

Reconnective Yoga – a

The word "yoga" comes from the Sanskrit root yuj, which means to yoke or unite. Liberation is the ultimate goal of yoga, also known as Samadhi. This experience arises through the union of individual Self and Universal Soul. How do we unite what we perceive as a small individual self with something expansive and un-seen as the universal soul or consciousness?

Yoga can be experienced through physical practices, our actions, meditating, and breathing. We can begin our practice from any starting point, however to become a whole complete being Patanjali's Yoga Sutras emphasise that we include all aspects of our human life to achieve this (Chapter - Sadhanapadah).

How often is this understanding of yoga relayed in classes today?

If you visit various yoga studios you may find

that the emphasis of teaching yoga is asana (posture). It may be suggested that the Western world is not ready for more internal practices. However, as human beings have you noticed that we are evolving faster than ever before? As practitioners of yoga perhaps we have become too involved in this one aspect of the Yoga Path...

Life force (prana) is the power that breathes life into everything. Prana is a real, measurable and palpable force that sustains everything on our planet.

The energy body, which is made up of energy pathways (nadis) that deposit prana within each of the chakras to create a powerhouse of energy, can be recharged via a directing of our thoughts (mental strands)

that forms an intention that we are energy. Also, with the integration of the palpable energy frequencies of reconnective healing and yoga, our practise and evolution as yoga practitioners is accelerated.

Dr. Eric Pearl, a Chiropractor from Los Angeles, went through an energetic shift in 1993 and began accessing the reconnective healing frequencies. He has visited over thirty countries sharing Reconnective Healing with over 65,000 people. This non-touch method of healing brings us into direct contact with Atman/God/Universe and helps us to connect to the per-

the individual while lying in Savasana. During practice the student is encouraged to experience the subtle body, which seems easier to connect with when the healing frequencies are introduced. While assisting students, no physical force is applied; only the palpable force of the frequencies is used. Generally, when one student has experienced the connection it is like a domino effect in the class. Each Asana and Meditation is practised with feeling, observing and connecting both to the inner experience as well as where the vibrations of the frequencies are present.

Engaging in Reconnective Yoga we become more able to transcend yoga practices by consciously experiencing our internal energy sources and the external force that sustains us simultaneously.

The outcome of this is a state of Oneness.

We open up opportunities for self-healing that can accommodate our own evolution. Our experience becomes more expanded and we are able to experience deeper

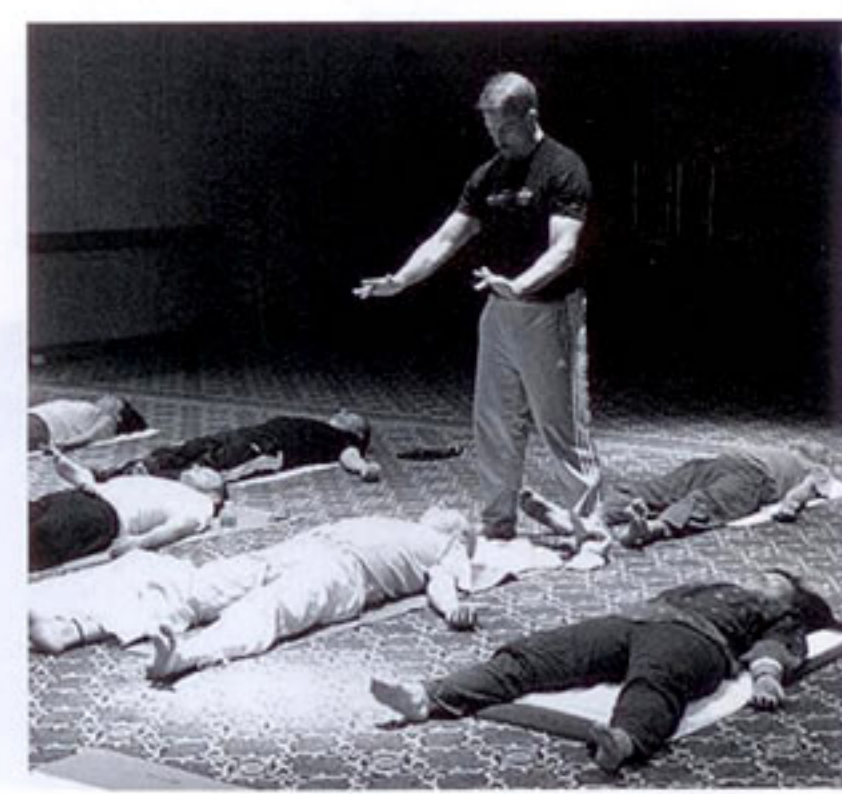
“Ego can never be removed by intellectual persuasion, it can never be subdued or eliminated unless you develop the highest form of love.”

