

FREE

BellaSpark

A woman with curly, light brown hair is smiling and holding a large, thick slice of watermelon in front of her mouth. She is wearing a green top. The background is a solid light green color. The magazine title 'BellaSpark' is overlaid on the top of the image, with 'Bella' in orange and 'Spark' in dark red. A gold starburst graphic is positioned above the 'S' in 'Spark'. Below the title, the text 'Igniting Change' is written in white. The word 'FREE' is in the top right corner. On the left side, there are three lines of green text: 'Eat Colorado Fresh', 'You'll Want To Watch This Channel', and 'You Can Talk to the Animals'. At the bottom, the website 'www.BellaSparkMagazine.com' is written in orange.

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Igniting Change

**Eat Colorado
Fresh**

**You'll Want To
Watch This
Channel**

**You Can Talk
to the Animals**

**Celebrating the
Age of the Crone**

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Reconnective Healing: Beyond Intention

Christine Upchurch

Many have awakened to the power of intention, the “secret” to manifesting their desires. There are books, websites, and DVDs devoted entirely to the subject. Many people around the world now understand, to some extent, that they have the power to co-create their reality. However, there is something more, called Reconnective Healing, that can enhance the co-creation process and provide gifts that extend well beyond intention.

Years ago when I was a young, physically fit vegetarian, I faced the early stages of lymphoma. Without medical treatment I healed myself of this cancer. I co-created my way to wellness by using intention — visualization and affirmations — while clearing out emotional issues that were obstacles to healing. I followed my inner guidance along the way. This process required a lot of research, time, effort and focus over the course of the two years it took for my symptoms to resolve. My path to wellness was an illuminating journey from which I learned much about the power of intention and the nature of healing.

Since healing from cancer I developed a passion for learning more about healing, which led me to explore energy healing. This journey eventually led me to learn Reconnective Healing.

Reconnective Healing originated with a chiropractor by the name of Dr. Eric Pearl. In 1993 after a strange series of events, suddenly many of Dr. Pearl’s patients could feel his hands before he touched them, and they began healing from conditions such as cancer, AIDS-related illnesses and fibromyalgia. Eventually Dr. Pearl recognized that these healing frequencies could be shared and taught to others so that they, too, could facilitate healings. It is so simple to learn; after a weekend seminar, participants have all the tools they need to become master healers in their own right.

Reconnective Healing has been shown to be new, very real, and different from energy healing. The philosophy and approach to facilitating healings differs dramatically from energy healing techniques. When a practitioner facilitates a healing session,

he/she neither directs the healing frequencies nor has any specific intent for the client. Instead, the practitioner lets go of attachment to a particular outcome, and trusts that the wisdom of the Universe will choose the appropriate healing for that client. In other words, the practitioner focuses his/her attention on the process, and leaves the intention to the Divine.

When using conscious intention to manifest, belief is essential to co-creating the desired outcome. But interestingly, with Reconnective Healing a client does not need to believe in the work to receive a healing. The first significant physical healing that I facilitated was on a man who was dragged in by his wife for what he considered to be “woo woo” work. He didn’t believe that the sessions could affect his advanced illness, yet he received the relief that he so desperately wanted anyway. As practitioners, we see this happen regularly. It’s as though the Universe has lovingly chosen a gift for the client even though the client had not accepted the possibility of receiving it in that manner.

During a session, is it important for the client to hold an intention? Well actually, no. The Universe already knows the details of that person’s life, and knows why he or she is there. If the client has too much attachment, it can actually get in the way of the healing. Reconnective Healing seems to remove obstacles to healing so that a person can come back into balance physically, emotionally, mentally and spiritually — in whatever way the Universe deems appropriate. Whether or not a person has effectively co-created his or her intent, it is as though these frequencies know how to vibrationally open a person’s arms so that they have an opportunity to embrace what they desire.



Interestingly, the Universe may choose something totally unexpected for the client. There are times when a person comes in hoping to relieve one problem only to be surprised by receiving relief from another problem that they hadn’t even intended to “work on.” Often it is something that has been chronic that they had just learned to live with over the years. Also, people sometimes receive sudden shifts in circumstances that totally surprise them — a new job, meeting the love of their life when they had given up trying, and so forth. As Dr. Pearl, author of *The Reconnection: Heal Others, Heal Yourself*, says, “If you are lucky ... If you’re really lucky...”

Reconnective Healing frequencies can also be used to facilitate a process called The Reconnection. Through this process, these healing frequencies are used to overlay a new meridian system which extends beyond the body, connecting the person to the energy system of the earth and the greater Universe. This process is about reconnecting a person more fully to Source, and connecting him or her with their purpose and next stage of evolution. It is like upgrading our “hardware” for the purpose of downloading the latest and greatest “software.” When we are connected to purpose, it fuels the co-creation process, helping us to manifest more easily. And when we are better connected to Source, we tend to more readily receive Divine guidance, which is an essential part of the co-creation process. By becoming aware of this inner radar, we in turn can take action that can be critical to the unfolding of our desires.



Christine Upchurch, M.S. is one of three people sanctioned by Dr. Eric Pearl to teach Reconnective Healing. She is the founder and director of the Northwest Reconnective Healing Center in the Seattle area. To learn more about Reconnective Healing® and upcoming seminars, visit www.CUHealing.com and www.TheReconnection.com or call Christine at 425-999-9836.