

SESSION in the time of the COVID-19

April 4 2020

Today's session will be divided into three parts, so if you want to listen to it later you can go to the part that interests you.

Part 1 introduces us to the power of the positive over time and space.

Part 2 is the session itself + two Energizing Options to change our resonance and then re-checking the change in resonance.

Part 3 Energizing Options as **positive actions** to anchor the session and the new neural pathways. These are practical actions you can do to let go of fear and worry, calm your mind and protect your physical health.

PART 1: The power of the positive over time & space
Rupert Sheldrake talks about morphic fields of resonance... And that each person who joins that field of resonance, strengthens that field.

What do we see today with this global pandemic? A strong morphic field of negative resonance for the coronavirus, which becomes stronger with each person who joins it through fear or who becomes sick through it.

But we're also seeing other morphic fields of positive resonance that are becoming stronger with each person who joins these positive fields.

There are some beautiful examples that move us to tears because the core of who we are is love and compassion. And when we see love and compassion in action, we are moved from the depth of our being.

That wonderful video clip of everyone in the **UK** **applauding** the national health service and all doctors and nurses - many of whom hadn't seen their children and families for three weeks. At 8 pm everyone in the nation started clapping: from windows, out in the streets, in their homes. Possibly about 60 million people clapping... <https://www.youtube.com/watch?v=2gWPIqrCQ3I>

Then **in Spain** an orchestra that could no longer play together chose to play the same piece of music at a particular time, one person after another joining this morphic field of resonance: violins, trumpets, cellos, wind instruments, everyone in their homes playing together... https://youtu.be/8FSyeyXpV_Q

- **In India** over a billion people began chanting at the same time.

SOUND: clapping, playing an instrument, chanting, singing, is one of the most powerful of healing modalities.

- There are also **morphic fields of resonance created by positive actions**: churches, temples, mosques, charitable groups taking care of people, providing food and shelter for the homeless. In India 16,000 migrant workers could no longer work but also couldn't go home because all transport and roads are on lockdown. They had no shelter and hadn't eaten for three days. One charitable group volunteered to give them shelter, three meals a day and free medical attention until they are once more free to go home. And that same organization is preparing and distributing 3 meals daily all over India to thousands of people in need - more than 100,000 meals daily.

These and so many other examples are the positive morphic fields of resonance that we are a part of: Service with no desire for reward. Service out of love and compassion. This is what inspires the human heart.

I was re-reading James Oschman's afterword in *SPIRAL UP: 127 Options to be your best right now* and it is worth remembering some of the things he as a scientist shared because this is what we are working towards in Resonance Repatterning.

He writes:

Chaos or disorder actually lays the foundation for a new and more ordered and coherent system.

- **The key is the input of appropriate energy to the right place**, and he names the Energizing Options we use -- sound, light, movement, breath, energy contacts, essential oils.
- And then, most important, he writes, **“Balance and coherence are contagious.”** This is exciting! As each one of us becomes a little more balanced and coherent, it’s catching. And others too become a little more balanced and coherent and they pass this coherence on to others.

In Oschman’s chapter, "The Science of Spirals," he gives us hope in this time of chaos and lockdown:

- He states that all things move spirally...that man grows and moves spirally. **Because of this, he says, a relatively weak force can have a large effect – a small input of energy has a large effect.**

So here we are – a few hundred of us, a **relatively weak force, but our work in Resonance Repatterning is about spiraling up to a higher state of consciousness no matter what the situation.** This is why we have come together today, to shift our resonance with the negative

morphic field of the coronavirus and to **ensure that we resonate with a new, more ordered, more coherent system.**

As we resonate with the positive, we become more balanced and coherent - and remember, **coherence is contagious** -- others can join this morphic field of resonance making it stronger and more powerful:

- In terms of today's session, people can join this morphic field by listening and proxying in to the Resonance Repatterning session we'll be doing that will identify where we resonate with the negative morphic field and where we need to resonate with a positive coherent field.
- And as we share this Repatterning with others, and others proxy into it, our positive morphic field becomes stronger, and our relatively weak force, by God's grace, will have a large effect.

The video of this session will go on YouTube so people can proxy into the session whenever they want. A statement from Oschman's "Science of Spirals" that I love is that **morphic fields act across space and time.** So there is no limit to the positive effects of this moment into the future and with no limit in terms of space – which is what people like Lynn McTagart, Joe Dispenza and Bruce Lipton would agree with! Our resonance – positive or

negative -- determines the DNA codes we switch on for health or for sickness. All illness begins as non-coherence in the field...and health first exists as coherence in our field of energy.

For those who would like **a written copy of the three parts of this session in English or Spanish**, it will be available at the ResonanceRepatterning.net website under the HOME STUDY tab. You are welcome to download it free of charge and use it on yourselves, your clients or wherever it may have a healing effect.

So let's move right into the session.

Part 2: THE SESSION

A. Identify the fears

Do {a-c} in sequence.

