

QUANTUM CHANGE MADE EASY

A RESONANCE REPATTERNING BOOK



QUANTUM CHANGE MADE EASY



*Breakthroughs in Personal Transformation,
Self-Healing and Achieving the
Best of Who You Are*

CHLOE FAITH WORDSWORTH

Founder of the Resonance Repatterning™ System

with Gail Noble Glanville



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A RESONANCE REPATTERNING BOOK

Quantum Change Made Easy: Breakthroughs in Personal Transformation,
Self-Healing and Achieving the Best of Who You Are

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*To the Friend
with gratitude*



When you change the way you look at things,
the things you look at change.

MAX PLANCK

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- My clients who loved the synthesis of modalities I brought to their sessions and gave their time and trust so that I could find their underlying patterns. Everything I developed, and therefore this book, came out of those early years of exploration and excitement.
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PROLOGUE

Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.

WORLD HEALTH ORGANIZATION

When I was eight years old, I wouldn't go to sleep at night unless I had my favorite book, *The Living Touch*, under my pillow. A small book on healing by Dorothy Kerin, it struck a deep chord within me. Night after night, I longed to be a healer like her.

Many years later, I read a story by Richard Selzer about Yeshi Dhonden, physician to the Dalai Lama, who had been invited to make rounds at the hospital where Dr. Selzer worked. Dr. Selzer's story hints at the quality of presence and the healing touch Yeshi Dhonden possessed, which changed Dr. Selzer's life as a doctor. Like Dorothy Kerin's book so many years before, this story has continued to move and inspire me in my own life work.

Dr. Selzer describes the early morning rounds when a group of curious Western doctors gathered to meet the Tibetan monk and physician. Yeshi Dhonden, it was explained, would examine a patient whose diagnosis was unknown to him, as it was to all the doctors present except for the patient's own doctor, who was hosting the rounds.

On entering the patient's room, Yeshi Dhonden, without speaking, gazed for a long time at a point above where the woman lay. Finally he took her hand, and for half an hour "listened" in silence to the pulses that told him the secrets of her sickness. Dr. Selzer, standing at the foot of the woman's bed, describes his feelings:

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All at once I am envious—not of him, not of Yeshi Dhonden for his gift of beauty and holiness, but of her. I want to be held like that, touched so, received. And I know that I, who have palpated a hundred thousand pulses, have not felt a single one.

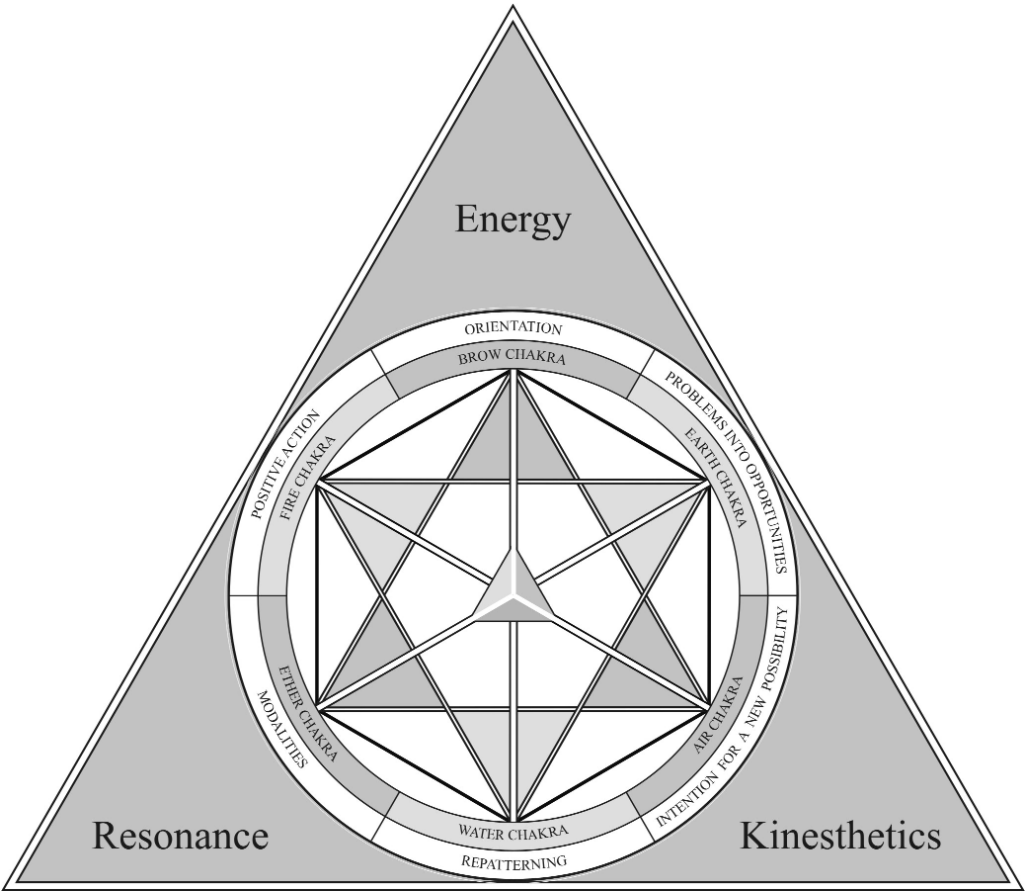
No words were exchanged, yet as Yeshi Dhonden turned to leave, the woman called to him: “Thank you, doctor,” in a voice both urgent and serene.

