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- [Media Reviews](#)

IN THIS ISSUE

- [L.A. ~ Heaven To Earth: Astrology](#)
- [Book Reviews](#)
- [CD Reviews](#)
- [Mahasivratri: The Night Of The Yogi/Yogini](#)
- [Kumquat Rosemary Rice Pilaf](#)
- [Farmers Corner](#)
- [Mung Bean Rasam](#)
- [Spring Cleansing Ayurveda Style](#)
- [Sitting Down With: Tom Shadyac](#)
- [Kundalini Yoga Una Práctica Para Encender La Luz En El Corazón](#)
- [Kidney Shakti](#)
- [Life Is Messy; Clean It My Mind Is Right Here](#)
- [Meditating With The Radiance Sutras: Honor Your Inner Rebel](#)
- [Lady Yoga: March 2011](#)
- [Teacher Profile: Beth Lapides](#)
- [Finding Health Freedom Through Our Food](#)
- [West Hollywood Considers Fur Ban](#)
- [The Poet's Corner](#)

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Written by Deborah Donohue

**Exploring The Phenomena Of The Reconnection**



We have all read books that affected our paths, that led us to experiences that enriched and shifted our perspective, helped us discern another facet of clarity, or remember something enabling us to move more purposefully and gracefully through this exquisite mystery called life. On a friend's recommendation, I cracked open one of those books. "They're onto something," she told me. The book: *The Reconnection*. The author: Dr. Eric Pearl. I found it funny, insightful, self-deprecating and intriguing; the account of an Los Angeles chiropractor and his remarkable and at first reluctant journey to becoming the catalyst and then spokesperson for a sophisticated and accessible modality of healing that is now being taught and practiced worldwide.

The story begins with Dr. Pearl's precarious birth and his mother's travels out of body, his precocious childhood, including his ability to fix old watches without opening them, and the travels, memories and dreams of his young adulthood that belie and foreshadow the wide berth of his gifts. We watch his progression into a professional life as a Melrose Place chiropractor coalesce and thrive, only to shape-shift through an astounding series of events. Fifty of his patients begin to channel the same six phrases. They begin to experience profound and permanent healings; others coming into contact with them also reported healings. Throw in a Jewish gypsy at Venice Beach, a dangerously high fever and an angel named Parsillia, and you have a Hollywood script.

The story sounds far-fetched until you recognize (unless you have buried your head in the sand) that the Earth and her inhabitants are energetically shifting. The time period we are in, what many call the end of the Kali Yuga, the approaching date of the culmination of the current Mayan Calendar, has been written about in numerous cultures and traditions, ranging from predictions by Nostradamus and Edgar Cayce to ancient texts of the Incas,

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Mayans, Hopi and the Kabbalah (both Jewish and Christian).

The Reconnection's premise is that at this time on Earth, for reasons not completely understood but highly studied, corroborated and documented by some of the most brilliant scientists in the world today (including Dr. Gary Schwartz at the University of Arizona and Dr. William Tiller who has followed Dr. Pearl's work closely) we can receive, hold and interact with a new or newly accessible broader bandwidth of frequencies. These frequencies bring us into contact with a higher intelligence...call it God/Love/Universe/Unity Consciousness. We are able to "download" light and information and tap into our perfectly balanced, original blueprints. The thought is that we entrain with this expanded vibration and in the words of Dr. Pearl, "vibrate at a level of coherent light." In this state, healing may occur.



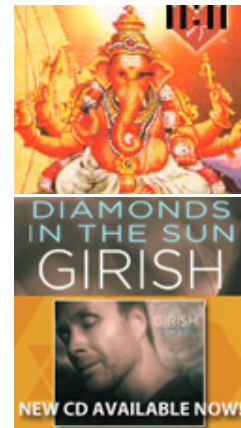
The beauty and simplicity of this modality lies in the fact that we do not need to know or try to figure out what is "wrong" with ourselves or our clients/patients. We do not need to decide or feel where a chakra is "not spinning properly" or where someone is "congested" or "blocked." We do not even need to know anything about their "condition." In fact, it seems the less we know the better. We get out of our own way in trying to direct the healing, imagining colors, smoothing and sweeping auras like a cosmic maid. Instead, we allow ourselves to be fully present to receive or access, trusting something much more comprehensive than we can begin to imagine.

