

messages that inspire positive growth and change

the aware show

Lisa
Garr



THE AWARE LIFE TELESEMINAR

DR. ERIC PEARL

08/10/12

Lisa: Well, hello! Welcome to The Aware Show Teleseminar Series. This is Lisa Garr. It is awesome to have you all here. We've had such a great series, I've got to tell you. There's so many fun things coming up, too! I have to tell you something very exciting – we are having a whole week with Wayne Dyer. He's coming up. I can't even wait to have you guys hear this, it's a Monday and a Friday, so watch your email for when that's coming up but it's a "Wayne Week" – is what I'm calling it. And he's going to be coming up for 2 shows with us. One is an interview, one is a Q&A – it's a great show, he fabulous. Brand new materials that's he's offering, too. He has a special offer here that he has put together with us. I just spent two days with Eric Scott Pearl in Boulder, Colorado. We were shooting the show that I do at Gaiam there, and he is just so much fun. We both flew in from different countries. I was flying in because I just had a week with my family in London and I was at the Olympics and the energy and the vibe there. Oh my God, it's incredible, the *cohesion!* That's one of the things that I noticed the most was how the whole globe comes together in the name of sports and it is all about camaraderie. It's all about cohesiveness, everyone is so fun and friendly and high spirits and hugging and there's millions of people in London right now, I mean just crammed in London. And, everybody's flowing and moving and it's global cohesion, like I've never seen it before, I've got to tell you – I had the *best* time there. You're here with me!

Eric: I'm here with you, it's been a day or two. I'm in New York right now.

Lisa: How did you get there that fast? Yep, I guess I'm back in L.A. now! So, Eric came from Australia, I flew in from London – we met in Colorado. I flew back to L.A.; he's in New York and now we're meeting on the phone! This is awesome!

Eric: I know!

Lisa: The beauty of travel. So, how are you?

Eric: I'm good thank you, how are you?

Lisa: Good, take a breath – for a moment, because we have full lives and they're fun because it's all in the name of healing... Eric and I spent, I was starting to tell the story,

the aware show

Lisa
Garr



two days in Colorado, an amazing show that we did at Gaiam, and it was so much fun to get to know you and to spend time with you, because it was the first time we met in person; and I've been interviewing you on and off for, I don't know, 10 years? It's great because I always had you in this "Oh, my God... the reconnection healer, here he is and here's Eric Scott Pearl!" And you are so fun and you are just friendly and you have the best attitude and you are resilient and you are so much fun to hang out with, I've got to tell you.

Eric: Thank you!

Lisa: You are a lot of fun.

Eric: Oh, my pleasure, I enjoyed it.

Lisa: So, in the meantime we have about 400 people, and climbing, on the lines listening to us right now because...

Eric: Oh good! Where are they climbing *to*?

Lisa: They came here for you!

Eric: Yeah, ahhh! OK!

Lisa: See what I'm saying? From all over the world, literally. We've got London and lots of places in the U.S. and everywhere else calling in. So, people...

Eric: So, you know what? Can I make just one suggestion for everyone? If we're doing call-ins with questions, let's make sure that we can keep the questions about general information about healing that everyone can learn from – not personal situations that say "I've got liver problems" or "my daughter has this disease what can I do for her" because I can't really give that kind of advice on the phone.

Lisa: Right. Well, let's talk first about healing, and about reconnection healing and it's exactly what it is. Just give us a little bit of Reader's Digest version of how you came upon this type of healing because people, even if they may have heard your story before you haven't told it for a little while. And, getting at it fresh again was fun. So...

Eric: You want me to tell the original story of how it all came about?

Lisa: The one you tell me, yes! I do! I do, can you do that?

Eric: Yes, I can. I mean, a lot of people who've read the book will know different parts of the story but I can.

The aware show

Lisa
Garr



Lisa: You add so much to it and the way you tell it is so fun. Yes. Yes.

Eric: Well, here's what happened. In fairly short form, I left my office on a Thursday afternoon, went to sleep that evening, was awakened in the middle of the night by a very bright light. I opened my eyes to see what it was and it wasn't anything seemingly spiritual or metaphysical; it was just a light next to my bed and it had somehow turned itself on. At the same time, I had that lamp for 10 years. It never did it before, but there it was, and I was thinking, well, maybe it was some kind of an electrical short or something, except shorts usually turn things off, so maybe it was an electrical long. But let's just say that the feeling was so clear that someone was there that I got up bravely with a knife, a can of pepper spray, and my Doberman Pinscher, and I went hunting – through the house.

Lisa: (laughing) Uh! I would have frozen.

Eric: It sort of made you want to freeze, but I was afraid that freezing would enable them to come upstairs and find me. So, I hunted through the house. After about 20 minutes I couldn't find anyone. I realized, at least I thought, on one level, that this was a bit insane and any logical person would convince themselves that it was their imagination, so I convinced myself it was my imagination and went back to sleep. But – that morning – the next morning – I'm sorry, that next Monday, I went into my office and *seven* of my patients, independently of one another, began to insist that they were feeling people in the room with *us*; standing, walking, running. Two of my patients actually said it felt as if somebody was flying around the ceiling.

Lisa: And they back-to-back said this to you, like one after the next after the next?

Eric: Mmmmm – not necessarily back to back, as I had patients in between, but seven patients, you know, over the course of a day.

Lisa: A day. Okay, got it. All right.

Eric: Yeah, and so yeah, all in one day. And so no one and had ever said anything like this to me before, so I... You would think that this would have gotten my attention. But, other patients were saying, "I can feel your hands before you touch me," and I'm thinking, "Oh yeah, sure you can. Lie down and close your eyes." And as they had their eyes closed I held my hands in multiple directions anywhere from several inches to 50 yards away from them, and they could tell me: right shoulder, left ankle. As I would pull or stretch the different sensations that I was feeling in my hands I would begin to see tiny, little involuntary muscles in their face begin to move. They would ripple like water would

