

THE RECONNECTION®

# RECONNECTIVE HEALING®

A SIMPLE AND POWERFUL WAY TO HEAL



MINI-GUIDE

[WWW.THERECONNECTION.COM](http://WWW.THERECONNECTION.COM)

THE RECONNECTION®



RECONNECTIVE  
ACADEMY  
INTERNATIONAL

# TABLE OF CONTENTS

01 [INTRODUCTION TO RECONNECTIVE HEALING](#)

---

02 [UNDERSTANDING ENERGY HEALING](#)

---

03 [BENEFITS OF RECONNECTIVE HEALING](#)

---

04 [RECEIVING HEALING](#)

---

05 [HEALING OTHERS, HEALING YOURSELF](#)

# WELCOME!

Reconnective Healing (or RH) is an established non-touch energy healing approach without complicated steps, equipment, procedures, or rituals. It is scientifically supported and known to facilitate significant advancement in all areas of daily life: physical wellbeing, mental clarity, inner emotional peace, and spiritual life growth.

In this mini-guide, you'll learn about all the benefits you could experience through Reconnective Healing and how to learn to receive these healing frequencies.

Many Blessings!

Dr. Eric & Jillian



# 1

## INTRODUCTION TO RECONNECTIVE HEALING

### RECONNECTIVE HEALING IS A GAMECHANGER

Unlike energy healing modalities, Reconnective Healing is relatively new to humanity. [Dr. Eric Pearl](#) discovered it at his chiropractic office in 1993. One day, Dr. Eric realized that extraordinary healings were taking place by simply moving his hands around his patients.

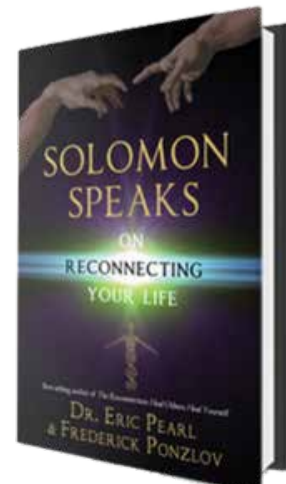


These miraculous happenings quickly escalated into sudden voice channelings coming from over fifty of his patients during the following three months. Despite being a self-professed non-believer at the time, Dr. Eric was instantly aware that something bigger than himself was taking place. Instead of blocking or denying the gift he was receiving, he allowed it to become his life's focus.

He eventually published his story in the internationally best-selling book [The Reconnection: Heal Others, Heal Yourself](#) (published by Hay House and now in 40 languages).

Dr. Eric followed it up with the collection of channeled messages that he received over approximately 20 years through his patient Frederick Ponzlov, published as **Solomon Speaks On Reconnecting Your Life** (Hay House).

The information conveyed via these channeled messages inspired Dr. Eric to name this energy Reconnective Healing.





*Click image to watch a short video about why this healing approach is called Reconnective Healing.*

Science research quickly showed that Reconnective Healing is comprised of a comprehensive spectrum of frequencies that appears to include all known energy healing frequencies.

Scientists and researchers also observed that the Reconnective Healing frequencies effect expanded benefits, such as those documented while testing science-induced damaged DNA.

In these experiments, the intentionally damaged DNA that lost its ability to remain in its natural and healthy coiled double-helix state and the DNA with previously existing damage, self-repaired and healed when exposed to the Reconnective Healing frequencies. As a result, it coiled back up into its normal, healthy state, something that had been impossible for isolated DNA to do. We'll look in detail at the results of these experiments in [Chapter 2](#).

Scientists, researchers, practitioners, and those receiving healing have observed how changes occur, covering what seems to be an infinite array of healing possibilities.

Some changes are at the molecular level and invisible to the naked eye; others are tangible and obvious. The way healings and changes manifest is why it's widely believed that the RH frequencies are reconnecting and restructuring our DNA.

## HOW RECONNECTIVE HEALING MAY BE RECONNECTING OUR DNA AND REWIRING OUR BEING

**1**

### FACILITATES RECEIVERSHIP

Establishes a capacity to receive and interact with the Reconnective Healing frequencies.

**2**

### DNA REPAIRS AND UPGRADES

Our DNA has not only been observed to be repaired in a very short period of time, but it also receives “downloads” of information that upgrades it to an optimal state.

**3**

### EXTRA-SENSORY ABILITIES

One of the most often reported changes is suddenly developing extrasensory perception (ESP) including precognition, retrocognition, clairvoyance, mediumship, clairsentience, clairaudience, telepathy, clairance and clairgustance.

**4**

### ENERGY-BASED COMMUNICATION

Communication via energy suddenly becomes possible, allowing for conscious interaction with the RH Intelligence, the multiverse, the information in the Quantum Field – and with one another.

**5**

### MULTIDIMENSIONALITY

The ability to consciously step out of our current timeline and space-time boundaries and enter into parallel universes and timelines – what science has termed quantum teleportation.