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THE NINE KEYS



The Nine Keys are much more than individual steps. When put together in a synergistic system, they provide an empowering and beneficial way to bring order to your life and to help you manifest your potential.



THE NINE KEYS



A Resonance Repatterning practitioner wrote, “Several years ago I met with a small group of business people in their private club. They were curious to learn about the field of quantum energy in which we live so I introduced them to the fundamental principles of Resonance Repatterning. Since we were in a seaside community, I included the cosmic question by a student fish who asks the philosopher fish: ‘So what’s this ocean you’re always talking about?’

“Sometime later, one of the men interrupted me and said: ‘I appreciate the principles you describe. I’ve read books about the power of my mind and creating my own reality. I just don’t know how to actually put it to use, especially to benefit my business.’

I agree with this businessman. It is one thing to learn scientific principles about the ocean of frequencies in which we exist; it’s quite another thing to know how to apply them in a practical way. It can seem impossible, even with inspired self-help books and therapy, to undo habits such as the need to be right or being overly reactive. Like everyone else, you might have a great deal of inner patterning or imprinting that keeps you

constricted, limited and even resistant to positive change. Too many people feel locked up from the inside without a key, unable to free themselves from the pain and limitation they suffer, or from the suffering they impose on others—often the people they love the most.

Positive change involves using a structured system to gently open the door to access your true strengths and gifts. This book describes the nine fundamental Keys on which the Resonance Repatterning system is based. By the end of the book, after experiencing each of the Key-in-Action activities, you will be able to apply the basics of the Nine Keys in your own life through this introduction to quantum change.

The Keys

The first three of the Nine Key—Energy, Resonance and Kineshetics—reveal the beauty and potential of the invisible world of energy within each one of us. This is the inner world of vibrating frequencies, through which we know the truth of what supports our life and what doesn't.

The next four Keys form a prism: Orientation, Problems, Intention and Repatterning. Each facet of the prism reveals a different way to see and transform what limits us in the body-mind system. Each one of these Keys will show you a different way to change your resonance with disorientation, resistance to problems, the projections that block intention, and non-coherent patterns of energy. Through these four Keys, you can also identify the new patterns that will support your upward spiral to well-being, better health and relationships.

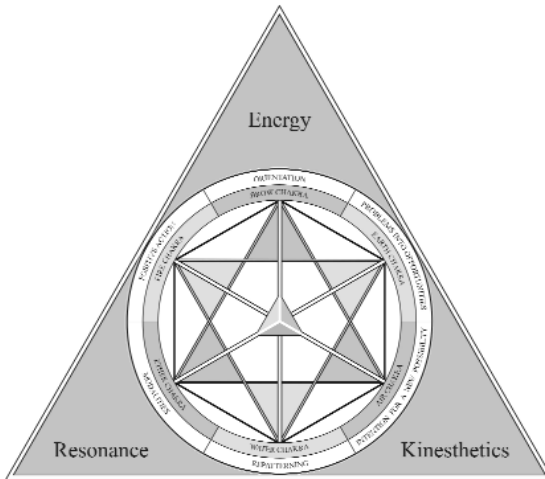
KEY 5



PROBLEMS INTO OPPORTUNITIES



*A problem is something you have and don't want,
or something you don't have and want. The
external situation is not the problem; our
resonance with our own life-depleting patterns is
the problem. The gift of every problem is that it
offers us the opportunity to change our resonance
with these unconscious patterns and make
a quantum leap to the next phase of our
growth and evolution.*