the aware show

Lisa
Garr



ripple in a pond if you dropped a pebble into it - on their forehead, along their chin – muscles that are so tiny, so involuntary that we couldn't move them by intention. Then, their fingers would begin to move, their feet would begin to move, their eyes would rapidly dart back and forth, and when they'd open their eyes they would report that they were seeing colors they had never seen before; smelling fragrances of flowers they'd never smelled before, and that's when they started reporting healings, real healings. They were getting up out of wheelchairs, vision and hearing returning, children with cerebral palsy or epilepsy were able to walk, run, play, speak normally, not have seizures. Patients were calling me up asking me what I had done. Doctors were calling me asking me what I had done. I said I didn't do anything I don't tell anybody, which went over about as big as Nancy Reagan just trying to say no to drugs. So, the same people started coming in from everywhere, going, "I'll have what she had." Then the next thing we know, people started asking me to teach this. I said, "Teach it? You have got to be insane. I'm standing there waving my hands there and looking like a fool. So, *you go outside. Wave your hands in the air and let me know what your neighbors have to say about it.*" But more and more my patients would pull up in front of the house, and they would tell me that when they pulled up in front of the house their automatic garage door opened before they pushed the little clicker button to open it up or they walked inside, their lamp or their TV would turn off and on, and they felt sensations in their hands. So, they would hold their hands near people in their family, and the father could walk again after the stroke, or the uncle regained his hearing, and we began to recognize that once we interact with this new level of healing something changes and we are able to access it. Now, I gave you the short, condensed form of that to give you time on the interview for questions and things. If you want more of the longer story, you let me know.

Lisa: Well, the questions that are coming in here are about – and the people on the line are very familiar with you – they want to know is it a gift? Is this something that is spiritually guided? Are you a healer? Those are the types of questions. I mean, starting. There are a lot of different questions, so I'm going to ask the questions for the listeners for right now, but is that what you experienced, that it was a gift of healing that happened to you? Is it divinely guided? Is it reproducible? How do you teach it? These are the questions that are coming in, validly.

Eric: Okay. Well, let's look at it this way. I mean, in short form I went home on a Thursday night thinking I was a doctor. I came back on a Monday and I was something else. My parents always told me I was something else, but this was probably not what they were thinking. So, I didn't plan this. I didn't study it. Is it a gift? Of course it's a gift. How can you teach it? Well, I didn't really think that you could teach it because it was a gift. When this first started happening I thought there must be lots of people with this same thing coming through, and I started researching and calling different healers around the world, and they started calling me saying they were told in their meditations

messages that inspire positive growth and change

the aware show

Lisa
Garr



to come and meet me and show me things. They would show me their different techniques and approaches. Move your hands in this direction, move your hands in that direction. Protect yourself with a white flame or a purple flame. Call in this entity for protection or that entity for protection; and the more of these things that I would do the less strong the healings appeared to be.

Lisa: Interesting.

Eric: So, the more advice I was accepting in this arena the weaker the healings seemed to come about, and at a certain point in time, in the middle of doing all these things – shaking off negative energy, spraying myself down with alcohol; you know, keeping all the right crystals in the right corners of the rooms... It suddenly dawned on me that every time we do something like this we're not coming from the love, prosperity and abundance that is of healing. We are stepping into fear. Every time we protect ourselves, what are we introducing into the equation? We're introducing fear. Every time we add something to make us more, we're announcing to the universe that we are less than 100%. Every time we do a step or a procedure – step A, B, C; sweep this up, sweep this down, sweep this over, we're standing in the control of technique instead of recognizing and stepping into the freedom of the flow of the universe. In other words, we are judging, assessing and controlling when our true goal to achieve healing is to learn to step up to a level, to transcend to a level, where we allow ourselves to simply observe without judgment. In the observation we discover more and more of the natural, pure beauty of the healing. So, how can you teach healing? Well, on one level, you can't; because it's not something that you can learn from studying with this healer thought and that healer thought and the other healer thought. The most you get from that is you become a historian, and then if you're pretty unfortunate a lot of people walk out of those schools learning what they're supposed to be thinking, too. In reality, what happens is, yes, it's a gift, but it's a gift that transmits. You can transmit this gift to other people. That's the beginning of it, but that's not the whole thing. It's not as if you're given a diamond and suddenly you own the diamond in its perfection. The gift is transmitted. The ability to access this is transmitted, but then comes the responsibility of the gift – what allows you to actually be able to access it – and what that is requires us transcending what Gary Zukov refers to as the frightened part of our personality. It's another terminology for transcending the ego of the *doing-ness*. In other words, once you attend a seminar; for instance, if I'm teaching a reconnection healing seminar and you come, I tell everyone that by the end of that weekend, and I mean this, I can pretty much make you two promises. A: You will be able to do anything and everything in the way of healing that I can do, and B: You will be able to do anything and everything in the way of healing that any human being on this planet can do. Howsoever, your ability to access this has to do with our willingness to let

the aware show

Lisa
Garr



go of and transcend the techniques to allow the healing process to be demystified, to become clear and transparent for everyone, and if we don't really want to demystify the healing process we need to ask ourselves why. If we're not willing to transcend the training wheels of our energy healing techniques, so instead of mastering energy healing techniques we actually master healing itself. If we're not willing to transcend the techniques, then we need to ask ourselves why, and if we're not willing to ask ourselves why, the big question becomes why we are not willing to ask ourselves why.

Lisa: Right, the reconnection healing is incredibly real. I spent some time with Eric, talking about the science that has been done on Eric, himself, and on people that Eric has trained. There's all sorts of science that has been done by Konstantin Korotkov – he's from St. Petersburg. You can actually see the images of using a specific type of photography they're calling Biodec, now. You can measure their level of heat in the fingertips – and what was interesting was that that level of heat had come in before, during, and lasted after the actual healing, so it wasn't specific to it. Can you clear that up for me a little bit?