It was also noticed how easily transferable these frequencies are. By simply being in their proximity is often enough to be able to start to perceive them. In a broad sense, these Reconnective Healing frequencies are Energy, Light & Information® that easily “jump” from person to person and bring about lasting beneficial changes.

Anyone coming in contact with the RH frequencies will receive healing.

*Understanding*

# ENERGY, LIGHT & INFORMATION

THE ENERGY, LIGHT & INFORMATION® EXCHANGE VIA RECONNECTIVE HEALING HAPPENS SIMULTANEOUSLY.

**ENERGY**

Becoming aware of the Reconnective Healing frequencies, at a conscious and/or cellular level, initiates the connection with the Energy

**LIGHT**

Our innate cellular light, called biophotonic light, instantly increases. Light may also become tangible and visible as we interact with the Reconnective Healing frequencies

**INFORMATION**

Information exchange starts the instant we become aware of the Reconnective Healing frequencies. This information effects changes in our DNA/molecules as well as in our environment



*Dr. Eric Pearl*

As he continued to expand his understanding of the RH frequencies, Dr. Eric recognized that he could help others learn how to use Reconnective Healing and has taught countless thousands of people around the planet through his training programs. As a result, Dr. Eric has seen Reconnective Healing reach every corner of the earth.

With the support of The Reconnection International Team of Mentors & Instructors, Dr. Eric has established a presence in almost every country.

And through [Jillian Fleer](#), Dr. Eric's partner and Head of Insight and Development for The Reconnection LLC, Reconnective Healing continues to expand everywhere.

As Dr. Eric has observed his own growth and understanding of Reconnective Healing, he realizes there is still more that these healing frequencies offer, something that goes ***infinitely beyond healing***.

Through the inspiration provided by Jillian, the realization of Reconnective Healing as **an experience** has come into being. What does this mean?



*Jillian Fleer*

We know that hundreds of thousands of people have discovered that Reconnective Healing is a simple, powerful way to heal. Yet, a much larger picture of what happens in every interaction has emerged through their healing stories.

They've also come to recognize that they have been able to transcend their concept of living in 3 dimensions (3D), as well as move past their perceived limitations. They have experienced their connection with everyone and everything, the universe and beyond. They've had what can only be termed a Reconnective Healing Experience.

Considering the scope of what has been observed, noticed, and experienced during virtually each RH interaction and how these bring about profound changes, the Reconnective Healing Experience is the ultimate vehicle for healing, personal growth, and profound life progress.



**GOT QUESTIONS? COMMENTS?**

**CONTACT US**

Email: [Info@TheReconnection.com](mailto:Info@TheReconnection.com) Telephone: +1 (323) 960-0012

# 2

## UNDERSTANDING ENERGY HEALING

### *HOW ENERGY CONNECTS US ALL*

True Energy Healing (not to be confused with energy medicine, such as medical radiation-based treatments) is a crucial component of Complementary and Alternative Medicine (CAM, also referred to as Integrative Healing). It's considered a modality or technique in which the practitioner (or healer) harnesses a subset of energy frequencies and directs them into those who need them, generally concentrating on the area perceived as requiring healing.

There are many energy healing modalities, such as multiple forms of Reiki and Qi Gong, Jin Shin, Jin Shin Jitsu, and Johrei. We've recently seen Healing Touch, Quantum Healing, and Matrix Energetics also coming into the energy healing arena.<sup>1</sup>

Using energy to heal has been with us

<sup>1</sup> There are many more energy healing modalities, such as pranic healing, crystal healing, hands of light, acupuncture, touch of light, EFT tapping, polarity balancing, chakra balancing, aura cleansing, and shamanic healing.

very possibly since our very first steps as human beings on Planet Earth. The fact that humanity can access energy to heal others and ourselves tells us that each of us is equipped to do this: we are all born with the ability to interact with frequencies and vibrations.

The reason we are naturally able to access energy this way is that we are made of energy. Science has demonstrated that each of us is, physically speaking, nothing but a congregation of molecules vibrating at incredible speeds and, therefore, we are energy itself.

While the energy healing techniques vary in approach and steps, they pretty much all share these same essential elements. The practitioner focuses on sending energy into a specific area that the client has determined needs fixing. Reconnective Healing doesn't work that way.

One of the most exciting aspects of Reconnective Healing is that it doesn't behave like any energy healing modality, technique, or therapy. Instead, Reconnective Healing acts like nothing else we know in healthcare and healing and even science!

