



## Answers to Frequently Asked Questions About the Reconnection

### 1. What is the Reconnection?

The Reconnection is the umbrella process of reconnecting to the universe, which allows Reconnective healing to take place. These healings and evolutionary frequencies are of a new bandwidth brought in via a spectrum of light and information. It is through The Reconnection that we are able to interact with these new levels of light and information, and it is through these new levels of light and information that we are able to reconnect. This is something new. This is different. This is real- and it can be entrained in each of us.

### 2. How does this compare to other frequencies? How does it differ from other forms of energy work used now?

There is something that we're experiencing of which most of you are at least somewhat aware. It's that time seems to be moving faster as well as expanding. This transition is referred to by many names. "The Shift" and "Shift of the Ages" are two terms used by Gregg Braden. The transition was predicted by the Mayans, the Incas, the Hopi, Nostradamus, Edgar Cayce, and the Kabbalah (both Jewish and Christian). In [Walking Between the Worlds](#), Braden defines this shift as "both a time in Earth history as well as an experience of human consciousness. Defined by the convergence of decreasing planetary magnetics and increasing planetary frequency upon a point in time, the Shift of the Ages, or simply, The Shift, represents a rare opportunity of collectively repatterning the expression of human consciousness. The Shift is the term applied to the process of the Earth accelerating through a course of evolutionary change, with the human species linked, by choice to the electromagnetic fields of Earth, following suit through a process of cellular change."

In the healing realm, many of the techniques that have stood the test of time function just as they always did- it's just that we now have more, and we now are more, so the old techniques are no longer enough. As good as they always are, within our new, expanded parameters, they are no longer appropriate- just as lanterns would not be appropriate as headlights on a car, although, for a horse and buggy, they functioned just fine. The weaknesses these techniques are subject to - the removal of jewelry, the removal of leather, faith on the part of the recipient, protection rituals for both parties involved are not present in the new frequencies.

### 3. What's the difference between Reconnective Healing and the Reconnection?

The difference between Reconnective Healing and the Reconnection is basically one of the intent. The intent of Reconnective Healing is essentially that of healing, be it physical, mental, emotional, spiritual, or any other level. And, of course, to achieve the degree of healing brought forth via Reconnective Healing, you will, to some extent, experience reconnection as part of the process. It's this "Reconnection" that allows



Reconnective Healing to be so dramatically more comprehensive than the healing “techniques” we’ve had up until now.

**The intent of The Reconnection is to bring us into the fullness of our inherent connection with the universe. This is done via a two-session experience, commonly referred to as receiving your personal Reconnection.** And, of course, to achieve the degree of reconnection brought forth via The Reconnection, you will, to some extent, experience healing as part of the process.

And, although the two are not completely separate processes, to obtain the full benefits of each, your Reconnective Healing session and your personal Reconnection sessions are to be experienced on separate occasions.

#### **4. What can I expect during a session of the Reconnection? What’s the best way to prepare for it? What can I do to allow it be most effective?**

Everyone’s experience with The Reconnection is unique. Often healings are reported in an instant in just one session, and sometimes it takes a bit longer for a healing to unfold. If you’re lucky, your healing will come in the form you anticipated; if you’re lucky, your healing will come in a form you haven’t even thought of, one that the universe has in mind specifically for you.

Healings come in all forms. The best way to allow for a healing is to proceed in a state of expectancy, without expectation or attachment. Place yourself on the table, relax, close your eyes and simply notice. Observe. Become both the observer and the observed.

Be in a relaxed atmosphere, lie down on your back on a massage table or whatever other comfortable arrangement you’ve decided on, and close your eyes and notice. Just notice. Withdraw your participatory thought process and simply observe when there’s something to notice, as well as when there’s nothing to notice; lie there and let go, as if you simply had a little unexpected rest time.

I wouldn’t suggest that you try to make your mind a blank or try to think of nothing. As a rule, people have trouble with the concept of thinking of nothing. The mind is always going. I suggest that you simply notice whatever it is that brings itself to your attention. This gives you something to do and has a tendency to alleviate the stress often encountered when trying to think of nothing and finding that you don’t know how. Place your attention inside your body and allow it to travel through you. Observing whatever you perceive as out of the ordinary will give you enough to occupy your mind without your getting lost in mental “shoulds” and “shouldn’ts”.