– Swami Satyananda

fection of health. Healing is now becoming a priority in our lives.

Reconnective Yoga is a new yoga practice that joins these two disciplines to create a powerful tool of transformation with healing on all levels. Reconnective Yoga can help all practitioners of yoga experience the deeper layers and learn to "feel" life force internally and externally. During practice the frequencies flow in a directed way to help heal, restore and lift the vibrational body, as well as creating a connection of Self with the Universal Mind.

Various concepts are explored such as hands-off and hands-on healing, feeling the frequencies (energy), charging or conditioning the room and using healing for



new practice by Cathie McGill

layers of our innate being known in yoga as "The Koshas"; the five layers which support the gross-subtle-causal bodies.

Since the demand for yoga classes has increased in the Western world, the heavy physical practices seem to have overcome any experience of the layers of self. In Reconnective Yoga, the chakra system appears to become charged and balanced and the asanas are easier to hold and can be held for longer without struggle. Students are beginning to experience a connection to universal source and transcending the asana to finally join to the oneness of their own light, their own true selves, reconnecting, expanding the experience of yoga.

What's interesting is that asana practice is the first step in helping us to achieve a state where we are able to transcend beyond and through each layer until one reaches Samadhi, however currently this is rarely experienced by the yoga practitioner. Now we have been given extra support in this process by fusing reconnective frequencies with all of our yoga practices, from physical asanas and in meditation and relaxation (Nidra).

During the first Introductory workshop in Adelaide, three students reported instantaneous healings of pain in their bodies and the majority said that the yoga practices were easier to hold and that they felt a deeper sense of relaxation at the end. One student described that her healing went beyond the "normal" experience of healing, as her whole life has shifted.

You do not have to change your yoga practise, however you may find that it will evolve into something more when you engage in the Reconnective Healing frequencies. When I see this in class I realise just how much more we are. It is a wonderful feeling to see people connect within, and to feel the supportive energy of the frequencies. This is truly an amazing evolution in our yoga practice and teaching.

Swami Satyananda says, "Ego can never be removed by intellectual persuasion, it can never be subdued or eliminated unless you develop the highest form of love."

To achieve this one must induce the awakening of Anahata (heart) chakra. He also tells us, "A person who is in Anahata has the ability to heal others. With Anahata

awakening, one develops non-attachment to worldly things and a constant feeling of optimism, understanding that good and bad co-exist, but there is also a world beyond this duality." This is also part of the Reconnective Healing philosophy.

Collectively there seems to be an urgency of healing and wholeness. More people are seeking yoga as a genuine way for creating greater health and wellbeing. Reconnective Yoga allows the integration of the Nadi system and reconnective healing frequencies to create a deeper experience. As a yoga community it is time to begin to build on our yoga philosophies and introduce the concepts of the energy body, as this is where deep transformation takes place. We were born knowing we are so much more... we can reconnect.

Cathie McGill is a Hatha and Reconnective Yoga Instructor, and a Certified Reconnective Healing Practitioner based in Adelaide, South Australia.

Reconnective Yoga Workshops allow participants to experience more subtle layers of energy through practices that incorporate hands-on and hands-off techniques, encouraging participants to open up to opportunities for self-healing.