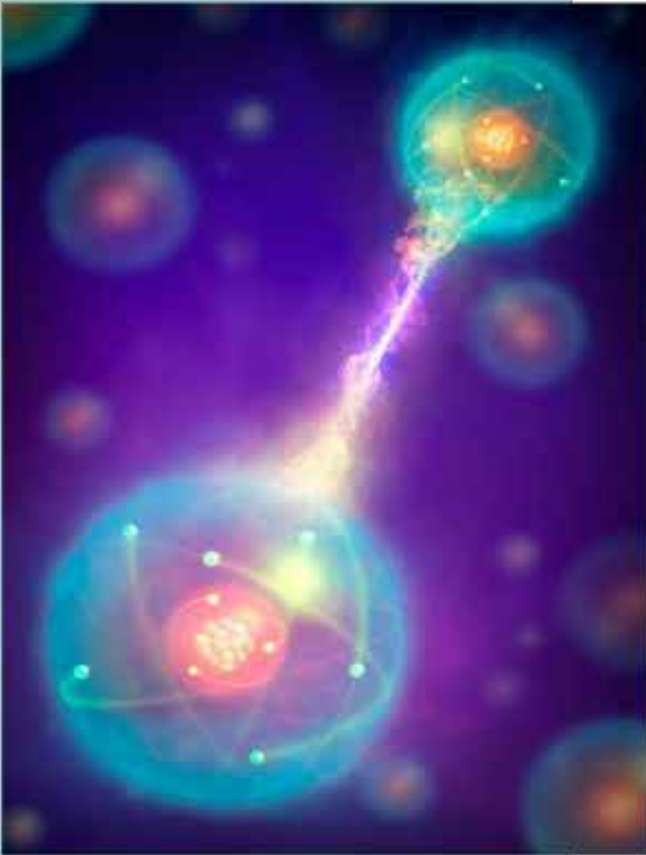
## HOW RECONNECTIVE HEALING IS DIFFERENT FROM ENERGY HEALING MODALITIES

- 1 It requires no techniques, rituals, or steps to master or follow when accessing.
- 2 Energy is not sent: the practitioner functions as a catalyst, not a conduit.
- 3 Energy is not directed to any specific area or intended to a specific result.
- 4 The effects/strength seem to increase with distance from the facilitator.
- 5 It's the entire bandwidth, not a subset of energy, that is accessed with every interaction.

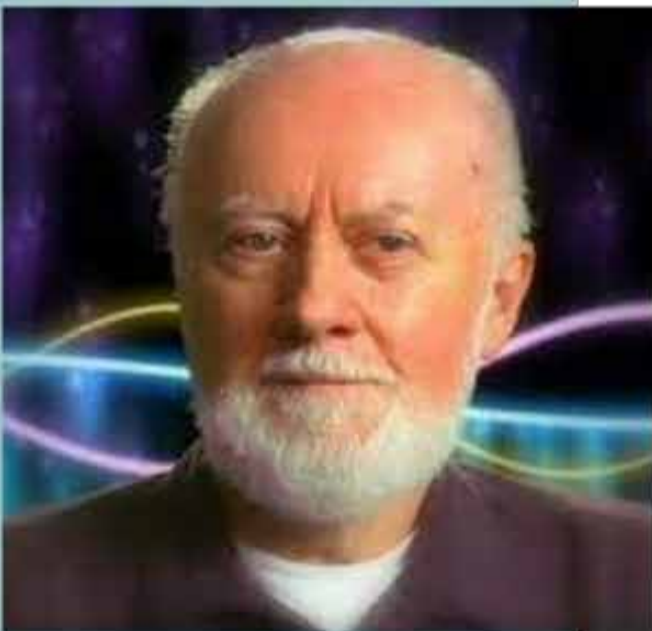
A **conduit** allows for energy to be channeled through them. However, without becoming a channel themselves, a **catalyst** provides the spark needed for the connection between the person receiving the healing and the Reconnective Healing frequencies.

As more scientists research RH, it has shown that with every interaction, an entrainment - what may have once been called *the alignment* or *attunement* - occurs between the person receiving the healing and the practitioner facilitating the healing.

Entrainment happens when a dominant high vibration incites lower vibrations to raise their vibratory speed to match the dominant one. For example, in Reconnective Healing, the molecules of someone who is vibrating slower than the practitioner automatically increase their speed and reach the higher vibrational frequency of the RH practitioner. This entrainment is how the connection first occurs.



*Quantum entanglement. Conceptual artwork of a pair of entangled quantum particles or events (left and right) interacting at a distance. Quantum entanglement is one of the consequences of quantum theory. Two particles will appear to be linked across space. Provided by Science Photo Library / Canva*



*Dr. William Tiller*

The healing / experience itself happens via what Quantum Science can only describe as quantum entanglement. Entanglement is a type of synchronization between two molecules separated by time and space and through which they exchange information instantaneously.

Physicist and Professor Emeritus at Stanford University Dr. William Tiller, Department of Material Science and Engineering, who's studied RH in-depth, concluded that entanglement was taking place between those interacting with the Reconnective Healing frequencies of Energy, Light & Information through a healing/experience and what he called a "reciprocal space."