Eric: Well, yeah, actually what happens is, it comes about once you've learned to interact with, and access this healing frequency – then it appears once you place your attention on it. Let's say you're going to a big, fancy, formal charity event one evening. You're at home, you're getting ready, you get all dressed, you put on some perfume. You're still doing other things around the house for about an hour before you leave, and then you drive over to the event, you get into an elevator, and some other people get into the elevator with you, they breathe in for a moment and they look at you, and they say, "That's very nice, what is that?" Well, what's the first thing you probably do? You probably take a little quick sniff of your wrist to remind yourself of the scent, and tell them the name of the perfume that you're wearing – because we've stopped being aware of it. It didn't leave, we just stopped being aware of it, because it wasn't serving us with all the other things we had our attention to be on, to be continuously non-stop smelling our own perfume. Now, with this, you do have to interact with it first, you do have to – shall we say, interact with the perfume. Then, what happens is, when you place your awareness on it, it tends to come more into existence – it's just like with the tiny, tiny, tiny subatomic particles in quantum physics... very often, what they'll explain to you is that they're so small, they can't be seen; they're so small, they can't be measured – there aren't instruments to measure them – they're only noticed as having appeared once you've placed your attention on it. Once we place our attention on it, it appears. This is part of the problem with basic study concepts in research, because we think of things in our languaging, and our approaches are very linear – turn it on, turn it off. So, they'll say to the people, "You're about to come in to do a study on healing..." Well, guess what, our attention is already on it, so it's already appearing once they've learned to do it. So, they

the aware show

Lisa
Garr



say, “Now, let’s measure you in the off position...” but that’s like saying, “Alright, let’s measure you while you’re not thinking about an elephant...” it’s sort of hard to.

Lisa: Right...

Eric: Now, then they’ll say, “Now, turn it on... Now turn this energy on.”

Lisa: I wanted to mention this... for people that are interested in this, you can learn how to do this healing yourself, and Eric Pearl teaches this all over the world. I mean, he literally travels 42 weeks a year, teaching this all over the world, because it is a scientifically validated healing that he’s going to explain that has come into this world, that is *newly* in this world – over the past, maybe, 10 - 12 years. The website, which is theawareshow.com/pearl, and if you go there, the reconnection healing is something that he teaches others to do all over the world. This is an incredible phenomenon, I want you to talk in a minute, Eric, about how this is *new* energy at this particular time; but for people who are interested in learning how to do this themselves, Eric and his team have put together an amazing package that puts all of the *Frequencies of Healing* together in one area. It’s theawareshow.com/pearl and it is everything that you would need to do with learning about this. His book, the movie that shows the healing, there’s all sorts of new things on there if people have the book, but there’s *The Essence of Reconnection Healing*, which is brand new. There’s so many items on this... *Light and Information: Beyond Energy Healing*, which is new. These are .mp3s, some are from .mp4s (which are videos) and then... a very special little gift is that Eric and I were in the hotel together, in Colorado, and he did (and we videotaped) a little, teeny session, with him using this energy on my hand, and showing how it works, and what it did to my hand in terms of involuntary movement. So, it really... it’s an enormous package, but that’s part of Eric’s goal is to get this information into the hands of people, so that we can, ourselves, be empowered to heal. The questions that are coming in, that are over 200 now, are all about, “can you heal my this, can you heal my that...”, “How does this help with the healing of this”, “Can I learn this...”, “Where do you teach this?” And, this is *where*, and this is *how*, is getting a hold of this package and learning this system. So, it’s involved, it doesn’t happen overnight... well, it did for Eric! So, it’s a practice thing...

Eric: **laughing** ...and it really is very easy, and it *is* almost an overnight thing, it’s a weekend thing.

Lisa: It’s amazing.

Eric: You know, you can learn this, really, in a weekend, it doesn’t take years or months, or even weeks, because it’s an “a-ha!” moment of accessing – what takes the time is

the aware show

Lisa
Garr



simply paying attention to ourselves, and being willing to let go of a lot of the fear-based rituals and thought processes that we've been given over the years.

Lisa: Ah... You said this to me in the car, that it's an energy that is new to this planet – what do you mean by that? – and I want to go back to the science in a minute... but what do you mean by that?

Eric: Sure, well let's finish where we were with the hands, before, just so I can explain it.

Lisa: That's fine, okay, thanks...

Eric: So, what they'll say is, you're already geared to come in for a study on healing – let's say, once you've learned this work – so your attention comes on and off with the perfume, right?

Lisa: Mmm-hmm.

Eric: You're aware that it has something to do with the perfume, it has something to do with the healing – to extend that analogy... So, when they come in they say, "Well, now let's measure your hands in a neutral position..." Some part of you is already aware, and in-tune with the healing, because you've already known it. Then they say, "Turn it on..." So now, you try to really, you know, smell the perfume, or you try to really envision the elephant... they tell you, "You have permission, now, to see the elephant... you don't have to pretend it doesn't exist..." So, you tune into the frequencies, and you bring it in as strongly as possible, then they tell you to turn it off – well it's kind of hard to turn it off, again. So, it never fully leaves – in other words – once you interact with this, you are forever changed, so I hope you like it.

Lisa: Wow... That's amazing, well of course people like it, because then they go on... and some of the studies that I saw, some of the photos that I saw from that particular camera was showing other people that you have trained...

Eric: Taught...

Lisa: Taught, yeah, that actually are then, scientifically validated, as well; and measured, and double blinded in control groups and so forth. So, it's really quite amazing, the studies are incredible, with all the big athletes, and so-forth, and the program. But, once again, if you go to the website, which is theawareshow.com/pearl, you can find out more about that. Now let's talk about the energy, and this frequency. Why do you think "now"? Why is this on this planet now? Have you, of course, thought about this? How long ago did that happen to you, by the way?

The aware show

Lisa
Garr



Eric: It started on a Thursday, in August of 1993, and I'm still kicking myself for not being able to figure out exactly which Thursday it was.

Lisa: Okay, so that was a while ago, alright. Why did it come in to you? Do you know?

Eric: Oh, Lord only knows, why me. I get asked this question all the time, and again; remember, I thought that there must have been a lot of people with it – and there were a lot of people with different aspects of energy healing that they were bringing through – but no one seemed to have *THIS* precisely... they had aspects of it, and it was very interesting. But, that was only for one pinpoint moment in time, because at the very same time that it started coming through me, as others would interact with it – they would be able to learn to access it. So, at that very moment that it started coming through me, it then, also, was being accessed by other people here, on the planet. What we found was that my patients were instantly learning how to do this. Many of them, without even intending to, or knowing how to, many of whom were, just you know, 9 to 5 worker day people, with no interest in this whatsoever. Others had little dabblings in Reiki or Qigong or something and other were masters and grand master teachers in healing and it didn't matter at what level you began that you interacted with this. Everyone rose to a new level, the same level, that was way above the highest of the masters and the grand masters and the teachers, once they interacted with this. It just seems to be an instant transformation, but it's the researchers who were the first people to make that kind of odd statement of saying "I think this may be here on the planet for the very first time." And, I said, "Why? Why would you say something like that?" And they said, "Well, it's really simple if we understand two basic concepts." The first concept is that we're 4-dimensional beings. We're living in an existence of height, width, depth and time. So, if we do an imaginary visual here, let's picture a tiny little bubble in this huge, vast endless universe. And, you can imagine that the wall, or the cell of the bubble is made of the components of the four dimensions. Height, width, depth and time. And the interior of the bubble – everything inside of it – is energy. And everything that we've had here in our little bubble of existence in this universe has been energy, just as we've always learned. But, they continue to explain, here comes what's allowing us to begin to access this now. Time is moving faster. Not just in one direction like from point A to point B, but time is moving faster in all directions at once. If you picture a pinpoint and see arrows coming out in every direction conceivable, that's the way time is expanding. In other words, our bubble of existence is expanding to further encompass more and more of what's always existed in the universe. So, it's been timeless. But hasn't existed within this existence of time. So it's new. It's here for the first time. Now, this concept does tend to irritate some of the ego-driven, who want to pretend that they know everything from their past life. You know, I remember this from my past life when I was Cleopatra for the 33rd time in

