

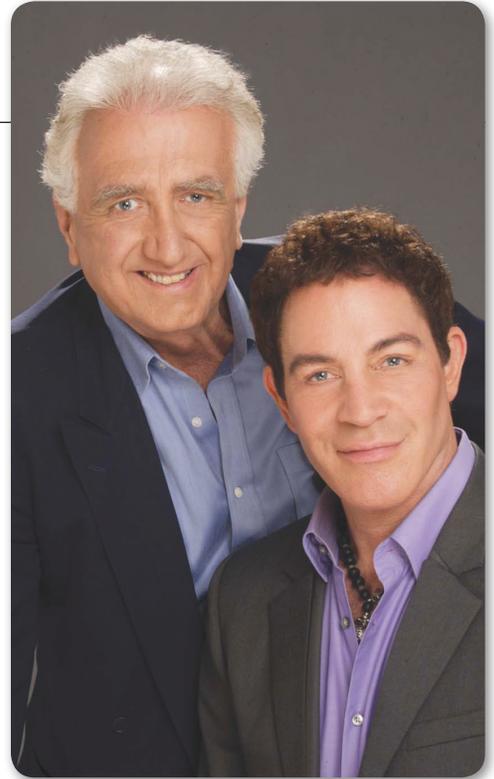
We Create Every Second of Our Lives — It's Our Artwork

By Dr. Eric Pearl and Frederick Ponzlov

Dr. Eric Pearl—the founder of Reconnective Healing—was running a successful chiropractic practice in Los Angeles when a series of bizarre occurrences led him to realize that his gift lay far beyond the realm of spinal adjustment. One patient after another reported healings from cancers, epilepsy, cerebral palsy and other severe health conditions, simply when Dr. Pearl held his hands near them. This coincided with an astonishing series of occurrences when patient Frederick Ponzlov—and others—began delivering coherent messages about the healings that were occurring, seemingly coming from a source beyond our four-dimensional existence here on Earth. But there was much more profound and life-altering information, illumination and wisdom on how we can improve our lives.

Those insights came courtesy of Solomon, an extra-dimensional intelligence that speaks through Frederick. Later, under specific questioning from Dr. Pearl, the vital content in the new book, Solomon Speaks on Reconnecting Your Life, came to light. What this book offers is a new perspective on how to reconnect with the unlimited, expansive power of the Universal energy that enables us to heal, thrive and live our most vital, purposeful, and exuberantly happy life.

An event in Los Angeles will feature Solomon, Dr. Pearl and Frederick Ponzlov on June 29. See SolomonSpeaks.com for details. What follows is an excerpt from Solomon Speaks on Reconnecting Your Life by Dr. Eric Pearl and Frederick Ponzlov. It is published by Hay House (May 2013), and is available at bookstores or online at hayhouse.com



Frederick Ponzlov & Dr. Eric Pearl

Inner peace is a rhythm of life. It is a connection with the universal energy, the cycle of it. It is getting in rhythm with the music of the universe. If you're fighting the music, the sound is not very delicious. You must find a way to harmonize with the universe, and that comes from being at one with yourself . . . *being*. You must feel that rhythm in your life, and you'll know it as soon as you feel it. Too often you forge ahead without establishing that kind of foundation first, and the result is that the music becomes dissonant, and it hurts people's ears when they hear the communication.

You must find a way to be at one with yourself and at peace. That may take some time before you proceed, but you need to *take* the time. You're very much at the effect end of things now. You have to be at the causal end. And that's easily accomplished with a simple adjustment of your consciousness. But you need to take your time with it.

You need to create space for it. That means you *have* to create space for it. It means that you have to allow time to be at one with yourself, scheduling in the time. You can't run from communication to communication.

There are many ways of going about it, but you really need to take the time to just sit with yourself quietly, removing all of that negative kind of static that comes into your life. That has to be turned down. That volume needs to be turned down. And there's a lot of static going on, and it's stopping you from becoming really powerful. It's thwarting you. You

must eliminate the static. The message is harder to receive when there's static.

There is energy that can be accessed by everyone. Everyone in this world has a conduit to this, as you well know—this kind of energy. Now, what you need to do is define the conduit and find the way that best can be connected to the larger energy.

Once people feel the peace of That Which Is within their lives and their connection, it's much easier to proceed in their daily existence. That realm that can be accessed is something that perhaps you might want to investigate. How do you as a spiritual being connect with the larger being?

That will allow people to find their way to the realization that they are one *of* many—not one *from* many. The greater consciousness that we all feed into. And there's communication on that level, on the "greater consciousness" level, that can be accessed. What happens often is we divide—we restrain ourselves. We build walls around us. We hide ourselves from these energies because we're afraid of the power that we have. We're afraid that we will truly be powerful in our lives. We look to others to strengthen us, which is a no-win proposition.

Fears come from the fear of the responsibility of life—that once you are responsible for your life, that's the key. People don't want to have that responsibility. They want to be in a state of need. They want "need" in their lives. Somehow that

becomes the generator for their existence, where in actuality, need is an obstruction. Need is what keeps us from connecting. If we all knew that we didn't need these things in our environment, and we have all the power we want if we connect to the larger consciousness, what would we do with our time?