ENERGY

RESONANCE

KINESTHETICS

ORIENTATION

PROBLEMS

INTENTIONS

REPATTERNING

MODALITIES

ACTION

KEY 5



*Oriented, you face the direction
that nurtures your soul.*

The client, Mary, whose business relationship was threatened by her angry outbursts, originally introduced herself by saying she had a problem with her business partner. Her anger, she said, was caused by his inflexibility and his desire to do things in his own way. Knowing that problems are seldom what we think they are, the practitioner was interested to see what would unfold in Mary's case. Any problem—whether pain, depression, sickness or emotional turmoil—is a signal that your life energy has derailed. The problem is resolved when you discover its power to put you back on track towards your next opportunity.

Decoding resonance

In your everyday life, resonance probably isn't the first thing on your mind. It is important to realize, however, that resonance plays out in your life down to the smallest detail. For instance, a common situation is resonance with an unconscious fear of not being good enough. This resonance is like wearing dark glasses stamped with the words NOT GOOD ENOUGH. Everywhere you

look, you see NOT GOOD ENOUGH. The direct result of your resonance with this fear is that you may find yourself being critical and judgmental of yourself or of everything out there—whether the organization you work for, other people, the government or the state of the world. Nothing is good enough!

When you have a problem, you know there is non-coherence in your energy frequencies: you are *resonating* with non-coherent frequency patterns. As in Mary's case, the old pattern takes over and you lose your orientation as well as a sense of your needs in the situation.

Using any of the following five steps may help you begin to deal with your problems in a different way:

1. Recognize your problem

Your problem is something you have and don't want, or something you want and don't have. The first step is to be aware, when you find yourself spiraling down into self-defeating thoughts, feelings, actions or behaviors, that you have a problem.

Mary didn't want to have her temper tantrums any longer; she recognized they were harmful and she hated the pain she was causing herself and her partner. That recognition was her motivation to begin the road to healing.

2. Face your resistance

We all know people who are not happy in a particular situation, with the state of their health or with a habit they cannot overcome. They genuinely want quantum change in their lives, but their inner resistance shows up. No matter what helpful suggestions you give, they continue to indulge in harmful emotions and detrimental behavior and they blame others for their problems.

Besides blaming and criticizing others, the most difficult resistance to overcome is when someone feels that the situation they are in is hopeless, and there is nothing they can do to change it.

EARLIER EXPERIENCE REPATTERNING

Here's an example of how a pattern appeared in a client's life and how it was transformed.

A client I'll call Olga had an intense and irrational fear of authority, to the extent that her health suffered and she was unable to sleep or eat. An upcoming IRS audit had her in such turmoil that she asked a Resonance Repatterning practitioner for a session. Through muscle checking, the practitioner identified that Olga needed the Earlier Experience Repatterning, which went straight to the underlying cause of her fears. With her patterns identified and her resonance with them transformed, Olga writes: "Until my session I didn't realize that my fear in the present was the same fear of authority I had learned as a child. I grew up in Germany during World War II and it was this fear that permeated my entire family."

Color and light modalities

Forty octaves above the range of audible sound, ultra-high frequency sound emerges as visible color. Your eyes decode these high frequency vibrations as tint, density, texture, shape and shade. If we use cycles per second as we did with sound frequencies, then dark red is the lowest of the color frequencies, vibrating at about 410 trillion cycles per second. Purple vibrates closer to 750–800 trillion cycles per second. Each color frequency has its related sound—and every sound has its related color.