This reciprocal space, or universe, seems to contain information that Reconnective Healing can easily access. You could say that this reciprocal space holds master blueprints for each of us, with all our possibilities and potential.

# PHYSICS, QUANTUM PHYSICS AND

# Reconnective Healing

Through years of research and observation scientists have determined that there are three tangible stages during any interaction with the Reconnective Healing® frequencies.

## ENTRAINMENT

Also known as Attunement and Alignment

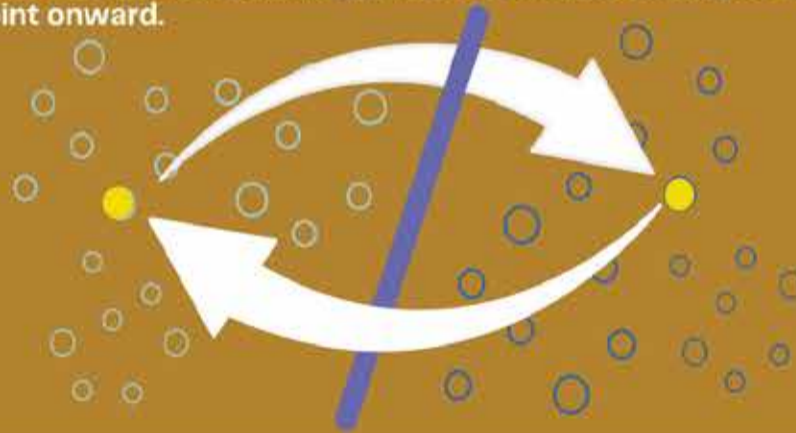
Entrainment allows the lower vibrational frequency to attune or align with the higher vibration frequency. For example, when we tap a tuning fork to start its vibration, any other tuning fork in its vicinity will elevate its vibration to match it automatically and within seconds. The same has been observed between the Reconnective Healing facilitator (the higher vibration) and the person receiving the healing, regardless of the distance between the two.



## ENTANGLEMENT

Also known as Quantum Entanglement and Synchronicity

As proposed by quantum physics two molecules separated by space and time retain the ability to instantly communicate and exchange information if they are entangled or synchronized. It is believed that this is how we connect with the Reconnective Healing Intelligence: it reconnects our DNA to facilitate the information exchange, and we become entangled with It from that point onward.



## RECIPROCAL SPACE

Also known as Reciprocal Universe

The theory of a reciprocal space or universe that is accessed during any interaction with the Reconnective Healing frequencies was first proposed by quantum physicist Dr. William Tiller in 1995. He noticed that the area where the interaction was taking place was showing excess thermodynamic free energy impossibly appearing out of nowhere in his measurements as if a door or portal had been opened to an unseen plane/dimension. Although the room remained at a comfortable 72 F the excess energy measured an increment of 575 degrees!

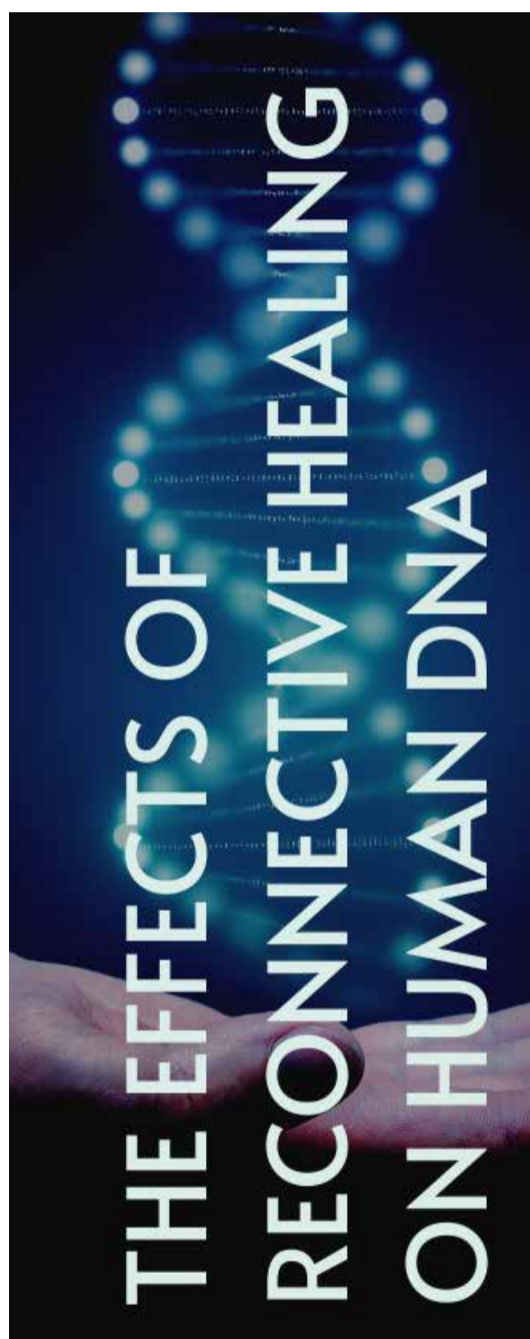


Thermodynamic Free Energy

This term refers to heat-inducing, uncoupled (or free-floating) energy



And Dr. Glen Rein, through his DNA studies, was the first to discover that, unlike all known energy behaviors, the RH frequencies and the connection do not diminish with distance. They don't fade, and they don't weaken. Instead, while observing and measuring healings at his research lab, he concluded that distance strengthens the effects of any interaction with RH.