- a. Ask, "What are you afraid of?" ***[cr]** with "I am afraid of: *(name the fears)*" *(will be on/umb on for our resonance with the negative field)*.

- b. Ask, "What is your body response to this feeling of: *(name the primary fear)*?" ***[cr]** *(will be on/umb on)*.

- c. Ask, "How are you depleting your vital energy? This may be any action, thoughts or feelings you are doing or having." ***[cr]** *(will be on/umb on)*.

B. Identify the negative response involved

(mcs) {a-f} for the one(s) involved. *[cr] (will be on/umb on).

- a. I give in to (fear • anger • grief • worry) rather than face what is happening with faith.
- b. There are no solutions.
- c. In this challenging situation (I think negative thoughts • I listen to others' negative words about what is happening • I repeat the negative things I hear in relation to the coronavirus) rather than going into some kind of positive action.
- d. I block my life energy by (being afraid • going into a panic).
- e. I close down and create distractions because I can't handle this situation.
- f. (I feel blocked and unable to go into action • I don't know what to do).

C. Identify the Chakra involved with the excess resistance created by fear and worry

(mcs) {a-e} for the one(s) involved. *[cr] (will be on/umb on).

- a. **Earth Chakra:** I can't earn enough to survive.
- b. **Water Chakra:** I feel (impotent • depressed).
- c. **Fire Chakra:** I am (tired • exhausted).
- d. **Air Chakra:** (I feel disconnected from love • I am unable to get in touch with and express my love).
- e. **Ether Chakra:** (I have no value • I have nothing of value to give).

D. Identify the positive mental state that supports being in the present, free of all negative mental projections and words

(mcs) {a-e} for the one(s) needed. *[cr] (*will be off/umb off*).

- a. I accept what is and move into positive action.
- b. Everything (is perfect • is as it needs to be • carries a lesson for my highest good).
- c. I release my fearful assumptions that block my experience of love.
- d. I face the facts and stop indulging in my mind's negative projections.

- e. I stop giving my (power •energy) to my negative thoughts and feelings.

E. Identify the Five Elements of Chinese Acupuncture – the Water Element coherence needed

Do {a-c} in sequence.

- a. Ask, “What can you do to raise your energy level?”
*[cr] (*will be off/umb off*).
- b. *[cr] with “I stand firm in the face of the unknown and stay oriented towards the higher purpose of my life and the higher purpose of the coronavirus” (*will be off/umb off*).
- c. *[cr] with “I conserve my energy • I build a reserve I can draw on in this time of challenge” (*will be off/umb off*).

F. Identify the Five Elements of Chinese Acupuncture – the Wood Element coherence needed

Do {a-b} in sequence.

- a. Ask, “In what way is the coronavirus pandemic challenging you to grow?” *[cr] with “I” (*will be off/umb off*).
- b. *[cr] with “I stay optimistic and hopeful that the coronavirus situation is part of our global growth towards manifesting our potential as human

beings to create positive global change” (*will be off/umb off*).

G. Identify the Five Elements of Chinese Acupuncture – the Fire Element coherence needed

Do {a-b} in sequence.

a. Ask, “What makes you happy from within yourself rather than from anything outside yourself?”

***[cr]** with “I am happy when....”

(*will be off/umb off*).

b. ***[cr]** with “I trust that love and compassion dissolve all negativity and fear. I trust that love has the power to neutralize any virus no matter how virulent. I commit myself 100% to love for God, humanity, this planet and myself” (*will be off/umb off*).

H. Identify the Five Elements of Chinese Acupuncture – the Earth Element coherence needed

Do {a-d} in sequence.

a. **Choice** ***[cr]** with “It is my choice to worry and I have the choice to stop worrying. I choose to stop worrying” (*will be off/umb off*).

b. **Trust that you are cared for** ***[cr]** with “I trust in the Divine / the higher power to take care of

me and all others as well as ‘the lilies in the field’.”
(*will be off/umb off*).

- c. Ask, “How can you change your food intake and exercise in a way that improves your health?”
*[cr] (*will be off/umb off*).
- d. *[cr] with “I receive nurturance by doing good in the world and I am nourished by all my experiences no matter how difficult they may be”
(*will be off/umb off*).

I. Identify the Five Elements of Chinese Acupuncture – the Metal Element coherence needed

Do {a-d} in sequence.

- a. Ask, “What are you grateful for – what do you most appreciate?” *[cr] (*will be off/umb off*).

b. The message of the coronavirus

Explain: Everything has a message for us that we need to hear. Like the woman Bernie Segal writes about in his book *Love, Medicine and Miracles*: she had cancer and only a few months to live. She realized that she had spent her life focusing on her family’s needs and ignoring her own need, which was to paint. She heard the message. She told her family that they could shop for food, prepare the meals, do the laundry and clean the

house...and that she wanted to take time out to be the artist she was, and to paint. The result? She was cured of her cancer.

Ask, “What is the message or the higher purpose of the coronavirus for you?” *[cr] with “I (*name the higher purpose*)” (*will be off/umb off*).