Colors are associated with the frequencies of the body-mind's energy reservoirs or chakras. The colors of the chakras,

from the base of the spine to the crown of the head, progress in the same order as a rainbow: red at the base of the spine, orange at the pelvis, yellow at the solar plexus/stomach, green at the heart center, blue at the throat, indigo at the forehead and violet at the crown. The frequency of each color matches and supports the frequency of its related chakra. When the chakra is coherent, the colors—to those who can see them—are brilliant; when a chakra is non-coherent, its colors become dull and dark.

Chaotic patterns block the natural flow of your energy through your chakras and meridian channels. The right high-frequency vibrations of color and light can restore the energy flow, just as the right sound or audible frequencies do. The color you need depends on what frequency and modality your particular pattern will entrain with. While there are many ways to apply color modalities, two specific products for color and light have been developed for use in the Resonance Repatterning system:

COLOR FILTER LENSES, worn as wrap-around glasses, are based on the seminal work done by Dr. Darius Dinshaw in the 1930s. Dr. Dinshaw tested the exact combination of frequencies needed for each color to regulate optimal functioning of the body-mind. To change your resonance with an old pattern, you need to absorb a specific color frequency through your eyes. This frequency is then transmitted as electrical impulses to your brain and body. Its subtle vibrations may be all that are needed to bring you into resonance with your new pattern, and may create the quality of health and harmony you need.

THE COLOR FILTER TORCH shines the Dinshaw range of color frequencies through a crystal lens, focusing the particular color frequency on a point of energetic contact, such as a Jin Shin point, acupuncture point, vertebra, chakra or a body area. Each

KEY 8: MODALITIES FOR QUANTUM CHANGE

of these contact points helps maintain the balance of your body-mind energy system through the specific functions associated with the particular point. The thirteen highly refined Dinshaw color frequencies, with their individual vibrational qualities, augment the functions of the selected contact point.

What opens the window of hope is to face the problem and assert: “Yes, I choose to find the opportunity in this problem.” Genuine willingness is a significant step. It signals that you are taking personal responsibility. Instead of blaming yourself, others, life or God, you are ready to put in whatever effort is required of you. Your proactive response is what makes you receptive to the change you seek.

KINESTHETIC SENSE

The ability to pick up frequencies from the body-mind field and the environment. It is a knowing or awareness that is different from intuition or psychic abilities. It is the sense that we are least aware of because it was not valued as were the other senses of seeing, hearing, touching and smelling.

FELT SENSE

An awareness of how your body is responding to every neurotransmitter cascade of “feel good” signals (relaxed, breathing, energized, positive feelings, etc.) and to every neurotransmitter cascade of “alert stress” signals (tense, upset, sweating, rapid heartbeat, negative feelings, etc.)

APPLIED KINESIOLOGY

The art and science of testing muscle strength to obtain information about too much or too little energy in your meridian channels and the health and alignment of your physical and emotional body.

RESONANCE KINESIOLOGY

The art and science of checking muscle strength to obtain information about the physical, emotional, mental, chakra and meridian frequency patterns you resonate with and to gather information on what creates coherence in these patterns.

MUSCLE CHECKING

The technique of using a gentle pressure on a muscle, to check its on/off response to a cue or statement.

The collective question

Quantum change is a way to address the challenges we now face in our lives. Expressing worldwide concerns, the astrophysicist Steven Hawking posed a question at Yahoo Answers for internet users to ponder: **In a world that is in chaos politically, socially and environmentally, how can the human race sustain another 100 years?**

When you read this question, your first reaction may, like mine, be overwhelm. Then I remember that each one of us has the capacity, by one means or another, to invite quantum change into our lives. By applying universal principles, like the Nine Keys, and the coherent steps others take, will provide resolution to the issues raised in Steven Hawking's question.

KEY 1: ENERGY.

It is the energy of light and sound that sustains life. Our ability to recognize when our personal energy is out of balance, along with our ability to restore our energy to its balanced flow, brings the possibility of hopeful change to our political, social and environmental systems.

KEY 8: MODALITIES FOR QUANTUM CHANGE

KEY 2: RESONANCE.

We are vibrating energy beings living in a field of vibrating frequencies. The frequencies we resonate with create a field of attraction that determines what we experience. Therefore personal and global evolution depend on attuning ourselves to ever more coherent frequency bandwidths.