the aware show

Lisa
Garr



Atlantis and Lemuria – but you know, sometimes, something is just *new* – and, we are *also* here for what's *new*.

Lisa: Well, what are we reconnecting to, though? Does it indicate that we're reconnecting something that's in our DNA or is it something in the past?

Eric: It's not about the past. It is about... see, it's hard to describe this because we want to call it the past because we view things linearly, because it is something of before but it is not something of the past. It's something that we experience *in between* lifetimes. When we're not existing in the bounds and constraints of time and space. It's that original fullness that we return to when we return to that light that we come from, that we all go back to as home. And it's allowing us to be more of that true spirit and essence of who and what we are, here on earth. So, we're reconnecting with our original fullness. Now, a lot of people equate...this...

Lisa: That makes sense, yeah.

Eric: Is that making any sense?

Lisa: It... no – that makes sense, because there are parts of us as we get stressed and in the frequencies that we're in with the time speeding up that can fall off and get broken and disconnected – yes, it does make a lot of sense.

Eric: But it's not something that we have gone through individually. It's something that humanity has gone through. A lot of people will equate this, you know, different cultures, different religions, usually all tend to speak about a time when we were more – or all one – with the universe, and then a separation had taken place. In Judeo-Christianity, it's often referred to as *The Garden of Eden* – once they walked outside that door they stepped into the illusion of time and space and this, in essence, you could say, is us – learning to live in that garden and to bring that garden into our full existence once again.

Lisa: Well, yes. I mean, this is so validating, though – because there are so many healing frequencies coming onto this earth that we are becoming more and more aware of that remind us... we are so connected. We are all connected to this web and this frequency of life that... it's almost as if... spirit from all over the universe is trying to tell us something. Too, all of these modalities are coming through, trying to remind us that to reconnect the parts of us that we have forgotten; that we are healers, that we are all basically connected to this web of life. And, to re-honor that, because we're going to need these strengths. This is beyond “how do I cope with the stress of life.” This is really reconnecting a much, much bigger picture and then, ask people are asking “how do I heal my cat?” “How do I heal my sister?” Then, you can direct this frequency with your attention towards... I mean... Eric has been doing this for so long because this healing

The aware show

Lisa
Garr



produces measurable results... that he's been able to branch off into reconnection animals, reconnection kids, reconnection yoga. You know, there's a branch of this – because it works; and so I...

Eric: Right, but let's go back to what you were saying because you made an important point, before, and I want to make sure that people heard it. You said that there are new frequencies coming onto the planet. And, there always have been. We have been accessing different parts of this, because it comes in parts. Because it's been coming sort of sequentially. Because we've been existing four-dimensionally. But now, we're stepping out. Now, with this expansion in time, we're stepping out of the fourth dimension. To the linear mind, we want to call it the fifth dimension, but if we understand it, we cannot call it "fifth", because that's still a linear concept. Fifth follows four and precedes sixth. It's actually something we don't even quite have a word for, so we call it "multi-dimensional." It's multi-dimensional, even though four is multi we just don't have a word for not meaning fifth here. So, we're stepping into everything simultaneously.

Lisa: Non-linear.

Eric: Instead of past, present and future. So, where we have been – is we have been accessing these different frequencies as they've been coming in. As they've been here, we've discovered – you know I just used generically Reiki and Qigong and Johrei but, you know, x-y-z, alpha-beta-delta, all the different techniques that come out. Techniques allow us to focus in on something. Focus *in* on something. Of course, when we focus *in* on something we focus *out* the rest of the picture. But, we focus *in* on it – and we've been accessing individual frequencies – but what's happening now, as we step into this multi-dimensional existence, is we can access the spectrum which *includes* all of the frequencies and we no longer need to focus in on them with a microscope, a telescope, a technique, a training wheel, a wand – but instead, we're stepping into something that is continually expanding. So, we no longer need to look for the individual frequencies once we let go of going at it from the approach of a technique or a microscope or something. We can just step into this ever-expanding bandwidth. In other words, we reconnect with ourselves in our ever-expanding fullness and there is no "next", because nothing is any more sequential. It's like, there's no more "past lives", they're simultaneous lives. There's no more déjà vu, it's simul vu.

Lisa: Ha ha – I love it, no, it's true! And it's also... that makes sense as to why you call it the reconnection.

Eric: Right!

the aware show

Lisa
Garr



Lisa: There's a woman on the line who studied with you, and her name is Paudman, she studied with you and she said that she hasn't accessed the energy for a while. Can she just go back to it? For all the people that have had the trainings... can they...

Eric: Absolutely.

Lisa: Can they reattach to it at anytime?

Eric: It's absolutely there and present for you. I will tell you that a lot of people like to retake the seminars a second or a third time, because they hear differently, they access it differently. They're not so focused on trying to get it right or wrong, so they're able to expand more into it, but you... are... once you've reconnected – you're reconnected. You can lose it, you're not going to burn it off in a fever, you're not going to lose it by bicycling off of a mountain.

Lisa: And someone else asked if this is reconnecting to our DNA or did it reconnect our DNA? What does a reconnection do to our DNA?

Eric: Well, and that's interesting... because I like to use that verbiage and I'll tell you why.

Lisa: OK.