## THE EXPERIMENT

Dr. Rein and his team denatured (partially unwound) human DNA with hot water. Some samples were exposed to RH and others remained untouched as control. The results would be observed in real-time.

## PREVIOUS FINDINGS

Dr. Rein had already done similar tests with Reiki and Qi Gong practitioners, and had found that their healing intervention slowed down the rewinding of the DNA, which rewound back naturally after a while. Dr. Rein expected to see the same results with the Reconnective Healing practitioners.

## RESULTS

Contrary to their expectations, the DNA exposed to Reconnective Healing rewound faster than the one exposed to Reiki and Qi Gong, and faster than the control samples.

But that was not all. Dr. Rein also noticed several other unexpected results.



## GOT QUESTIONS? COMMENTS?

### CONTACT US

Email: [Info@TheReconnection.com](mailto:Info@TheReconnection.com) Telephone: +1 (323) 960-0012

Dr. Rein also noticed that:

**1**

### RH GETS STRONGER WITH DISTANCE

Dr. Rein noticed that one of the RH practitioners moved away from the sample to about 6 feet, and actually walked around the area as they facilitated the healing. This practitioner's results were the most consistent, producing a marked stimulation of DNA rewinding on both trials.

**2**

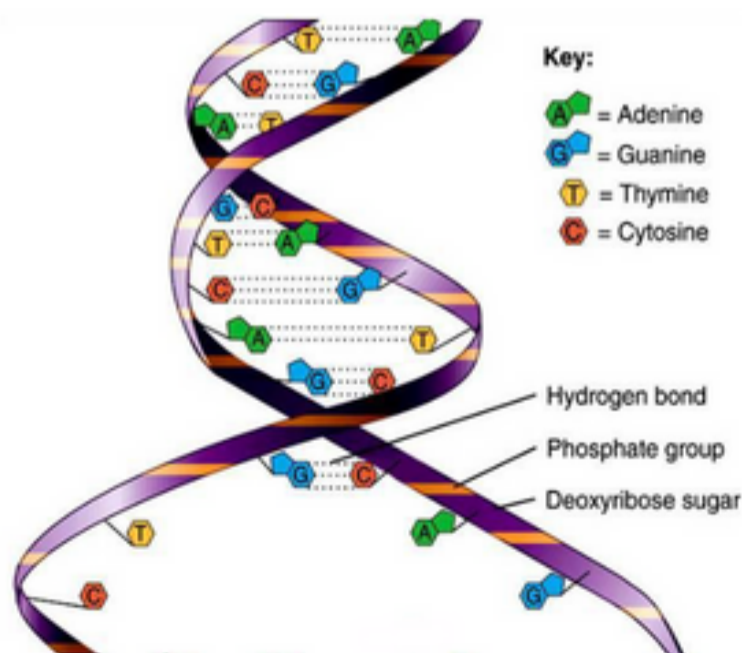
### RH IS A QUANTUM PROCESS

It appeared that quantum forces were having a macroscopic effect on DNA by helping hold together and stabilize the macromolecule as extra hydrogen bonds were instantly produced, something not seen with the healing modalities nor in the control samples. This significantly delayed the rate of decay of the RH exposed DNA.

**3**

### THERE'S NON-DIRECTED INTELLIGENCE AT WORK

While the Reiki and Qigong practitioners followed steps and directed the energy with an intention to heal, the Reconnective Healing practitioners entered into a state of awareness and nonjudgmental observation, allowing for a "universal healing energy" to do the healing.



© GLEN REIN, PHD

**“The ability of Reconnective Healing practitioners to increase rewinding of DNA means more hydrogen bonds are formed and more quantum fields are generated.**

**It is therefore probable that Reconnective Healing energies induce quantum processes in DNA.”**

– GLEN REIN, PHD

DIRECTOR OF QUANTUM BIOLOGY RESEARCH LAB, RIDGWAY, CO

# 3

## **BENEFITS OF RECONNECTIVE HEALING**

### ***THE INFINITE GIFTS RH BRINGS***

Without a doubt, every single Reconnective Healing Experience holds the potential to bring about meaningful changes and personal growth, as scientific research and testimonials indicate and continue to tell us. We also observe that the healing is often instantaneous and tends to last a lifetime.

The following list includes some of the most often-reported benefits observed and received through interaction with the Reconnective Healing frequencies.

