

Getting wiser through Reflective Re-patterning



Reflective re-patterning (RR) - a new therapy and personal development technique for individuals and groups - is having an immediate effect in so many different ways on peoples' lives. Sunita Passi interviewed its creator - Chris Millbank - and finds out how clients learn how to harness their natural tendencies to their greatest advantage.

One of my greatest personal joys is reviewing personal development programmes that give you a new perspective on your life journey. There is nothing like seeing the participants in these groups go from challenging situations to expressing and aspiring to something new and rewarding. For pretty well my entire writing career, especially the past four years or so, I have invested time and energy into sourcing the next generation of transformational teachers and reviewing and writing about their work.

So it gives me great pleasure to celebrate the inner sense of direction of Chris Millbank, whose RR training was brought to my attention by event organiser Solar Events. Many people today are struggling to deal with inherent health concerns, have more energy, and balance emotional stress. As our lives get busier through advanced technology, hectic periods in our lives, and greater demands on us as individuals, we find it more difficult to calm down as we feel we have to keep things moving!

Unquestionably, certain individuals feel 'called' to come up with solutions to these challenges, leading Practitioner Millbank being one of them. I asked him how he came across his vision: 'I suffered with severe respiratory problems as a child, an Osteopath used cranial sacral techniques and put me on a special diet aged twelve. I reckon this saved my life.' He shares the various technical and healing methodologies he became inspired to study including

Hypnotherapy, Reiki, Karuna, Counselling, Meridian-based Therapy, Thought Field Therapy (TFT), the list goes on.

After a spell teaching in Kenya and Tanzania and becoming founder of TFT Dr Roger Callahan's right hand man internationally, he was ready to walk his own walk. RR came to life in 2008 as a whole new way of thinking, doing and treating. 'RR is a whole new way of thinking, the RR laws of opposites alone has changed my life.' Millbank explains how the treatment works: 'We balance the opposites. If we love something or someone, our body generates emotional stress. These are actually the signals of where we can create more neutrality.'

Millbank articulates his vision for better health: 'Even good emotions show us where we have an energetic void in our lives and of others too. I get inundated with people writing to me and telling how RR has dramatically changed their lives.' He explains how RR can also bring more value and create more confidence in you: 'We also use it to create more brain flexibility. A lady even used it for a perfect pain free birth when she was told to have a caesarean and so did a woman who thought she would always be single and is now married.'

The benefits are so many and too great to mention them all, but in a nutshell RR is effective in: 'education, politics, spirituality, science, arts.' And for: 'jealousy issues, depression,

household bound anxiety, people on the edge of bankruptcy have been hauled back into financial freedom and much more,' says Millbank.

More than words, I can see RR requires leadership and a heartfelt commitment, which Millbank radiates as a teacher and a mentor: 'RR was downloaded to me, and added to my previous knowledge and experience. I had many out of body experiences and intense dreams, it was tough but beautiful.'

A prime example of leading from the inside out, Millbank is clearly

helping us move our energy to a higher level with his RR technique. As he continues to inspire people to be better than they already are and help them

identify with their better nature, he is also impacting the wider world. If you would like to learn more about RR, train with Millbank in his methodology and spread the RR message, please contact: Jemma Prittie, Solar Events Office: (+44) 208 123 9736 Website: www.solar-events.co.uk

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