Eric: There was a 3 month period of time where over 50 of my patients lost consciousness and they spoke 6 word-for-word phrases. The first phrase was, "We are here to tell you to continue doing what you were doing." The second phrase was, "What you were doing is bringing light and information onto the planet." Now, one person once wrote me and they said "They told you to continue doing what you were doing. See? You should have *stayed* a chiropractor!" **laughing** They clearly didn't get that was not what it meant. To *continue* something doesn't mean to *repeat* it - to do the same old thing. To continue it, is to continue it *on*; to continue it *further*, to allow it to *flow* – to flow into a *continuum*. What's the second phrase? "What you're doing is bringing light and information onto the planet. Now, we *rarely* hear the words light and information come together. He hear "light and love", we hear lots of things, but the only time we really hear the words light and information, is when we're speaking biophysics – or *not* biophysics – *quantum* physics.

Lisa: Quantum physics.

Eric: And they talk about the tiniest, tiniest sub-sub-sub-atomic particles that exist. And they explain that these are bundles – the tiniest bundles of energy that we know of, light that we know of, and information that we know of. That's when we hear light and information come together, the phrase "energy, light and information."

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The aware show

Lisa
Garr



Lisa: I love that!

Eric: What we are doing, is we've been existing in the energy. So, what the phrases explain and continue – doing what you're doing – means to continue the energy into light – into information. That's what we're learning to access here. The third and fourth phrases is – what you're doing is reconnecting strings – and what you're doing is reconnecting strands. Now, I know from what would take a little while of a story to tell, but, that strands meant DNA, I knew that; from the beginning-on, as I was going through these early experiences. But, there are five studies so far, some of them might be mentioned in Dr. Korotkov's book, *Science Reconfirms Reconnective Healing*, that shows that (and there's a sixth international study in planning right now) that shows that reconnective healing restructures, or what I like to say, reconnects, the DNA. Now, that plays very – very, very important roles in different ways. But, just to make it the simplest of ways – let's look at it this way: "How do our brains works?" Our brains don't work the way we were taught. There aren't little areas sequestered in our brain and one area is speech and one area is memory and one is learning and one is this and one is that. The information is both diffused throughout our entire brains – and – we access information from what is called "zero point field". That field of information and intelligence within all of us and within which we interact. Now, use an analogy for a moment – of a computer. If you have a computer, you have a metal box. A computer by itself does nothing. You have to install a software program into it. Once you install the software program, you get information out of the computer – and – you can access that internet field out there somewhere. If you *upgrade* the program in the computer, you get more information from within the computer and better access to that internet field out there somewhere. So, let's imagine for just one moment... "What if our *brains* are our *hardware*?" "What if our DNA is our software?" And, "what if...", as I discovered early on and science has now shown in five studies... "what we are doing is restructuring, or reconnecting, our DNA?" When you learn this work, and you interact with reconnective healing with others – in essence then what you are doing – is you are facilitating a human software "upgrade" that allows for better access to the information within the brain and better access to that zero point field – that multi-dimensional field out there somewhere, and since we go where our attention is, we're not just accessing it, we're not just someone who's a coward doing a brave thing – but when you do a brave thing, you become a brave person. You're not just accessing the multidimensional field, you are becoming more multidimensional beings, and this, I believe, is part of the pivotal place that we are, right now in time. You said, "Why now?" ...because we had other things before, and we have other things coming in the future, and now is getting us ready for now, and getting us ready for what's coming. Is it about 2012? Not exactly. Is there a relationship? Yes, in a

The aware show

Lisa
Garr



way. We can think of the *Harmonic Convergence* in 1987, when there was a certain alignment of stars and planets a certain way, and time seemed to jump into a more expedited shift or expansion. There was another jump in 2002 called the *Harmonic Concordance*. 2012 is this year, it won't be the first jump, it won't be the last, it won't be the end of the world. It might be the end of the world a little bit as we know it today, but that's a good thing.

Lisa: The end of the bad stuff, right?

Eric: Right. And as I said to you just the other day, we're not going to pick up our bed sheets on December 21st, at 11:11 am, look underneath and scream, because we're suddenly invisible. We might scream for another reason, but that can be a different interview. But we will look back in 3 years, 6 years, a dozen years, and say, "Look at this shift in human consciousness, look at how we've expanded, look at how we're making better choices in the planet, in our government. Look at how war is becoming a thing, a barbaric state of the past. Look at how we're recognizing how ridiculous it is for our young men and women to go out, losing their lives, fighting political battles for older men and women. Look how we're not trying to look for what makes us separate and distinct, and arguing about who is right, and got the better lineage and the better religion... But look, instead, how we're beginning to look forward and recognize what about each of us is the same, and recognizing that we are all one – that when one child cries in one part of the planet, 100 children weep in another – that when one child laughs, 1,000 children laugh..."

Lisa: Wow, that's what reconnection is. You're talking truth, here, as well. It is becoming more intense, because we are hitting another convergence, another harmonic convergence. I noticed that when I was at the Olympics – the people of these countries, no matter what country – the people want to have harmony and friendship, and laughter, and actually care. People were taking care of other people and laughing, and hopping in cabs together, and converging on the subways. I mean, millions of people from all over the globe in one place, in the common name of having a great time together. So, it's happening with the people, and the people know that that are on this call. We have Ireland, and London, and U.S. But, I wanted to mention to people that the healing – in terms of this energy and connecting with these love and light "information bundles" in the universe – it's just a matter of connecting with it, it's accessible to everyone, this isn't something you have to do, and go on top of a mountain top for... and I think that's kind of the modern day way of healing.

Eric: You're right, now let's make your point a little clearer, because you made a beautiful point, and I don't want us to gloss over it. You said that it is about connecting, and then you said that it's not about doing, or finding, or seeking a special healer –

the aware show

Lisa
Garr



it's about connecting. Now, the key is – can we learn to stand on that point of perfection without trying to guild the lily?

Lisa: What do you mean?

Eric: Can we see the beauty in the rose, without trying to make the rose better?

Lisa: Or, more complicated...

Eric: Right, in other words, for instance, if we allow ourselves... we can see the beauty in every child, we can see the beauty in every rose – but yet, who is the one person who doesn't allow themselves to see the beauty in every rose, in every child? It's the contest judge, the one who says, "It needs to fall into these parameters to be beautiful..." And they miss the beauty of life, so they try to change it to make it fit their concept of perfection, and they cheat themselves out of experiencing the beauty and perfection in each rose, in each child...

