



SUMMER REPATTERNING

Fire Element Qualities

ABSTRACT

Name your big vision or over arching goal. Set secondary goals to support it. Resonate with the Fire element qualities of summer to support your goal and manifest it.

Carolyn Winter

The 5 Seasons Repatterning Group Series

SUMMER REPATTERNING with Carolyn Winter

June 20th at 2:00pm Eastern

Session Notes

[Audio Recording / Visit the MY Programs Access page](#)

(for session video and other resources)

The STRANGE ATTRACTOR FACTOR - WHAT IS YOUR OVERALL GOAL for this series: (From the hologram of all entries....).

- I am safe, accepted, aging gracefully.
- I have a life of energy, creative self-expression, uniqueness, connection, earning good money, living comfortably, content and happy
- I help myself and others discover and explore their holographic universe, mastering the present moment and living a comfortable life of creativity, service, safety, security, connection and personal power
- Being in my full potential
- I manifest my soul's purpose in the reflection of my home, relationships and career.
- Finish good books that contribute to humans and the planet with healing and joy, be with my life partner in a blissful marriage, own beautiful land and home with latest of health, love and joy in and on it, to make a beautiful contribution to life, to have lots of fun, love connecting and magical times.
- I am aware of my interconnection with everyone, a joyful participant in the greater whole.
- I sort things out, know where & what to invest my energy in. My priorities support & help achieve my healthy life goals.
- I rediscover that buoyant, sunny way of being I had when young. It's radiant to all.

ADD YOUR INTENTION OR REVISED INTENTION HERE (consider it repatterned):

- **** PROXY STATEMENT...** I help myself and others discover and explore their holographic universe, mastering the present moment and living a comfortable life of creativity, service, safety, security, connection and personal power [Proxy Statement /on](#)

B. Fire Element Qualities of the Summer Season

- Joyful
- Playful
- Loving
- Spontaneous
- Affectionate
- Direct, honest communication
- Supportive
- At ease in social situations
- Harmonious
- Safe
- Protected
- Balanced
- Embrace maturing/aging process
- Expansion
- Brightness
- Laughter
- Radiance
- Maturing to your full potential

[/on](#)

Fire Element Intention: I have harmonious relationships/on

RELATIONSHIP CONNECTIONS:

How are your relationship connections not supporting your goal? Where is there a lack of love, joy or trust in your life?

What relationship is difficult for you?

Insecure. Social anxiety, nervousness.
I have to let go of my former career/job and stop helping out; I am blocked moving forward because I don't feel I deserve to focus on me
I am challenged by 3 personalities of a non coherent nature
Always known I can do more - be more creative, spontaneous, fully myself in my work & personal life but I don't.
Wounded parts of myself lack the ability to receive love because of trust issues. This shows up mainly with men and authority figures.
I feel stressed about my relationship with my mother, I would like to have my kindred spirit life partner, I would like to have more kindred spirit good friends. My relationship to myself is challenging and I don't have the level of self love I desire
Social anxiety. History of painful, unresolved relationships.
Sorting things out. Wasting time in tedious exchanges with people.
I have a lot of dark heavy energy. It shows up in all relationships.
I feel disconnected from friends because of the pandemic
Its difficult for me to connect genuinely with others online
I don't know how to reach out to others during the pandemic
I don't trust members in my social distancing circle to stay safe. /off

ADD YOUR ADDITIONAL RELATIONSHIP CHALLENGES HERE (consider them repatterned)

/ off

PROXY STATEMENT: Sorting things out. Wasting time in tedious exchanges with people/off.

What do you want for your relationships instead that would also support your goal?

I feel calm, free, uplifted, loving with others.
I have buzz on the world wide web, a following and booked solid
i attract a new tribe of friends and colleagues who are mutually supportive, understand and accept my spiritual path, we have shared values, have fun together, create together

Daily joyful actions & ways of being that accumulate creating a fully realized me, compassionate, truly loving.

Honesty, heart-felt connections, openness, respect and trust.

I have more connected joyful laughter, creativity, deep conversations, connection and growth.

More healthy, balanced connection that bring light & joy, not pain.

I spend rich time with others that's nurturing & joyful to all! I am balanced.

Your additional statement here:

/ON

PROXY - I feel calm, free, uplifted, loving with others./on

BONDING STRESS INVOLVED

Bonding Stress: I protect myself from the stress of intimacy by staying in my head and disconnecting from my feelings/off

Cause of Our Bonding Stress – My mother has others take care of me, and she and I don't have the bonding time we both need/off

Feeling Responses: I feel let down/off

I feel full of guilt/off

Stress in my shoulders/of (check where you feel these pattern)/off

Coherent bonding action pattern needed:

Through skin contact I am able to relax into the energy of love/on

I open my heart to each I meet and receive their love/on

H. Coherent separation

My father shows me by example what is expected of me and how to be my best in the world and gives me unconditional love and acceptance/on

When I need help, I ask for it/on

I. Present Relationship Coherence Pattern Needed;

I give touch or closeness to my partner when he or she needs it/on

I experience wonder and joy in my relationships/on

I express my appreciation and delight in my partner with my listening/on

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 FIRE element energy supporting you?**
 - Are you more joyful, playful and spontaneous?
 - In your relationship especially with your intimate other are communications direct, honest and supportive?
 - Are you at ease in social situations?
 - Are you embracing a maturing and aging process?
 - Do you feel safe and protected?
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'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

YOUR WORLD AS A HOLOGRAM - The Role of Resonance - INTEGRAL YOU - TRANSFORMATIVE SESSIONS