#### **1 | HEALINGS**

**physical (broken bones, hereditary conditions, cancer, blindness, deafness, cardiovascular disease, skin problems, etc.), mental (psychosis, autism, etc.), emotional (anger, unhappiness, depression, anxiety, etc.), and spiritual (spiritual detachment, lack of life's purpose, etc.)**

#### **2 | AWARENESS**

**An expanded awareness of your inner self and your true needs**

#### **3 | INNER PEACE**

**A deep sense of peace and calm**

#### 4 | MENTAL CLARITY

It's suddenly easy to make decisions, to resolve issues, to have direction and purpose in life

#### 5 | CONNECTION

A sense of connection with everyone and everything

#### 6 | WELLNESS AND BALANCE

We experience a sense of well-being, of being in balance within ourselves and in our lives

#### 7 | INSPIRATION

We "find our muse" instantaneously

#### 8 | ACCEPTANCE

We start to accept ourselves with ease and stop questioning our worthiness / self-worth

#### 9 | NEW ABILITIES

Previously unknown or latent talents emerge

#### 10 | SYNCHRONICITY

Synchronicities become a more recognizable and common occurrence in our daily lives

#### 11 | SEAMLESS CHANGE

Change becomes more seamless and our resistance to it becomes less powerful

#### 12 | JOY

Joyfulness becomes more frequent and our sense of appreciation often shows up more readily

#### 13 | INSTINCTUAL RESPONSE INCREASES

Our instinct becomes sharper, helping us guide our daily life in a more beneficial way

#### 14 | KNOWINGNESS

A sense of "knowing" without understanding or needing to know "why"

#### 15 | LIFE GETS RE-ORGANIZED

Re-organizing of life and living environments are mentioned frequently

#### 16 | RELATIONSHIPS AND INTIMACY IMPROVE

Relationships smooth, enhance and develop while intimacy issues are frequently resolved or softened

#### 17 | BETTER COMMUNICATION

Communication often becomes more inspired and fluid

#### 18 | EGO DISAPPEARS

There's a sudden shift from "being in control" to "being in the flow"

#### 19 | CONTROL ISSUES VANISH

The ego takes a backseat, often effortlessly

#### 20 | ANGER DISSIPATES

Anger and temper issues dissipate

#### 21 | FRUSTRATION DISSIPATES

Release of frustration happens easily

#### 22 | MORE LOVE

Love becomes more abundant in your life

#### 23 | GREATER PATIENCE

Patience shows itself more consistently

Receiving all the benefits the Reconnective Healing Experience offers is not limited to those seeking healing or looking to deepen their understanding of themselves and their place in the universe.

We witness, time and again, that even casual exposure to the Reconnective Healing frequencies typically brings benefits to the recipient. Who can benefit, transform and evolve from Reconnective Healing? Reconnective Healing is for everyone.

One of the most potent aspects of interacting with the Reconnective Healing Frequencies is that its benefits, healings or otherwise, always address and resolve something that is truly needed, not necessarily what we may think we need. Why? Because these changes are directed and guided by Universal Intelligence.

We often mistake our wants for our needs and focus on specific outcomes. Without knowledge of the whole picture, we don't know what is truly most appropriate for us at this time. The intelligence in RH bypasses what our ego wants and aims to bring about the changes we genuinely need.

Dr. Eric himself noticed from the very beginning that, despite his best efforts, he could not direct nor control this intelligent energy. He soon realized that the more he tried to do so, the less powerful the healings were. He recognized that his expectations for results were creating a sort of interference and quickly learned to get out of his own way and let the Intelligence of Reconnective Healing - call it God, Love, Source, or the Universe - be the guiding force in every session.

However, when looking at the list of benefits that could come from a single Reconnective Healing Experience, allowing this intelligence to bring about what is needed becomes the simple and powerful choice.



*A participant at a RH training program receives healing.*

# 4

## RECEIVING HEALING

### HOW TO CONNECT WITH THE RH FREQUENCIES

The discussion about energy healing often centers around deciding whether this specific modality or that particular technique is the one you should use.

When it comes to Reconnective Healing, it is pretty simple to recognize. Ask yourself the following:

- ***Are you drawn to Reconnective Healing?***
- ***Did you \*suddenly\* realize you were aware of Reconnective Healing?***
- ***Is something about Reconnective Healing resonating with you in an oddly familiar way?***

If your answer is “yes” to any of these, then something in you, possibly at a cellular or molecular level, already recognizes Reconnective Healing. So at the core level of your very essence, you already *know*.

## WHAT HAPPENS IN A RECONNECTIVE HEALING SESSION?

**1**

### A SESSION CAN BE IN PERSON OR DISTANT (VIA DISTANCE)

The Reconnective Healing frequencies are interacted with through a session with an RH practitioner. The person receiving the healing may be present at the same location or in another place, even another country: distance doesn't diminish the effects of the Reconnective Healing Experience.