I decided to investigate it for myself with both an open mind and a healthy dose of skepticism. I took the Level 1/11 seminars and also received what is termed a "Reconnection," "an opening and activating" of my energy system connecting me to the "fullness of the universe." I lay on my back on a simple massage table in a quiet room, eyes softly closed, fully clothed, without music, candles, sage, essential oils or water fountains. It is thought that all of these accoutrements, however soothing, may distract from the Reconnection experience. There was no need for me to meditate or breathe in a particular way or to chant or recite mantras silently to myself. Instead I was instructed only to place my attention within my body and to be receptive, noticing and observing whatever arose and gathered my attention.

The supposition is that our energy systems were once connected to the grid lines of the Earth and from there further out into the universe. This is where reconnecting comes in to play, the idea that thousands of years ago we were connected and lost that connection in our forgetfulness of who we truly are. The charm and plausibility of this approach is in the recognition that it is readily stated that no one can know for sure. Although apropos of two of the six phrases channeled by Dr. Pearl's patients, it is said we are both connecting "strands" as in DNA and "strings," the ephemeral link that may point to parallel planes of experience and existence. It is a lot to wrap our human brains around and to conceptualize.

What can be known and what I personally experienced in two forty-five minute sessions with Renee Coulton, a senior instructor and practitioner, is that something profound is being accessed. Among the intense physical sensations, there was a distinct feeling of familiarity and recognition. I was so surprised I began laughing on the table. Whatever was being accessed, it was palpable and unmistakable.

While in Arizona attending a Reconnection seminar, I heard that the application of the Reconnection was being explored with the practice of Yoga. According to Kelly Woodruff,



instructor in the modalities of Reconnective Healing, The Reconnection and Reconnective Yoga, goals are shared. "To join the individual to the vastness of the Universe, and to transform and transcend with the information accessed with this union. When the yogi consciously invites this healing energy into the Yoga practice, they literally begin to vibrate at a frequency that helps to change the structure of the body, muscles, organs and perhaps even DNA, and this transforms them at the cellular level and beyond."

What is encouraging beyond the application to Yoga and healing on a personal level are the possibilities for healing our wounded planet. In March of this year, Dr. Pearl traveled to Japan with Dr. Lynne McTaggart and Dr. Masaru Emoto, joining other researchers and scientists for The Water and Peace Global Forum. There they conducted experiments on Lake Biwa, Japan's "Mother Lake," so-called because it is the third oldest lake in the world. There is hope that the pH of the lake, greatly affected by pollution, can be altered allowing the lake's ecosystem to begin to heal. Dr. Konstantin Korotiv is one of the scientists who will be following up with studies. Although we do not yet understand the phenomena of Reconnective Healing or The Reconnection in all of its dimensions, it seems poised to be something of which we should all take heed.

*To read sections of Deborah's interview with Kelly Woodruff, view this article online at: [layogamagazine.com](http://layogamagazine.com) and tune in to the October, 2010 issue of LA YOGA.*

*For more on the Reconnection and upcoming workshops, visit: [thereconnection.com](http://thereconnection.com)*

*Deborah Donohue is a writer, integrative Yoga therapist and transition doula who includes Reconnective Healing and Reconnective Yoga in her practice. She leads retreats, classes and individual sessions. She also loves horses and nature and is featured on the September/October cover of COWGIRL Magazine: [deborahdonohue.org](http://deborahdonohue.org).*

[< Prev](#)      [Next >](#)

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