KEY 3: KINESTHETICS.

We are wired for success and survival. Through Resonance Kinesiology, we have the possibility of finding and transforming the non-coherent static that interrupts our reception of life energy. We must find the coherent frequencies we need and move into resonance with them, in order to enhance the flow of our energy. This process is true for individuals as well as for global organizations.

KEY 7: REPATTERNING.

We are wired for success and survival. Through Resonance Kinesiology, we have the possibility of finding and transforming the non-coherent static that interrupts our reception of life energy. We must find the coherent frequencies we need and move into resonance with them, in order to enhance the flow of our energy. This process is true for individuals as well as for global organizations.

One of the components that anchors a problem in place is your lack of resonance with a *life need* for safety, warmth, welcome, bonding, etc., that went unmet in the womb, at birth or childhood. Mary's "aha," her new understanding, came when she discovered that she resonated with her temper tantrums, she did not resonate with the need for safety, and was therefore unconsciously locked into the frequency of the very thing that kept her partnership in a state of distress.

When you read this question, your first reaction may, like mine, be overwhelm. Then I remember that each one of us has the capacity, by one means or another, to invite quantum change into our lives. By applying universal principles, like the Nine Keys, the coherent steps we take, and the coherent steps others take, will provide resolution to the collective issues raised in Steven Hawking's question.

The purpose and motivational power behind every problem you have is to encourage you to leave behind your resonance with the non-coherent perceptions imprinted from the past; to resonate with being nourished by the positive in every experience; to resonate with the higher lesson each problem holds for you; and to move closer to manifesting the essence of who you really are in the present.

PROBLEMS IN ACTION

One of the reasons problems remain anchored in place is because we resonate with a basic need that long ago went unmet. Getting in touch with your real needs may seem hard, especially if you were taught that your needs weren't important or that other people's needs come first or if you survived by not having needs. You may not even know what the basic life needs are, or know how to recognize when a need is not being met, or how to express your need in a way that it will be met.

Needs are motivators that support coherent actions and relationships. It helps to have a tool and a system for recognizing the unconscious, unmet needs that are associated with every problem.

KEY 8: MODALITIES FOR QUANTUM CHANGE

1. Tune in to a problem you are facing now. Write it down as a negative statement.
2. Below are two brief lists of needs that, when met, bring you a sense of coherence and well-being. Scan through the lists using your felt sense to find the one you feel is linked with your problem. When your felt sense picks what you need, you may suddenly feel relieved or breathe deeply and accept your feeling and what your body-mind system is sharing with you.

BASIC LIFE-NEEDS

Bonding	Closeness	Harmony		
Nurturing	Security	Trust		
Protection	Boundaries	Positive Touch		
Appreciation	Respect	Being Understood		
Light	Play	Freedom	Sleep	Joy

SPIRIT LEVEL NEEDS

Beauty	Gratitude	Peace
Devotion	Compassion	Courage
Creativity	Limitlessness	Radiance
Truth	Unconditional Love	Unity
Wisdom	Meaning	Stillness

3. When you have a sense of the need associated with your problem, imagine that you are tuning in to the frequencies and the feeling this need gives you. It's a need that right now you do not resonate with in terms of your present problem; but it is a need you want to resonate with. Enhance your resonance with its qualities by using one of the modalities that follow.

Energizing modalities

- Put on some rhythmic music and move your hips in a figure-8 pattern. Let every part of your body follow along with the music and this movement.
- Laugh aloud, even if it feels a little strange. Take a deep breath and let out strong belly laughs, "Ha! Ha! Ha!" until you are laughing on your own.
- With your feet shoulder width apart, toes pointing forward, bend your knees and begin to bounce up and down. Relax and feel every joint in your body bounce. When complete, you'll feel energy tingling throughout your body.

HIGHLIGHTS

- ▲ Problems are seldom what they seem; they're based on old disordered patterns caused by unmet needs, by highly charged feelings and images, and by limiting beliefs.
- ▲ Resonance with non-coherent frequencies in your unconscious database can be accessed with muscle checking to

KEY 8: MODALITIES FOR QUANTUM CHANGE

make the exact structure of your problems known and to shift your resonance to something new, positive and coherent.

