

Wellness Wednesday Workshop

This Wednesday March 8th from 6:30 - 8:30pm will be the first Wellness Wednesday . . . And we will be talking about Reconnective Therapy. We will also have some experiences in working with energy as well as all have an opportunity to experience RCT. In preparation for this, I thought I'd share a little bit about Reconnective Therapy here.

Reconnective Therapy is a way for us to connect to (the energetic body) our Energy Bodies . . . And (in my Through my work I've learned that our energy bodies are just higher aspects of ourselves. It is our True Essence.

Our energy body has a distinct anatomy. It holds all of the information for our body shape, structure and function. It holds our feelings, thoughts, memories and all of our experiences, past, present and future. All of our higher aspects that are not yet connected to our physical bodies are held here. It is somewhat complex. Herwig Schoen describes it as the "new energy body". It goes beyond what we have come to know as the 7 chakra system. It actually has 7 centers, each with 7 frequencies (which I will not even begin to attempt to explain here).

RCT's purpose is to connect (communicate) the information in our energy body to our physical bodies and minds. This in turn, facilitates greater healing in both our energy and physical body

I say evolution because the energy body is our true essence and each connection that is made incrementally raises our frequency.

We come from Oneness . . . God . . . Source Energy. Beyond our structures of perception, dimensions do not exist. When we arrived here on earth our perception is that we are confined/defined by a 3 dimensional reality, and therefore see ourselves as separate from Unity . . . Separate from Oneness . . . Separate from God. And the thought of separateness lowers our frequency . . . And we split. The split is between who we really are, and who we think we are. And every thought that we have that is not in alignment with who we really are splits us further. Look at it this way. We are each Love in our true essence. Every decision we make, every action we take that is not Love, but is separateness, splits us into a parallel reality. The one in which we are Love and the one in which we are Separate. With the healing process (the raising of our frequency) all of these parallel realities, all of these lives of separateness, begin to merge back together. We become more integrated and whole, and symptoms that we experience in our bodies start to drop away one by one.

RCT is a source or tool . That enables us to connect . . One of many tools . . . But a tool that "connects higher aspects of ourselves into our bodies in a very specific way that helps us to reconnect with who we really are. This will happen at some point anyway, but RCT is a way to speed up the process tremendously." (Herwig Schoen) an individual expression . . . Reclaim power of becoming an individual expression.

I look forward to you coming to play with me this Wednesday. Bring a friend and receive a gift. For those of you not near enough for this workshop call me invite you to come and play with me on Wednesday. Receive an RCT treatment, and learn more about it. For those of you not near enough to come to the workshop I invite you to call me for a free RCT so that you might experience it also. When you call I will have another offering for you. Cost for the evening is \$30. Please RSVP at 651-641-1844. Invite a friend and receive a complementary RCT treatment at another time. Cost: \$30.