



My annual repatterning session "*The Best Holiday Season Ever*" is back! This is officially an in-between seasons repatterning linked to the Earth Element - for nurturing and being at one with mother Earth. It's one of my favorite Repatternings for the joy it has delivered to others over the years. I think this year more than ever - amid covid coping, institutional rebuilding, and old ways falling apart... we all need this repatterning. It's about resonating with the magic of the season, the joy you can spread, and the unexpected, very delightful surprises you may receive. Whether you 'believe' or not, if you join the session... the magic will work for you too!

Post Script – this year the repatterning took us to places that look at our connections with others, our relationships and bringing resolutions to things long past. In essence the true spirit of the season resonates at a deep level within each of us.

Carolyn

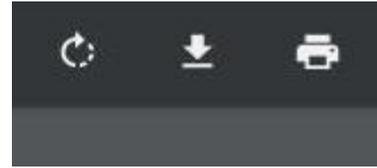
For those of you who are new to this work, we are using frequencies of energy and a tool we call muscle checking. We are on a mission of inquiry to determine what non coherent patterns we resonate with and what coherent patterns are weak or that we are not resonating with because .... What we resonate 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.

**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.

<https://www.audioacrobat.com/email/EDjBnjTjI0>

**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.

**Note** - Do not listen to the audio while driving a vehicle or operating machinery.

Welcome to Repatterning to Resonate with  
“THE BEST HOLIDAY SEASON EVER!”  
Sunday November 29<sup>th</sup> 2020  
With Carolyn Winter, Holographic Coach

**Customize the session for yourself by completing the boxes with your own answers as you follow along with the audio or video.**

**Orientation needed for the best holiday season ever:**

- I feel welcome, loved and accepted. My presence brings pleasure to everyone here. I welcome everyone here with pleasure/ **On**
- We pulse together for trust, understanding, bonding with love and attaining a higher energy state of vitality and joy./**On**
- I pace myself, staying in rhythm with my own best timing, so I integrate my experiences and cope with challenges as positive opportunities for extraordinary outcomes./**On**

**Qualities for a Best Holiday Season Ever**

**Connection coherent quality** – I have a warm and loving connection with my mother (or other family member) over the holiday season and we resolve our differences/ **on**

**Connection Challenges:**

- not reacting when I’m told what to do /how to do it
- Anxiety over pressure to spend time with family members who are not overly concerned about Covid 19.

- Unresolved tensions between family members. Old memories of pain and suffering surfacing due to lack of forgiveness and sadness.
- feeling judgment and fear of being cut out
- Siblings all feel they are entitled to have things done their way. Competition for control.
- hard on my partner

/off

**What stops you from connecting with others?**

/Off

## Intentions from the Hologram for... the Best Holiday Season Ever

- I am positive peaceful and thankful and believe in the abundance and well-being I possess.
- I meet the love of my life.
- My boss gives me a large bonus check!
- My family and my friends have their most stressful issue resolved to the highest and best good for them and all concerned.
- My daughter's home is remediated for mold and she is able to sell it for what she has invested including the commission.
- My sister and her husband negotiate a settlement that is good for both without recriminations and each lives well and happily.
- My other sister is offered a fantastic position with a local wellness company that she loves and excels. The health issues that many of family and friends have lived with and coped are now resolved to their highest good and all enjoy the prospect of an abundant and joyful New Year.
- I find the perfect apartment this week at a good price everything goes smoothly with the paperwork and I move in before mid-December. I spend time with my children and my life partner over the holidays and everyone is happy and joyful.
- I have unusually smooth effortless travel arrangements and flights home.
- I meet a lovely prospective girlfriend.
- I am excited to visit my family for the holidays. We thoroughly enjoy each other's company and experience great joy and peace in one another's presence. I am relaxed around my family and radiate the love within myself outwardly. We are all very satisfied and grateful for our gifts to another. This feels like the BEST holiday season ever.
- The covid levels drop to miraculously low levels well before Christmas; I enjoy all the festivities of the holiday season - on my own; we manage a safe 3 person get together on Christmas day or have the courage to cancel; I make the season bright for everyone in my sphere and meet all my financial obligations with a reserve going into the new year
- A holiday season with abundance - there's enough for special food and a few good presents for everyone.  
A solstice where my friend can come and sing outside around a fire along with our neighbours.

My partner has time to finish his outside projects and we spend time together inside making the house more organized and more special inside.

I have time for rest relaxation writing and a special project to do photos and videos for people I love.

- I feel love connection peacefulness joyful laughter and spiritual enlightenment/ blessings. My aunt and son feel loved.
- My light shines so delightfully strongly confidently and magically, in service of uplifting uplifters, such that others are inspired and empower themselves to feel uplifted
- Our move to Schomberg continues to be this incredibly fun, loving, generous, creative, magical easy, connecting and powerful completion process.
- I find a way to safely get my presents delivered.
- My hand made gifts are done early and turn out well and are well received.
- We have fun, laughter, joyous connection, good music, and delightful unexpected surprises.
- A long term work situation with a better than average salary attached starting in the New Year.
- I easily lose 10 pounds!!!! And enjoy exercise!
- I am confident that my family members with COVID19 recover fully and free from lingering symptoms,
- I am completely fulfilled and have crossed off all major items on my to do list especially my first draft of my dissertation.
- I am in love with life and the people who I come into contact with.
- my heart is full of love and forgiveness for all