Lisa: Hmm, and in themselves.

Eric: Mmm-hmm.

Lisa: ...and in the beauty of themselves, absolutely...

Eric: ...and in themselves, absolutely.

Lisa: Because, we are these beautiful, perfect beings in ourselves, that's where it starts, really, and then you can see that in everybody else. I was going to mention that the people that are having the questions of wanting to heal illnesses in particular people – that was the whole point of what I was just mentioning... is that this is something that you don't have to look, necessarily, to Eric to do, you can learn how to do this yourself.

Eric: Right, and that's what's most important. You know, when I was doing sessions, I started teaching people to do it, and they learned how to do it, and they could do it, and people would always want to come to me, thinking, for some reason, that I would do it best. I said, "Why come to me? Go to the practitioners around the world... No need to spend the money, and all that effort..." But they just wanted it from me, and so, what I started to do was I started to try to price myself out of the market. Just raise my price, raise my price, raise my price so people would stop coming – and it didn't matter what I raised it to, and so I raised the price for the healing sessions with me to something that got so high that I went, "You know what? I don't feel comfortable taking this level of money from people..." So I simply stopped doing the sessions, so that we as a world

The Aware Show

Lisa
Garr



would learn that we can gain this same gift – access it from other human beings, because if we don't get that... you know, if everyone looks at me as if I'm some special person, well when I leave the planet – this goes too... and that's not what this is about.

Lisa: Right, and that's very important. A lot of people are asking, by the way, about the book, the new book... is there a channeling, or a new book coming?

Eric: There actually is a new book, that I believe will be released in February. It's about how to reach more deeply and easily inside of ourselves, to access the healer. Oddly enough – this is going to sound planned, but it's not – oddly enough, I took this overnight trip to New York, and I happen to have one little segment from it in my bag, if you want, I'll read a little, and share it with you...

Lisa: Oh my gosh, yeah! Beautiful!

Eric: Just give me ten seconds to reach across the bed, hold on...

Lisa: Okay, in the mean time, I'll let people know, this is so great – these are the things that happen on *The Aware Show* teleseminar series, we have such a good time here. Remember, go to the web page here, which is theawareshow.com/pearl. These healing frequencies and information on learning how to do this, and more about what reconnection healing is, is here for you to be able to learn...

Eric: I'm back, I had to look in three different places for it.

Lisa: That's okay... and then, also the science that I was talking to the listeners about... The science is also there, about the healing energies in the field, the energies around the field, and so-forth, that he talks about is also in the special offer package, it's called, *Psycho-energetic Science, Human Consciousness, and the Field of Reality* with Dr. William Tiller, which I've looked at, and it's really amazing... really incredible, that helps people who are attempting to explain this to other people, and also helps you understand where the healing energy is, and how to, kind of, hone it a little bit better if you are visually minded. Alright, is this something that you wrote?

Eric: This is some of the material that's going into the new book, which I guess some people, if they wanted to assign a word to it, might call it *Channeled*, I'm trying not to call it that.

Lisa: Okay, got it.

Eric: So, the syntax – the wording is a little different, and this is a little bit from the middle of the book, so it makes the assumption of... Well, let it speak for itself, here it comes...

the aware show

Lisa
Garr



Lisa: Okay...

Eric: “Your heart is coming here to understand a deeper sense of your truth. You need to recognize, your heart is in a space that is allowing you to illustrate your greater being. Your feelings, now, are being carried through on a different plane. Your energy exists in this sphere of influence that is central to your understanding of a different sphere of influence. You’re allowed to carry yourself in this plane, and you will find that there is a greater facility for recognizing the needs of those you come into contact with.” Now, that’s sort of introductory, to like, shake up our brains a little, and just to listen... and now it moves into something a little more tangible. “Feel your life, suffice it to say, carry it’s force in a varied and multidimensional direction. There is a lot that needs to be said in various ways. We understand ourselves in a limited fashion, and we need to carry this understanding as a life process. It is the unveiling of a multifaceted force within our life. We need to peel away the exterior, so that that internal being shines through to those we come in contact with. This eternal soul that resides within our framework is covered up in many ways by our apprehensions and fears, and in your work, that is what you need to do, you need to unveil your soul. It is not a simple process, and the stripping away of ego is an eternal process. The selflessness that must shine through the being that can reach in without interference, once that pure force shines through, without it being refracted by various mindsets, it will flow in a more direct manner. Once you allow your soul, that egoless purity to come through... that is almost a common denominator, in that it has the ability to automatically fuse with the frequency of the person you’re coming into contact with. So, your job in this process is to strip away the defense, strip away the mind, strip away the control mechanisms and techniques that you have in this plane... let them go. Let them be a part of an exterior that has nothing to do with you, and present that soul in the room; it will automatically do the work. That energy is a common, universal language of the cosmos. It is understood immediately, and is felt intrinsically.”

Lisa: Wow... When did you have that information come in... where did that come in? What space were you in?

Eric: This particular segment I read to you came in, in February of '96. I have been collecting this material, all of one source and of information, shall we say, in a sense, and holding onto it for a good many years as it has evolved, and I guess, for some reason that I can't put my fingers on right now, now seems to be the time to do it. So, we submitted it, and it was accepted, and I believe the planned date of publication is in February.

the aware show

Lisa
Garr



Lisa: Wow, and these are channelings that you've received throughout the years, that you've just collected...

Eric: Mmm-hmm.

Lisa: A-ha, wonderful, well that's great, to get all of that first hand, from the divine. Have you ever used the reconnection healing on yourself? Do you ever use it for...

Eric: Sure, you can do self-healing with this work. Usually on Sundays, after we've spent the time really teaching you how to focus in on fineness to facilitate and bring about healings for others; on Sunday afternoons, we also glide into self-healing and distance-healing.

Lisa: Oh, wonderful, and so, people get to learn this, and then they get to apply it, right away, during the seminars.

Eric: Mmm-hmm.

Lisa: That is great. Well, I so appreciate you joining me, today. I do know that you are in the middle of a meeting, that you came out of to be with us, which I really appreciate.

Eric: Oh, that's alright, we just had a little time confusion. I'm here for you, I rearranged it, I sent them downstairs to the lobby to have a glass of water or juice, and they are relaxing with a friend. I just wanted to be here for you.

