

# RECONNECT TO *your true self*



Photo: Mxy Xavier

INTRODUCING A NEW  
FORM OF HEALING  
THAT HAS BEEN  
UNCOVERED BY  
DR ERIC PEARL

**by Sharukh Vazifdar**

He exuded a controlled presence, highlighted by a fit body and an attractive face. In Mumbai for an introductory talk on his novel therapy – Reconnective Healing (RH), the control was evident in his modulated tones and lithe strides across the stage. A gifted raconteur, he kept the audience in peals of laughter with his stories about various New Age healers he had encountered, a breed he evidently views with scepticism.

Earlier in the day I met him for an interview at the spiffy Taj Mahal hotel in Mumbai. When I asked him about RH, Dr Eric Pearl described a recent seminar in Moscow. After a lot of red tape, Russian Olympic athletes were allowed to participate in the healing session. Amongst the athletes was one who had broken his leg

and walked in on crutches, says Eric, acting out the limp. By the end of the second day, he walked out without any support. “We couldn’t cut the cast and X-ray the bone at the seminar, but he felt fine,” he asserts.

The highlight of the Mumbai talk was a healing he administered to a woman who could not lift her hands beyond her shoulders. He moved around her, making sweeping circular movements with his hands. He then went further and further behind, as if drawing out the impediment that prevented her from moving her arms freely. Soon after, he asked her to put her arms over her head and behold, up went the arms freely, not just once, but several times over.

Shrugging free of the need to abide by preconceived notions of what a healer should be like, Eric nonchalantly sipped on a can of Pepsi and munched on chocolates as we spoke, even offering me some.

His sartorial tastes are *avante garde*, I notice, taking in his elegant blue shirt, unusually designed trousers, and the conversations piece - an enormous block of jade strung around his neck.

I had read his book, *The Reconnection*, prior to meeting him so I had a fairly good idea of what he has uncovered; although it did take some time to sink in! “RH is a form of healing that is on this planet for the very first time,” claims Eric, “these frequencies and such energy have

## ATTACHMENT IS A LIMITATION

EXCERPTS FROM THE INTERVIEW

### **Does Reconnective Healing (RH) include self-healing?**

Attachment is the biggest limitation to healing. We get attached to the outcome. There is always a need to prove something to the patient or yourself. Self-healing is the highest form of attachment. In RH, one needs to step back and become an observer. While healing others, the energy that flows through you will heal you as well.

### **How does RH work?**

I don’t know how it works. RH happens outside the limitations of time and space, beyond anything we have ever been able to access. It happens in an instant, although a session may go on for half an hour, so that the patient can accept the healing.

I am just a door for this Reconnective energy, I don’t control it or direct it. It flows through me with its own intelligence. Whatever healing is required to happen at that instant will happen.

### **What does RH do to us?**

Healing is our evolution. RH has been scientifically shown from several researchers to restructure DNA. The physical, mental and spiritual are all connected. If true healing occurs in one of these areas, the others are balanced as well. We are a continuum of evolution, and RH is the next step; we’re moving forward.

### **According to you, what exactly do people hear and feel during RH?**

We are multidimensional beings that are yet to uncover all our capabilities. I feel that patients hear and feel the other aspects of themselves, cheering them on to the next step of evolution.

### **What is the Reconnection?**

Healing or physical healing is only a very tiny fraction of the Reconnective field, which we are beginning to grasp hold of. There lies much more to this field or frequency than just healing and being aligned and balanced with the universal forces.

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not been tapped into before.” Eric had been a chiropractor in Los Angeles for 12 years when life took him on a transformative tangent. In 1993, while on a day off at the beach, Eric had his cards read by a mystic. She also offered to reconnect his body meridians to the grid lines and ley lines on the planet. Immediately after this,

things that can only be called paranormal happened. Lights began to switch on, locked doors began to open. Eric's patients could 'feel' his hands on their body even before he touched them. They also reported 'feeling' several people walking or flying in the room, when there were none. Experimenting with this newfound energy, Eric soon found his patients' pains disappearing. Seeking answers to these unnatural occurrences, he visited psychics and healers. One psychic suggested that he was reconnecting to the ancient civilisation of Plaedians, which had twelve strands of DNA (as compared to two for humans), of whom we are descendants.

By 1994, more than 50 patients unconsciously spoke identical phrases while being healed. The first phrase is, "*We are here to tell you to continue doing what you are doing.*" Eric interprets this to be encouragement to go ahead with the healing and progress. He understands the second phrase, "*What you are doing is bringing light and information onto the planet,*" to indicate that his healing is moving beyond just energy to something more concrete – light and information. The third and fourth phrases, "*What you are doing is reconnecting strands,*" and "*What you are doing is reconnecting strings,*" implies reconnecting or restructuring DNA across time. He considers the fifth phrase, "*You must know that you are a*

*master,*" to be very important. He says, "Knowing leads to being, which leads to more knowing and in turn more being and so on." These utterances stopped in six months, probably, as Eric infers, because he got the message.

This new frequency, as Eric calls it, seems to permeate all those who come in contact with it. He stresses that it cannot be taught, it can only be introduced. Eric's aide, Helen Parsons, who accompanied



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him on his visit to Mumbai last month, says she felt it while listening to his pre-recorded show on the radio, in the UK. She then attended his seminar in Paris and became an RH practitioner. Eric let me feel this energy in his hotel room, and I must say, it is something I have never felt before. I could feel this for a couple of days after meeting him, but to a lesser intensity.

"RH transcends technique," says

Eric. There is no right or wrong way to do it. You don't need to ground yourself, take off metallic items or your mobile phone or invoke any higher beings. Just let the energy flow through you. He describes RH as more comprehensive and expansive than other healing methods currently in use. "The Reconnective energy heals whatever needs to be healed in the person, irrespective of whether it was intended to heal one ailment or another. This happens provided it is meant to be healed," says Eric. Healing may also happen sometime down the line, maybe a week or a month after the healing session. "It works when you're ready," adds Eric.

In a private healing session with RH practitioner Anil Bijlani, I felt energy I have never felt before. The sheer volume of energy in that session kept me flat against the bed for a good ten minutes after the session ended. He told me my breathing was so shallow during the session that it seemed to have stopped. My eyes were also moving rapidly while shut, something common to a lot of people undergoing RH. I saw visions of fields of stars and coloured orbs; an experience I have never had during other healing or deep meditation sessions. Another session of healing may be required as I can't say the healings have manifested, or may be universal intelligence is at play here, guiding me to a moment where it might!

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