**PROXY STATEMENT:** I am positive peaceful and thankful and believe in the abundance and well-being I possess. **On**

**Your Intention for the” Best Holiday Season Ever!”**

/on

## HEART PROTECTOR MERIDIAN REPATTERNING

**In the present do you feel hurt by someone or hurt in a particular situation?**

- I feel hurt that I’m not being included in plans and festivities for the holidays
- Feel hurt of feeling rejected with an ex and family judgment.
- I feel hurt when my boss yells at me because of his own issues
- I feel hurt in life where they don’t see my value, worth or intelligence.
- I feel hurt by my sister because of things she said to me during an argument we had in July.
- If I trust my sister, she will attack me because I've made myself vulnerable

**/off**

**Your Situation.....**

**/ Off**

**TRUST ISSUE** – If I trust \_\_\_\_\_ (name the person involved for you) then they will turn on me, judge me, disappoint me, guilt and manipulate me, take advantage of me and I won’t be able to take the pain. /off

**What stops me from having an intimate committed relationship is...**

- My lack of self-esteem, self-worth, negative projections into the future
- My partner is not emotionally available.
- I am too old
- Critical of other s
- Fear of not finding the right person for me
- falling into old ways of reacting/ relating
- Thinking nobody would want to be with someone like me
- All the good ones are taken

**/off**

**What stops you? ....**

\_\_\_\_\_ / off

**I have the intimacy I want....**

- When I heard
- When my needs are met
- When I am included

/on

**I try to find love and intimacy by....**

- Online dating, being “matched” by friends and family
- Trying to please and be what I think others want me to be.
- Or Withdrawing

(...Name what it is you do that is not working)

**...and this drains my energy and stops me from feeling safe to have the trusting intimate relationship I long for /off**

**Non-Coherent Heart Protector Meridian qualities:**

- I feel uncomfortable with the opposite sex/off
- I open up and share my personal intimacies and experiences prematurely with someone I don't know or necessarily trust/off
- I am aware of the pain of my past present intimate relationships and I have the strength to open my heart to trustworthy joyful intimacy in the present/on
- If I nurture someone who hurts me maybe she or she will stop hurting or abusing me/off

**Differentiation and Updating needed:**

- My past experience of intimate pain is different from my present experience with intimacy (name someone relevant to you if applicable) /ON
- In the present, I enjoy practicing skills that support one on one, relationship and deepening intimacy/on

**Coherent Heart Protector Meridian qualities that support us:**

- In my intimate relationships we share laughter and joy together/on
- I feel closer and more energized as a result of our mutual communication/off

**WORLD PEACE HOLOGRAM INTENTIONS... remembering it is an interconnected world:**

- Humanity brings awareness to animal cruelty issues and collectively shifts world culture to make these practices unacceptable and eliminated.
- Care for others in need and in difficulty and believing I can make a difference by my actions of kindness. Donating to a widowed mother in need and a kids palliative care toy drive.
- Everyone comes together and rises above the current chaos to be peaceful joyous and full of love
- COVID in all its forms is eradicated suddenly gone and all who have been affected are well again. Our planet is purged of COVID's effects and cleansed to begin anew.
- The economy is renewed and all who need and want a job have one.
- The small businesses that have been closed by the pandemic are able to reopen and revitalize our local economy.
- Churches and places of worship reopen and all are welcome to gather together in harmony and peace. Where there was discord Peace and Harmony prevail.
- All of those who have caused turmoil and discord are no longer able to affect their plans. All is well!
- People empower themselves with the truth and stop believing the lies spread by the media.
- Uplifted hearts full of hope.
- We have financial prosperity and equity throughout my community.
- The world is a better place; humanity becomes addicted to cooperation compassion kindness and making it together.
- The transition of power in the United States happens peacefully and Trump's power diminishes steadily.  
The government of Canada releases bonus money to people who are unemployed or underemployed at Christmastime so everyone can have a bit of Christmas.
- Donald trump settles down and gracefully concedes; asap the world conquers covid quickly and we help each other back to normal; people are exceptionally kind and thoughtful with each other; small business survives the pandemic;
- Freedom liberty prosperity awakening and happiness for all beings.
- We isolate now so that no one is missing when we get together
- We have an end to the politics of tribalism and confrontation and instead a softening of hard feelings and listening to each other with a view to solving problems previously thought of as intractable.
- Our differences are overcome for our common good. Love rules all.
- The Hispanic kids who are in prisons (USA) separated from family that sweetness and love would ignite their hearts with hope freedom and those who work in these situations would be overcome with love and put an end to this incarceration

**PROXY STATEMENT:** We are uplifted hearts full of hope spreading our light throughout the world. The covid spread is halted through all of our good actions; world leaders can't help themselves and compassionately build things back better for everyone. /on

Your intention for World Peace:

/ ON

**POSITIVE ACTION** – to get away to the sea, a lake or the mountains or take time out.

(Participants suggested watching the movie “My Octopus Teacher” is an excellent way to ‘be in the sea’. – is available on Netflix. )

Note – positive actions are things we can do to help integrate the new positive patterns strengthened in this session and are optional.

**MODALITIES TO CREATE COHERENCE:** contact on the Heart Protector Meridian acupuncture wood point “rushing into the middle. T bottom corner of middle finger nail side facing the index finger.

### Completion

All the statements have cleared. We are now resonating “ON” for all the positive and life affirming statements identified for this session and “OFF” or no longer resonating with the negative and life depleting statements. What we resonate with is what we tend to experience or attract into our lives.

**The session is now complete.**



May everyone experience a wonderful and joyous holiday season of family, friends and connection that is safe, loving, memorable and happy! - Carolyn

*Scroll down for integration options....*

## Integrate the Session

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 the group session energy for this topic supporting you?**
  -
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 harmonious?
  - 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

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[www.LIGHTTRAVELS.com](http://www.LIGHTTRAVELS.com)

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