**2**

### IT'S A NON-TOUCH APPROACH

There is no need to touch the person requesting the healing at any time during the session since, as discovered by Dr. Glen Rein, being at a distance from the RH practitioner brings about the strongest effects.

**3**

### NO RITUALS OR STEPS ARE REQUIRED

There's no need for special clothing, amulets, candles, crystals, invocations, or other rituals. The approach is simple: as the RH practitioner entangles with the RH frequencies their vibration increases, causing their client to entrain with the RH frequencies instantaneously.

**4**

### DURATION

A Reconnective Healing session typically lasts an hour: 30 minutes of interaction with the RH frequencies and 30 minutes total of briefing and debriefing with the practitioner (before and after the session).

**5**

### RELEASING EXPECTATIONS

Just as the RH practitioner does not direct the Intelligence of Reconnective Healing, the person receiving the healing will benefit from releasing their expectations about what they want and letting the Universe instead bring them the gifts they need.

Receiving healing and all other benefits through Reconnective Healing is also simple. As a matter of fact, you've been interacting with the Reconnective Healing frequencies from the moment you started reading this mini-guide! In Chapter 5, we'll show you a few exercises you can use to feel for, find and follow or stretch the RH frequencies.

As we've mentioned before, unlike energy healing modalities, in Reconnective Healing, energy is not sent, it is received. Therefore, the Reconnective Healing practitioner does not focus energy, hold sacred space, breathe in/breathe out energy, etc. Instead, RH practitioners train to learn to receive.

Why receiving instead of sending? Because the RH practitioner is not a conduit. Instead, the Reconnective Healing practitioner is a catalyst for connecting the Reconnective Healing frequencies and the person receiving the healing.

**“When we say we receive energy, think of Bluetooth technology and how two apparently separate things pair up by becoming aware they are the same frequency.”**

- JILLIAN FLEER  
HEAD OF INSIGHT AND DEVELOPMENT, THE RECONNECTION



**GOT QUESTIONS? COMMENTS?**

**CONTACT US**

Email: [Info@TheReconnection.com](mailto:Info@TheReconnection.com) Telephone: +1 (323) 960-0012

Thus, the Reconnective Healing practitioner “tunes in” to the Reconnective Healing frequencies while also “tuning in” to the person by placing their attention on them, allowing the vibrations to become one and allowing for this connection to take place.

Since each of us is 100% capable of connecting with the intelligent energy of Reconnective Healing, you may be wondering if there’s anything else you need to do?

While the entrainment happens automatically - our molecules always seek out the most elevated state of vibration/wellness - it is essential that we allow ourselves to receive these healing frequencies to experience Reconnective Healing fully.

We all have diverse beliefs and perceptions, and often people may have misgivings about allowing others near their energy field.

Understandably, one may have reservations about someone channeling energy through them or into another. As a result, one may consciously (or unconsciously) try to block it.

Yet, since there is no channeled energy in Reconnective Healing, trusting its intelligence and opening ourselves up to the gifts the universe has in store for us will bring about the changes and healing that will bring great joy and benefit our lives.

And, since the energy cannot be directed and has no need to be directed, our role is that of an observer, a witness, the same as with the RH practitioner. Trying to tell this intelligence where to go, what to do, or where we would like healing is simply not necessary. It knows what each of us needs.



*A mature student at an RH training program becomes a catalyst for healing*



*A male student at a RH training program allows himself to be the receiver for the RH frequencies as he facilitates a session on a visitor*

# 5

## HEALING OTHERS, HEALING YOURSELF

### *LEARNING TO INTERACT WITH THE RH FREQUENCIES*

Our perceptions and expectations tend to be the main reasons we decide whether or not to use complementary and alternative medicine (CAM, also called integrative medicine), and it's very specifically true when it comes to energy healing. As we've mentioned before, the idea of someone channeling energy through them to heal you might trigger a feeling of vulnerability.

When Reconnective Healing entered our world and consciousness in 1993, it provided a vast paradigm shift about our understanding of healing and the very nature of who can heal and who can be a healer. So often a judgment is made about our worthiness and the worthiness of others when it comes to receiving and facilitating healing. The fact is:

a) Dr. Pearl discovered almost immediately that healings were often happening spontaneously to people he came in contact with regardless of their backgrounds or beliefs, and

b) He realized he could teach anyone to become a healer. These two discoveries tell us right away that no one needs unique attributes or abilities to receive or facilitate healing through Reconnective Healing.

Receiving the Reconnective Healing frequencies starts by simply allowing yourself to tune in to them. To help you experience them try the following exercises from The Portal: Reconnective Healing® Online Level I Course we have included in the following pages.