Lisa: Oh, good. Well, thank you, because this is very important, and our listeners are absolutely, completely absorbing everything that you're saying. They know you, they've followed you for a long time, and, so, they'll also know, and they also recognize that the offer that you put together and that you all have put together is a huge value. It's a deep discount, all of these products in one place. The website is theawareshow.com/pearl, and you'll be able to see all these videos and so forth I've been talking about.

Eric: Yeah, we do have 2 more seminars coming up in the United States, shall we tell people?

Lisa: Yeah, yeah, yeah! I wanted to do the L.A. one, because I want to experience this!

Eric: Yeah, come to that!

Lisa: Yeah, I want to do that. So, let's see here, when is the Los Angeles one?

Eric: So, we've got one in Miami, and one in Los Angeles. The Los Angeles one is technically in Newport Beach, and that's October 19th through 21st.

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the aware show

Lisa
Garr



We have one in Miami, which is December 7th through 9th. Both of those, by the way, are simultaneously translated into Spanish, to allow for broader accessibility.

Lisa: Great.

Eric: So, there will be headsets for people who want Spanish translation. And, I guess, listening to your program, you probably have listeners in the UK so for there, I'll be there, I believe, the weekend of September 21st, we'll be giving a seminar in London.

Lisa: Oh, nice, very, very good. Also, a question coming in, this a very valid question, "Can you use reconnection healing for prosperity, or if you're having financial challenges?" And you have a whole piece, on the special offer with Terry Cole-Whittaker about this. But, explain a little bit, how you can do that.

Eric: Yeah, Terry Cole-Whittaker is really wonderful at bringing about love, prosperity, and abundance consciousness in her work, and that's part of the philosophy. As we step into this, we return to a natural vibration of light, of the light that we are; and the light that we are has no fear and believes no lies. So, the light that we are knows that we are of love, that we are of abundance, that we are of light – and light, of course, needs nothing to protect itself from, because darkness doesn't exist... if it did, we could sweep it up, put it in a paper bag and stick it out with the trash. Darkness is just that place where we have not allowed ourselves to shine. Part of that existence includes abundance and prosperity, and abundance and prosperity is not just related to money, it's related to all aspects of our health and existence. But, we can't give a gift we don't accept, and we can't accept just part of a gift. If we are truly to step into love, prosperity and abundance to allow for healing and health for others, then we must learn to accept that for ourselves as well. Many, many, many people in the healing world live under the illusion that healing is something that should only be a gift, and that they should live in subsistence and poverty. For us to truly facilitate healings, we have to allow for fair exchange for everyone. People who don't exchange, and give in return for their healing sessions often times don't feel worthy enough to allow themselves to receive the full benefit of the healing you have to offer. So, do realize that you are not just in fair financial exchange to receive, but you are in fair financial exchange with the other person to allow them the gift of receiving the work, as well. It's so comfortable for us to give. We're all very much at ease, giving. We have to learn to step through our comfort zones, to graciously receive, as well – and if we say we only want to give – then we're not truly giving, we're actually cheating the other person out of that same thing that we so much love ourselves... of giving in return.

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Lisa
Garr



Lisa: Now, that is beautiful, when it comes to exchange. But, when you're trying to *make* money, in like a job that you might not, maybe, enjoy... or if you're hurting financially, how do use that theory of exchange, where maybe the other person isn't as reciprocal? Do you know what I mean?

Eric: Well, I think what we have to focus in on is, are we going to be result oriented, or process oriented? Are we going to take a job because it gives us money? If so, we might make some money, we might not. Or, are we going to go into a profession, an occupation that makes our heart sing, because it makes our heart sing, and in doing so, then we find that financial reward is just part of the abundant byproduct. So, I think we have to, first, look at ourselves, and say, "Why are we doing this?" If we're going into a healing session to make money, it's the wrong reason... don't do it. If you're going into any career to make money, it's the wrong reason, don't do it. One of the first things that we teach in the seminars is, when you step into the healing process, DON'T focus on the result... because that's focusing on the symptom. Focus on the process, "What can I feel? What can I see? What am I observing? What is this wonderful healing experience?" And recognize that your role as the healing practitioner is to open a door. Their responsibility is to have the courage to step through that door. We often feel that we have to push them through the door to get the result that we, or they, think that they should get – and that's because our ego becomes result-oriented. We feel adequate, or inadequate, according to whether or not we please, according to what we are able to interpret as what is the perfect healing for someone, and part of what we are here to learn is to observe without judgment.

Lisa: And, I actually think that – from what you've explained with the reconnection healing is – it can reconnect that part of you, I guess I'll call it DNA, that doesn't allow you to receive, and reconnect that part that allows you to receive, and to have money come through your energetic fields just as it would through a healing, a hands on healing, just as it would through a long-distance healing. It's all energy, if we really think about it, or not think about it. If you just experience it.

Eric: What we really want to do, by coming into a balance, is to recognize that balance must allow, equally, for us to receive as much as it does for us to give.

Lisa: Okay, I have a request.

Eric: Okay... but if I don't know the words, I'm not singing... I'm just going to hum.

Lisa: Could you give a little bit of the experience of reconnection healing, over the phone, with just a few minutes of the energy, just put your attention on it, and could you, kind of, focus on the people who are on the call, and who are going to listen to the call in the replay... and just give a little bit of that energy into the audience here.

the aware show

Lisa
Garr



Maybe they can take it from there, and focus on where their pain might be, or a question might be, or frequency might need to go...

Eric: How about if we take this – and I think we've been allowing ourselves to access it, anyway. But how about if we take this sensation, and the experience of what this is, and instead of placing it on where the pain might be, or where the desired outcome might be... how about if we take this into ourselves. Right now, just feel it, let it vibrate, let it move throughout your body, maybe you'll start to feel it first in your hands, or maybe in your legs, or maybe in your feet – and let it vibrate and move throughout your body, but instead of the initial temptation of directing it towards a specific end result, or problem area, let's open up, and see if we can rise to a level where we allow it to determine, what is the most perfect healing for us... and to allow ourselves to be as excited, and as happy with what we receive, whether it fits what we feel that it should, or whether it comes in a different form. Whether we notice everything at once, whether we don't notice anything at all, whether we notice part of it, some of it – and step back 3 feet, and step back 3 feet again, and allow ourselves to see what form the healing actually came in.

