my services and able to "hold the floor" in public and be unselfconscious. to take my business to the next level with joy and be in the flow and receiving - asking and receiving as well as producing and giving

YOUR ADDITIONAL INTENTION:

PROXY STATEMENT: I relax and enjoy my life trusting that all will be well. . /on **All positive statements are on**

b) Set a holiday intention that contributes to your life vision intention.

How would you ideally like your holidays to go? What would make this the best holiday season ever ...for you? Be sure to name some specifics so you know when the intention has manifested!

- The weather cooperates for safe travel, my family, friends are safe and protected from illness and harm and everything works out well for me.
- I enjoy spending time with my loved ones this holiday season. Our conversations naturally flow and we genuinely love and appreciate each other's company.
- I enjoy my retreats to the fullest let it heal my heart of the grief and losses of the past. and step into a level where all exist (eventually as one).
- I own my time.
- I am filled with peace and connection to the Divine. I am inspired to create new offerings that I am excited by and that are designed with ease and grace. I am calm and nurture myself with activities that bring me joy daily.
- I get lots of rest and downtime. I make a lot of good food that provides excellent leftovers. I get a chance to read some books and watch movies I've been planning on. I host a Yule party that invites in spirituality for the season. I allow the breakthroughs on writing to come when I feel ready. People are ready to give me writing feedback when I am ready to hear it.
- I am 100% healthy fully recovered and enjoying the holiday season with family and friends.
- To acquaint with people who match my vibration.
- be happy and joyful and unrushed with the right boundaries and without the pressure of feeling I'm not giving enough

YOUR ADDITIONAL INTENTION:

- **PROXY** - I am 100% healthy fully recovered and enjoying the holiday season with family and friends. . /on **All positive statements are on**

c) Looking back on 2022 what issues, problems or worries would you like to let go of?

What is standing in the way of you moving forward in 2023? This is your chance to leave the things you don't want behind. We are going to let that all go so you don't resonate with it anymore, and only your intentions and goals above are heard by the Universe.

From the hologram of all responses...

We let go of:

- Poor eating and exercise habits, not speaking up for myself.
- I let go of unhealthy eating habits and poor self-image.
- I want to let go of insults and harms that have been inflicted on me. Isolations and non-involvements I have had to endure.
- I just don't have the skills.
- I don't have the time.
- I am inadequate.
- I overwork.
- my need to be right
- I let go of judgements and expectations of myself and others and surrender to the isness of whatever is unfolding
- I fully allow and invite the Divine to direct the business and my finances
- I let go of the fear that there is not enough that I am not good enough that I will always need to face struggle
- I let go of all the old structures at work. I don't need to hide myself at work anymore or fight for my group. I can rest and allow the managers to do their work and trust that we are all safe. I let go of all the minor physical ailments and pains that have come along with the stress of this year. I let go of financial stress and get into planning our finances into 2024. I let go of the covid years even as I am being thoughtful about people's health and my own. I let go of my set ways of working with clients open to exploring new questions and approaches. I let go of how I thought the production of my movie would go and allow the best people for the job who are willing to make it a priority to come forward.
- I let go of my resignation to poor health; financial issues and fear of rejection
- Issues around scarcity...resources like-minded people
- afraid of asking afraid of doing it wrong hesitancy and hiding

YOUR ADDITIONAL ISSUES:

- **PROXY STATEMENT** - I let go of unhealthy eating habits and poor self-image./on

. /All letting go statements are on

d) Limitations involved

Fears:

I am afraid of:

- Being abandoned
- Being hurt physically
- Responsibility
- Not being heard
- Not being understood
- Being humiliated in front of others

- Your specific fears:

/Off for all listed fears

e) Water Element non coherence that prevents 100 % commitment

- My energy is depleted/off
- I am unable to have a cleansing effect/off
- I am not faithful in my relationship with _____ / Off (proxy following my exercise plan)

B. RESONANCE WITH BASIC WATER ELEMENT QUALITIES OF THE WINTER SEASON:

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Perseverance• Ambition / Drive• High-Powered Energy• Empowerment• Flowing | <ul style="list-style-type: none">• Calmness• Clear Thought• Depth• Containment• Reserves• Courage• Boundaries | <ul style="list-style-type: none">• Cleverness• Responsiveness• Reflecting or Listening• Soothing Effect• Adaptability |
|---|--|--|

/on

C. ELEMENTAL QUALITIES: Specific Water element quality patterns below that support our collective intentions:

- **Adaptability** - I know when to yield/on
- **Courage** - I have the courage to face _____ (person) _____(situation) /on (complete with an item relevant to you if any)
- **Depth** – I am in touch with my deep internal stillness/on

D. MERIDIAN QUALITIES -

Water element governs 2 meridians – Bladder Meridian and Kidney Meridian. Each of these meridians have qualities related to the physical, emotional, mental, spiritual, relationship and business/work levels of our being. In this section we'll check on the water element meridian qualities our hologram needs to harmonize our issues and intentions.

- **Bladder Meridian** -
 - I contain my ideas and release my product at the right time/on
- **Kidney** –
 - I control how my creative abilities are distributed/on

E. ENERGIZING OPTIONS: (see video)

F. POSITIVE ACTION – not needed

The Session is COMPLETE – we are now resonating “ON” for the positive and life affirming patterns and “OFF” or cleared for the negative statements. What we resonate “ON” for is what we tend to now experience.



Happy Winter Solstice!

(There's more...)

G. 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 Water Element energy supporting you?

- Are you in touch with your vision of possibility and potential, setting goals and making plans?
- Where do you experience more courage? What fears have you let go of?

3. What do you notice about yourself and your relationship to others?

- How are others showing up to support you? Are you more able or inclined to share your true essence in your relationships/



Dear Participant – I hope you enjoyed this group repatterning and found value with at least one shift either in your awareness, personal actions or how others are now showing up to support you.

Consider a personal session or a package of sessions to further address any of the issues you are currently experiencing or goals you wish to strengthen. I would love to help you! Let's work together. Visit the coaching options, purchase then book your session at <https://lighttravels.com/HolographicCoaching>

May you have a healthy and prosperous new year!

With love and light

Carolyn Winter
Holographic Coach.

Find out more about navigating YOUR personal
holographic universe

VISIT... www.LIGHTTRAVELS.com/about