- c. Ask, “What do you need to let go of to realize the higher purpose of the coronavirus for you?” *[cr] with “**I let go of:** (*name it*)” (*will be off/umb off*).
- d. *[cr] with “I keep my frequencies high and maintain tranquility of mind no matter what the media says or any other negative talk I hear” (*will be off/umb off*).

J. Identify the need

Ask, “When you experience fear in relation to the coronavirus, what do you need that would calm you and allow you to feel safe?” *[cr] with “Instead of going into fear, I (*name the need*)”: **BOLD THE PROXY NEED** (*will be off/umb off*).

K. Transforming fear

If you have the ColorYourWorld Lenses, (**mcs**) for the color(s) for one or both eyes.

Do {a-f} in sequence.

- a. **Breathe** Breathe slowly from your solar plexus, slowing your breathing down (5-10 times a minute is best).
- b. **Worst case** Ask, "What is the worst thing that can happen to you/other(s) in relation to the coronavirus?" ***[cr] BOLD THE PROXY** (*will be on/umb on*).
- c. **Distractions** Ask, "How do you create distractions to avoid your fears about what is happening to you and globally – distractions that are not helping you?" ***[cr]** (*will be on/umb on*).
- d. **Own the feeling of the fear** Close your eyes. Now move your focus back and forth between (*name the PROXY worst thing {K b}*) and your need for (*name the PROXY positive thing needed when experiencing the fear {J}*). Repeat a few times.
- e. **Positive action** Ask, "What positive action can you take in this situation, no matter how small?" ***[cr]** with "I free myself from fear by (*name the action*)" (*will be off/umb off*).
- f. **Inner resources** ***[cr]** with "I am powerful, courageous, highly energized, and through the grace of the Divine I have the resources to handle

(name the fear) with clarity, humor and inner strength" (will be off/umb off).

- L. Identify the Energizing Options needed to shift the resonance and create new neural pathways for what is positive, energizing and life-enhancing**
 - a. **Tone the note of B** (Crown Chakra) to the vowel sound of eeeee. Feel a vortex of energy at the crown of your head and white light pouring into your crown, through your body and to your hands. Hold your hands open in the open heart gesture and visualize light radiating from your palms to strengthen you and all others during this time of challenge, dissolving all non-coherence in your field.
 - b. Close your eyes. **Play the song:** We are not alone, God is with us."
- M. Recheck *[cr] statements. Observe how you feel as the resonance shifts.**

Part 3: POSITIVE ACTIONS

The following Positive Action Energizing Options are to help us maintain our center, calm our mind, clear our field and protect our physical health.

- **Pre-frontal contact:** Place your index, middle and ring fingers very lightly on your forehead and feel your mind calming down.
- **Dolphin Light Breath:** If you want, you can do this breath while making the pre-frontal contact.
 - Inhale, imagining light flowing into the crown of your head and down your spine. As you breathe out, let go of your fears and worries. Repeat: inhale light, exhale your own personal fears and worries, feel them being dissipated by the light, dissolving in the light.
 - Now inhale light from your crown and down your spine, and as you breathe out imagine this light radiating to every cell in your body, cleansing and energizing you and radiating out through your field, bringing strength and stability to you and all others.

- **Essential oils:**

Cinnamon: most virus, fungus and bacteria cannot survive in the presence of oils like cinnamon, thyme and oregano.

- Smell these oils, -- diffuse them for 20 minutes if you have a diffuser,
- place in a vegetable carrier oil (like olive oil or coconut oil) with a few drops of the oil. You can place the oil on your toes, soles of your feet, chest, throat, etc.
- Or make cinnamon tea with $\frac{1}{4}$ teaspoon of cinnamon powder and a little lemon squeezed in it plus a little raw organic honey.

Lemon: Dr. Valnet, MD, used vaporized lemon to kill meningococcus bacteria in 15 minutes; typhoid bacilli in one hour; staphylococcus in two hours; pneumonococcus bacteria in three hours and diphtheria bacilli in twenty minutes. Lemon is good for throat infections and is mentally uplifting. Inhale lemon when you go out shopping for food. Start your day with half a lemon squeezed in hot water.

Peppermint oil: A doctor in New Mexico suggests inhaling Young Living peppermint oil deeply into the lungs for a minute every hour. This cleans the receptor sites that the virus attaches to in the lungs

Oregano and Thyme: are anti-bacterial, anti-viral, anti-fungal and anti-microbial. Thyme is also good for asthma. If you have veggie caps, you can use an eye dropper and put four drops of olive oil as a carrier and use the eye dropper to take the oils from the bottle:

- Five drops of Thieves, five of Oregano and five of Thyme.
- If sensitive, start with two or three drops. If getting sick you can increase the dose up to ten drops. Some people use two capsules and do up to 15 drops. As these oils are fat soluble it is wise to eat a little avocado when you swallow the capsule.
- **AVOID ingesting these oils direct. They must be in a capsule and with a carrier oil.**