*[Guglielmo Poli](#), left, and [Rob Koenig](#), right, are the co-directors of The Reconnection. They oversee The Reconnection international team of instructors and mentors. Guglielmo is also the founder of [The Reconnective Academy](#), and leads our global in-person training programs.*

**“You are worthy by the  
simple fact that you were  
born.”**

**- DR. ERIC PEARL  
FOUNDER, THE RECONNECTION AND RECONNECTIVE HEALING**

# FIND, FEEL AND FOLLOW THE FREQUENCIES

The following are a selection of exercises from The Portal: Reconnective Healing® Online Level I Course



## EXERCISE 1. HAND CRISPNESS AND MUSCLE TONE

Click the image below to watch this exercise video. The link will take you to Vimeo.



*“Hand Crispness and Muscle Tone” is a segment from our Reconnective Healing online course, The Portal. Please find a comfortable, open area where you can follow Dr Eric’s instructions. Avoid watching this video while driving or walking.*

# FIND, FEEL AND FOLLOW THE FREQUENCIES

The following are a selection of exercises from The Portal: Reconnective Healing® Online Level I Course

2

## EXERCISE 2. INTRODUCTION TO FEELING WITH YOUR HANDS

Click the image below to watch this exercise video. The link will take you to Vimeo.



*"Hand Crispness and Muscle Tone" is a segment from our Reconnective Healing online course, The Portal. Please find a comfortable, open area where you can follow Dr Eric's instructions. Avoid watching this video while driving or walking.*

# FIND, FEEL AND FOLLOW THE FREQUENCIES

The following are a selection of exercises from The Portal: Reconnective Healing® Online Level I Course

3

## BONUS EXERCISE: WAX ON, WAX OFF

Click the image below to watch this exercise video. The link will take you to Vimeo.



*“Hand Crispness and Muscle Tone” is a segment from our Reconnective Healing online course, The Portal. Please find a comfortable, open area where you can follow Dr Eric’s instructions. Avoid watching this video while driving or walking.*

# WHAT'S NEXT?

The Reconnective Healing experience offers us gifts beyond the healing of physical, mental, emotional, or spiritual challenges. Thanks to the intelligent energy that uses these frequencies to connect with us, we can reconnect with our true selves, with everyone and everything in our world, with the universe, and with Source itself.

As our understanding and experience of Reconnective Healing continue to evolve so will the cornucopia of gifts it presents us with in every interaction.

Thank you for reading this guide. We hope it has brought you the information you seek, and we look forward to your comments and questions.

Many Blessings!

*Dr Eric, Jillian & The Reconnection Team*



## WRITE TO US OR CALL US:

The Reconnection, LLC  
 P.O. Box 3600,  
 Hollywood, CA 90078-3600  
 USA

Tel.+1, (323) 960-0012



Website: [www.TheReconnection.com](http://www.TheReconnection.com)



Email: [info@TheReconnection.com](mailto:info@TheReconnection.com)



Facebook: [@ReconnectiveHealingExperience](https://www.facebook.com/ReconnectiveHealingExperience)



Instagram: [@TheReconnection](https://www.instagram.com/TheReconnection)



YouTube: [The Reconnection](https://www.youtube.com/TheReconnection)

**"This book offers interesting and fresh insight into the dynamics of healing."**

*-Deepak Chopra, M.D.*

**"Many have been waiting decades for what Dr. Eric Pearl has given us in his first book -- it's about time!"**

*- Lee Carroll, author of the Kryon books, and co-author of The Indigo Children*



## **THE RECONNECTION: HEAL OTHERS, HEAL YOURSELF BY DR. ERIC PEARL**

***Find out why this internationally best selling book continues to transform and heal lives!***

**PUBLISHED BY HAY HOUSE  
TRANSLATED INTO 40 LANGUAGES**

**[GET BOOK](#)**



**Get started on your journey with *The Portal - Reconnective Healing Level 1 Course*. This is an intimate and dynamic e-Learning experience with The Reconnection Founder, Dr. Eric Pearl, and Head of Insight and Development, Jillian Fler.**

**You will delve into the essential understanding of the principles of Reconnective Healing and the power of these frequencies as they effortlessly begin to emerge in your daily life. You will learn a new approach to feel, follow, interact and connect with everything and everyone around you.**

**START NOW**



*In-Person Programs*  
**RECONNECTIVE  
ACADEMY**

*Ready to learn Reconnective Healing in person? Visit the Reconnective Academy to read more about our Level II and Level III training programs.*

**US & INTERNATIONAL COURSES**

**NEW CATALYST (LEVEL II) DATES ADDED WEEKLY**

**FIND YOUR PROGRAM**

**JOIN OUR FREE  
FACEBOOK GROUP!**

**THE RECONNECTIVE  
HEALING EXPERIENCE**

**If you haven't already,  
we'd love you to join our  
community of like-  
minded seekers where  
you can explore more  
about Reconnective  
Healing, ask questions,  
make friends & share  
your own personal  
discoveries!**



**JOIN OUR GROUP**