Lisa: ...and what form it shows up in?

Eric: Yeah, what form it shows up in. Let's see... We know what we want for our lives. How about allowing ourselves to manifest what the *universe* has in mind for us, something we may not even have dreamt of...

Lisa: Good one, mmm-hmm.

Eric: ...and let's carry these frequencies with us, even when we get off, know that this is vibrating within us. Let it vibrate, let it continue – and see how it shows up in our lives when we least expect it, when our attention is least on it.

Lisa: So, we have access to this, now?

Eric: We have access to it right now. Allow yourself to notice it. Remember when I played with your hands?

Lisa: Uh-huh, yeah.

Eric: Okay, hold your hand up in front of you, again.

Lisa: Mmm-hmm.

Eric: What do you feel?

The aware show

Lisa
Garr



Lisa: How interesting...

Eric: “How interesting.” **laughter**

Lisa: It’s so great, because if you guys hold your hand out in front of you, and you separate your fingers loosely, and then face your hands towards each other...

Eric: You know, one of the ways to do this is, you take both your hands, and imagine that you’re holding, maybe, a 3 year-old child by the rib cage, in front of you. So, your muscles become strong enough, firm enough to support the weight of that child... and that’s a good, natural position for your hands, it’s similar to the way your fingers and hands might feel if you were holding a basketball on your fingertips.

Lisa: Right, right.

Eric: Okay?

Lisa: That’s what I got.

Eric: Right, and that’s what, really, we’re doing as we’re just slightly modifying the normal, anatomic position of the hand; and it allows us to begin to feel, and to detect more. The more we allow ourselves to feel, the more we allow ourselves to detect, the more we become aware of, the more of a conscious information we bring into this equation of energy, light, and information.

Lisa: And then the fingers start to create this involuntary movement, that is not something that’s intentional. They’ll just start to move, and twitch, and maybe... what is it that you call it?

Eric: I call it “registers”... the involuntary registers of the body, they’re responses – it could be another word – I just use the word, “registers” for some reason. It’s because it’s showing how this is *registering* in your system.

Lisa: Mmm, right, and that’s what I find so interesting. So, it comes in, again, it’s the “light information bundles” – I wrote that down, put a big bubble around it. It comes in, and so this is a frequency. This is the energy, and you realize how easy it is to access this. It’s always all around us, it’s nonlinear, it’s a quantum, it’s multidimensional. And so, then it can come in at any time. I love your idea, of allowing it to, because my lower back is hurting, so, allowing it to just go wherever it needs to... maybe it’s not my lower back, but it’s something else that needed to shift, and then the lower back falls into place, and that’s...

Eric: ...perfect.

the aware show

Lisa
Garr



Lisa: Yeah, that's wonderful, oh that's nice. That's great, I can feel that all the way up to my neck. Ahhh.

Eric: What a wonderful way to bring this to a close!

Lisa: Yes!

Eric: That was beautiful idea of yours.

Lisa: Thank you. Well, I really enjoyed spending time with you, and we were both jet-lagged out of our minds, and now we've had a few hours rest.

Eric: Yeah, I made it home to L.A. and the next day I turned around and jumped on a plane to New York. So, what do I know? I'm flying back to L.A. in a couple hours.

Lisa: Well, you must use this reconnective energy, because I'm telling you, you have more energy, and you are so patient, and so beautiful. I mean, you're just fun to be with, too. You roll with things really well, you don't get irritated with the little changes, and stuff like that. You're really great, so much fun to be with!

Eric: Oh, yes I do... Believe me!

Lisa: But you get irritated with the big stuff!

Eric: I can, and others can attest to my little frailties of patience on other levels, but thank you, that was a very kind thing of you to say.

Lisa: But, you're here with me now, and you made things happen, at the last second, there. So, I really appreciate it. So, thank you, Eric, you're awesome. I will see you in Los Angeles when you come here, and I want to take the healing, the weekend, so I can really go through, and dive into this, so then I can have access.

Eric: Great, take the October seminar! That will be great.

Lisa: Then I can practice it more. Great! Alright, thank you! Happy trails!

Eric: Thank you, take care... you too, bye-bye.

Lisa: You too! Alright, so, my listeners... go ahead and visit the website, which is theawareshow.com/pearl and that energy that you just experienced, that reconnection... you can see, like I did, how easy it is to experience this, and to be able to master it. It's just by learning a little bit more about it, it's just a little bit more education and trust with it,

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the aware show

Lisa
Garr



because if you experience it for maybe, an hour, then you could probably forget it the next day. But, if you spend several hours with it, learn about the science, and the “light and information bundles”. There’s a whole video on this, in this package. So, it’s “*The Light and Information Beyond Energy Healing*” and it’s brand new. So, take a look at this, it’s all very, very divinely guided, intentional information for us, at this time, on this planet. I will remind you, and I’ve heard this before, that you were born at this time for a reason, don’t think, for a second, that it was an accident – it’s fully intentional. You are here to remember the gifts that you have, to bring to this planet *at this time*, where it is needed more than ever. We’re at a tipping point in history, we’re at a tipping point in universal energy, and there are more light-workers, and light-beings on this planet, now, intensified than ever before. We gather, on these calls, and we converge this energy of this intention that came through from being on this planet, at this time, together. We are all one community when we’re listening and being, and participating on these calls. Know that this is fully intentional. This is absolutely on purpose. So then, when you get the information about light and energy frequencies, and bundles, it’s intentionally here for you to be able to focus, and go, “Oh! This makes sense to me, and this is what I want to learn more about. This is from the light, and this is how I experience bringing this against the darkness.” So, if you forgot for a second, that you are here, intentionally, that that one little, teeny-weenie sperm got through all those millions of different ones, to get to that one egg, this is you! This is why you’re here. So, connect in, you are already a part of it, because you’re on the call. So, connect in to what we’re talking about, if it makes sense to you, and absorb it and enjoy. We’re going to put up the little video I did with Eric, as soon as I can get it uploaded, because I just got back. That’s a free gift, so we’ll get that up there in just a little bit, and I thank you so much for being on these calls. Thank you so much and have a FANTASTIC rest of your day, week, whatever it is, and until next time, I invite you to STAY AWARE.

–end of transcript–