We've all come on this plane to participate in a treasure hunt, and the treasure is within us. And until we recognize it, we're always going to be looking for treasure outside of ourselves. There comes a moment that turns into the "Aha" moment. We actually realize that the treasure is who we are, and we respect that for what it is. We all are treasure.

That's the rediscovery. We are all here to play this game. If you are at one with yourself — if you are really in tune with your inner life — there is value in every choice you make. It doesn't matter what choice you make. Some people think, Should I go through this door, or should I go through that door? And they spend a whole lot of time trying to decide which door to go through. They all lead to the same road. But we're stuck trying to find a way: Which door should I choose? Does this door have value, or does that door have value? Is there treasure behind this door, or is it behind that door? I don't know. Maybe I need someone to help me to figure out which door it is. And they spend this time in this sort of purgatory-life existence where there's no movement.

The thing is to pick a door and walk through it. It's going to take you where you need to go. You don't have to worry about making the wrong choice. Because there's value in every moment; there's value in every choice — there's a lesson in every choice you make, should you choose to see that. It doesn't matter. Move. Go through the door. Don't contemplate the doors.

That one is prettier. That one looks pretty severe. It doesn't matter. It doesn't matter. Go through the door.

If there is any choice that would be the least desirable or closest to wrong, it would be to not make a choice at all. And some people back off. I'm not going to go through any door. I'm comfortable here contemplating doors. That's where my existence lives. I'll watch other people walk through. I don't know what's happening on the other side of it, but I'll let them choose. I'll wait to see how many go through this door, and I'll wait to see how many people go through that door. I'll get opinions on the doors. I'll have them measured.

So all of that fear is about deciding which, doesn't matter. It doesn't matter. Move. People don't move in their lives. They don't grow. They become very accustomed to the room they find themselves in, and that can be very painful sometimes. We all know those people who are invested in their pain. In those cases, they need to move. It doesn't matter which direction, which way. It doesn't matter. But where they are is where the pain is, and the growth is in the movement. The insight is in the movement, not in the stasis.

It's about getting people to move — move in their lives. Spiritually move. People may not always demonstrate the healing that you believe they should be receiving. Your role is to realize you have an ability to connect them to a higher energy. Sometimes people's maladies — their deformity, their

lack of energy in any part of the body — are all part of something they need to experience to learn the lesson they need to learn. Sometimes they refuse to learn the lesson of what that condition brings them. And sometimes they need to stay there until they learn the lesson, whatever it is, from the limitation — from whatever. If it means deepening in compassion for something, then they can release it.

People are running around everywhere looking for power, and they already have it. They spend their whole lives scurrying from shop to kiosk trying to find the one who has got the power. All they have to do is stand and look in the mirror and they'll recognize: This is truth. This is truth. It's already here. It's here in this second, in this moment. We were born to celebrate our existence, and too often all we do is mourn. It's a crime, but that's the journey. That is the journey from going from mourning to celebrating.

What did you sign up for when you came into this lifetime? What were the challenges you set up for yourself? It isn't that you came to "experience" and just be. It's like you created a syllabus before you ever got here. Then, through your going through the syllabus, you have graduated into whatever level you want in terms of your growth. You laid out the obstacle course. You chose the circumstances in which you were born. You chose the things that you were going to have to confront. You made the hurdles higher. That's where the creation comes in. Before you ever were put into this plane. It's a challenge. Life is a challenge in the good sense. The challenge is for the participant to overcome these obstacles, and in the obstacles are growth. There's growth in every single obstacle you'll ever encounter.

In life we are creative. We create every second of our lives — it's our artwork. The color we put on the canvas is color that we've chosen to put on the canvas. But we selected the paint when we were on the other side. Your selection of the paint and how you paint with it is going to make a difference in terms of how vivid and alive the picture is or how dead and victim-like the picture is.

That's the creation you're creating. That's the picture you're creating. Are you picturing a life that is blooming and blossoming and growing? A life that faces no adversity is very uncolorful. There's no character. There's very little compassion. We see this time and again. The easy life is *not* the easy life. There's no dimension. It's only when you choose to challenge yourself on this planet that great work comes. Great music comes from that creative energy.

Dr. Eric Pearl has become the preeminent authority and acknowledged visionary on a new level of healing and life evolution. He is committed to sharing the light and information of the Reconnective Healing process through extensive seminars (TheReconnection.com.) Dr. Pearl has appeared on countless television programs in the U.S. and around the world. He spoke by invitation at the United Nations. Frederick Ponzlov (see Fredponzlov.com) is a screenwriter and acting teacher for the past 30 years, and award-winning actor. His first screenplay, *Undertaking Betty*—starring Naomi Watts, Christopher Walken and Alfred Molina—won a BAFTA Award. Solomon has been with him for many years, and is now making his public debut in *Solomon Speaks on Reconnecting Your Life*. See SolomonSpeaks.com
