



Lunar Light Creations Sample Session, by Elizabeth Polito

Our sessions are based on Resonance Repatterning, which is an energetic system created by Chloe Faith Wordsworth. This system helps us identify unconscious patterns, blocks and beliefs we are resonating with and then shift them so that we can experience more joy, love, success, peace, and wellness in our life. It's all about vibration; What we resonate, or are in alignment with, is what creates our experiences in life. Think of it like a radio station. You have to be broadcasting the correct frequency or station to listen to the music you want. You can't be tuned in to heavy metal if you really want to be listening to smooth jazz! Our thoughts, words, actions, and beliefs are all energy and all have a specific frequency and vibration. Like attracts like, so our goal is to be in alignment with what we want and shift out of alignment with what we don't want.

The session below contains our statements, which are inspired by the energy of the particular phase of the moon. The statements come from group members, from higher guidance through me, and from the system of Repatterning. Some statements are positive, and we want to align with them. Others are negative and we do not want to be in alignment with them. We use applied kinesiology, or muscle-checking, to gather statements and check our resonance, and then we shift our statements and energy by using different modalities. I draw upon my years of training, background, and tools to find the appropriate modality for the group session, and it is always specifically created for the members in the group. Modalities can include color, light, breath, healing

frequencies, movement, sound, the chakras, the meridian systems, tuning forks, a guided meditation, yoga postures, wisdom from the Tarot, and many, many more options. By the end of the session we are **ON or IN ALIGNMENT** for what we want, and we are **OFF or NOT IN ALIGNMENT** with what we do not want.

The session is extremely powerful because of the energy of the GROUP! When you work in a group, there is an additional benefit because we are all connected; we are all one. The group takes on an energy all its own, and when one person grows and shifts, every member benefits as well! This allows for things to shift exponentially, and it also allows us to feel supported and held on our journey toward wholeness.

Let's Begin...

Take a moment, take a pause, and deeply exhale. Check in...what are you noticing? What is going on inside of you right now? What is your natural pattern of breathing? Are you noticing anything physical going on? Emotional? What is the state of your mind--is it still or is it chatty? Focus your attention on your heart, and allow it to open and expand. Trust that you are exactly where you are meant to be, and that you are already integrating the positive shifts from this session.

We are now OFF or NOT IN ALIGNMENT with the following statements:

I don't think I am strong enough to take any more disappointments.

I am fearful about taking on the professional responsibility of being a more traditional psychotherapist with new clients.

My sleep is disturbed and I am tired and feel sleep deprived. I fail to wake up refreshed and happy to greet the new day.

I am anxious about my body in terms of attracting, dating and engaging in a long term partnership with a man.

I feel less than, and I invent stories about not having enough or the right "things" as a way to support my false belief.

I am so tired of focusing on everyone else's problems. I can't seem to de-activate this need to "help", and it is not healthy for my spirit.

I am angry at the Universe for abandoning me when I feel like I most need help.

I judge what I see in the mirror in hurtful ways.

I take on anxiety and drama from those around me.

There isn't enough time for it all and I never prioritize myself first.

We are now ON or IN ALIGNMENT with the following. You may want to say these out loud to really feel the resonance:

I manifest work that is worthy of my talents.

I am incredibly strong...in fact, I sometimes surprise even myself at how much I am capable of handling.

My mind is quiet, focused and meditating on positive thoughts.

I create goals and areas of intention without judgement or fear. All possibilities are considered and valued.

I trust my thoughtful choices are for the highest good of me, my family and my world. I know these choices may need to change in the future and that too will be for the highest good of all concerned.

I am grateful for my present challenges and opportunities.

I let go and allow others to have their own journey. I release the need to assist, save, fix, or help guide others to where I "think" they should be. I honor and respect that my journey is my responsibility, and their journey is theirs.

I flow with the energy. I release my need to control.

I rest, restore, and breathe deeply. Time is on my side, and I am fully supported in the realization of my dreams.

I hold compassion in my heart for myself and my beautifully unfolding journey. I am a peaceful warrior who perseveres.

I truly surrender. I focus on contentment in this moment, independent of external circumstances or influences.

I breathe deeply, plant my feet firmly on the ground, and center myself. All is well, and I complete all of my tasks with ease.

I let go of the drama and the struggle. I choose, from this moment on, to enjoy life more and have FUN!

I love to play, and I find reasons to do it everyday.

My inner child is important. I love her, spend time with her, nurture her, and celebrate every aspect of the amazing being she is.

I let go of buying into the story that money is a God. I am free, I am balanced, and I create worth.

Modality: A modality helps to shift your resonance into a state of coherence. It literally transforms your energy and negative patterns, and allows you to align with well-being.

Our Modality for this session is Humming

Humming is another way to bring the sound and vibration of music into your body. When done with intention and intensity, humming vibrates in the bones of the sinus cavities of the face and skull, and from there via bone conduction vibrates the rest of the body. We can thus, using our intention, send our humming vibration to any area of the body-mind system that needs healing or support.

Bhramari Pranayama (Bee's Breath)

How to: Sit on the edge of your chair with a straight spine. Bring your chin in (rather than up) so that your larynx or voicebox is close to your cervical spine. Use your index fingers to press gently on the cartilage flaps of the ears or place the fingertips in the actual canal- the goal is to close off the ear from external sound. Elbows stay out to the side. Inhale fully. As you exhale, hum loudly, thinking of a bee...focusing the sound forward and letting it buzz into the bones in your face while you focus on the third eye. Gently pull the belly in as you exhale. The pitch does not matter; just keep the sound loud and constant. (This drowns out the chatter of that lovely monkey mind!) Allow the sound to continue until you run out of breath. Inhale, and repeat several times. When you feel complete, sit quietly and observe the effects on the body.

Humming (Bhramari) has a strong and positive effect on the pineal and pituitary glands. It is one of the best ways to instantly relieve tension, anger and anxiety. It is a wonderful breathing technique for people suffering from hypertension as it calms down the agitated mind. It gives relief if you're feeling hot or have a slight headache, helps release migraines, improves concentration and memory, builds confidence, and helps in

reducing blood pressure. Bhramari pranayama induces a meditative state by harmonizing the mind and directing the awareness inwards. The vibrations of the sounds create a soothing effect on the mind and nervous system.

There is no positive action.

This is complete.

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