- ▲ All problems hold the opportunity for quantum change and positive outcomes.



WORDS WE USE

applied kinesiology Originally, the strength and weakness of a muscle was used by medical doctors and physical therapists to determine the presence of nerve impulses to a specific muscle. Dr. George Goodheart, and Dr. John Thie who developed the Touch for Health system, made a brilliant departure from the original use of muscle strength, using it instead as an indicator of under- or over-energy (too much or too little) in each of the twelve acupuncture meridian channels. They called this muscle checking system *Applied Kinesiology*, which has now become a generic term for the field of using muscle strength as an indicator for gaining information from the body-mind system.

attraction A magnetic field that pulls one object towards another.

body-mind The body, emotions and mind are different frequencies of an individual's energy system, stepped down from the highest frequency of the soul or spirit. It is often referred to as the body-mind system or the body-mind field.

chakras Lit. 'wheels' in Hindi; according to the 5,000-year-old Indian Ayurvedic healing tradition, the seven major chakras are spinning energy reservoirs that step down high-frequency source energy in sequence from the crown reservoir to the reservoir at the base of the spine. This energy powers our physical body and all its functions. At subtle levels the state of our chakras determines every thought and feeling we have, our physical well-being, how we relate to others and what we achieve. Like electricity, which scientists do not fully understand yet can see its effects and use its power, so with the chakras: we may not understand what they are nor be able to measure their high-voltage frequencies, but we can see the effects in the state of our physical, emotional and mental well-being.

coherence A state of order and harmony where things hold together and form a unified whole; its opposite is chaos or non-coherence. A higher state of coherence is always preceded by chaos. In Chaos Theory, within the chaos the new coherent pattern is present and ready to emerge.

coherence muscle check In the Resonance Repatterning system, the practitioner muscle checks for information on what creates a higher energy state of coherence, using what Resonance Repatterning calls the coherence muscle check. Coherence muscle checking is not used to determine what is true or false. This muscle checking simply provides information about which choice makes our system more coherent based on the range of choices we have available. *See also resonance muscle check; Key 3: Resonance Kinesiology*

consciousness Known as the witness self, the observer or soul. Soul, or consciousness is who we are and is a drop in the ocean of pure Consciousness. The soul is the only aspect of the body-mind system that is conscious; soul or consciousness is what animates the mind, feelings and body, without which they are inert. *See energy*

divine nature This is who we are, free of personality and limiting patterns; also called the authentic self, the soul, spirit or consciousness.

energy The essential life force that imbues and maintains all of creation. We exist as a coalescence of energy frequencies, living in a field of pulsing frequencies. New physics suggests that life is not just a chemical reaction, but a wave of energy out of which the particle of physical matter materializes. At the body-mind level, energy is known in different cultures as *chi*, *ki* or *prana*. Beyond the body-mind level, some of the names for the primal energy that creates and sustains all dimensions of life are the Holy Spirit, the Logos (Word), the Shabd (Sound or Word), the Kalimah (Word), the Tao (the reality of the undefinable Supreme) and Consciousness. *See also Key 1: Energy*

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ABOUT THE AUTHORS

CHLOE FAITH WORDSWORTH healer, acupuncturist, scholar, author and teacher — has studied and practiced the best of the energy healthcare systems and created her own unique system for transforming unconscious patterns. The Resonance Repatterning system has been refined and tested for more than fifteen years. Chloe has taught the system to thousands of people around the world who use the work for their own self-healing, their family's well-being, and for creating quantum change as a profession.

GAIL NOBLE GLANVILLE author and corporate coach — is presently the managing director of the Resonance Repatterning Institute and a long-time Certified Practitioner of the Resonance Repatterning system.

THE NINE KEYS



1

Everything is energy. Energy is everything.

2

Change your resonance, change your life.

3

We are wired for coherence and self-healing.

4

Oriented, you face the direction that nurtures your soul.

5

Underneath every problem is an empowering truth.

6

All great outcomes begin with intention.

7

Bring your hidden patterns to light.

8

Modalities harmonize and balance the flow of energy.

9

Every coherent action leads to more coherence.