Harmony Farm

ANSWERS TO FREQUENTLY ASKED QUESTIONS ABOUT RECONNECTIVE HEALING®

1. What is Reconnective Healing?
Reconnective Healing is a form of healing that is here on the planet for the very first time. It reconnects us to the fullness of the universe as it reconnects us to the fullness of our beings and of who we are. It is considered to be able to reconnect us to the universe and to our very essence not just through a new set of healing frequencies, but through possibly an entirely new bandwidth. The reality of its existence has demonstrated itself clearly in practice as well as in science laboratories.

2. Does Reconnective Healing only work on physical problems? Will it work on mental problems as well?
Healing is a return to balance. Every health challenge is a combination of the physical, mental, spiritual, emotional (and probably a few other classifications we don't have words for). We simply classify it according to its predominant characteristic. Reconnective Healing doesn't specifically "treat" anything. If, in its presence, you allow yourself to come back into balance, as many people do, then you do. You just do.

3. What can I expect during a Reconnective Healing session? What's the best way to prepare for it? What can I do to allow it to be most effective?
Everyone's experience with Reconnective Healing 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 really 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".

4. How many sessions will I need? How long does it take to have a healing?
One visit – perhaps even part of one visit- may be plenty. Generally, it is recommended that you consider up to three sessions. And, although each session is special, often something particularly special tends to be reported about session number three.

5. How long does it take to have a healing?
Healings occur in an instant. What takes "time" is for the person to "decide" to accept the healing. If you receive everything you're looking for by your first, second, or third session, it's time to let go and allow things to unfold on their own. If you don't receive anything by your third session, Reconnective Healing may not be the appropriate way for you to receive what you're looking for at this time in your life. Again, you may want to let go and allow whatever might unfold to do so. You may choose to return in three, six, maybe even eighteen months. The only time I might consider a few more sessions is either: a) if a new situation arises for you; or b) if you've been experiencing clear, recognizable, consistent improvement over the first three visits and it looks as if there's a little more to go. At that point, I might consider a few more sessions. After that, I would again let go and allow it time to unfold. Reconnective Healing is not about regular visits or "touch ups". You do not need to come in for "weekly" sessions or on any kind of "ongoing" basis. Once you have had your session(s), you own your change, your healing, and your evolution. It's yours. No one can take it away from you. Ever.

Excerpted from the FAQ Section of The Reconnection website. thereconnection.com

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