

Know Thyself Healing

Phone: 612.269.6578 - Email Address: dwright@raatz.com



Reflections on Reconnective Healing

To give you a background on Reconnective Healing (RH) I find it best to look at the science around this modality. For us humans, having some kind of concrete reference point to anchor our thoughts helps to reach out from that point to areas that may be unfamiliar to us.

Science has shown us through Physics and now even more with Quantum Physics that all things in the universe are made up of energy. All energy moves at different vibrations or frequencies. Along with these vibrations, there is carried information. Like the energy flowing from your brain to your body organs via your spinal cord, there is information contained therein telling them how to function and stay healthy. Similarly, there is information flowing to you from all around you (other people as well as Higher Source) which you can perceive in various ways. Even thoughts can scientifically be measure as a physical energy pattern. For example, oftentimes people talk about having a “gut feeling” about a situation or person, this is the Information that I’m explaining. You “know” something without having a logical reason why you know it.

The Information that flows to you is vital for you to live a balanced existence and without this flow you can start to feel disconnected from things and people around you. You can feel isolated in your thoughts, become depressed, have anxiety and, over time, become physically sick. Just like if you have a problem with your spine (in chiropractic it’s called a subluxation), there can be a blockage of this information to your body which in turn can cause the organs to not function properly and get dis-eased.

You can think of this energy and information flow to you to be a kind of food. It is something your soul needs and in turn your physical body needs to support your soul here on Earth. Just like the food you eat, the energy and information you take in is processed and exchanged for other kinds of “waste” energy that needs to return to the universe to be transmuted to another form of energy. Just like the symbiosis between us breathing out carbon dioxide and trees breathing that in and exchanging it for oxygen back to us. This energy and information flow can be blocked by physical, emotional or spiritual trauma. Some people refer to the energy flowing out from us to be “negative energy”. This doesn’t mean it’s bad, just not useful us (just like carbon dioxide is not bad in and of itself). If the energy and information from Higher Source is not flowing to and through you, you will start collect these “negative energies” inside your body which can cause pain (physically, emotionally and spiritually). Sometimes the pain in your body can be attributed to these collection points, but other times you hold onto them in places that you have no idea are there.

Reconnective Healing is the process of taking those frequencies of energy, information and light and “re-tune” them into you. During each session, I am guided to various locations around your body where I sense these frequency vibrations and I “stretch” them out and make them more limber causing the information to flow more easily. I often use the analogy of you being a radio which naturally receives frequencies of information from a radio station, but if you are not “tuned in” the information is fuzzy or full of static. I act as the tuner who brings those signals back into alignment for you. Depending on how long your blockages have been in place it may take more than one session for your body to re-member how it feels to be connected to this flow, but it could take just one session. It is recommended to experience between one and three sessions to make the connection

Know Thyself Healing

strong and complete. The only reason you might come back for more sessions is if months or years later, you experience some other kind of trauma that needs to be healed.

One thing to know is that the outcome of each session and each person is different, but is what is needed and perfect for you. I do not force any outcome as I am only an instrument or conduit for the healing frequencies to manifest in you however Higher Source deems perfect and necessary for you. I make no judgment, diagnosis or promises as this is not my place. Also realize that RH can cause actual physical changes within your body. Similar to receiving a deep tissue massage where you must drink water afterward to flush out the toxins you were storing, an RH session can do the same. You must treat your body with plenty of water and good, natural, healthy and earthy foods (like chicken soup) and sleep to nurture it along its rejuvenation process. Don't be surprised if you feel "off" afterward and even the next day as this is the "detox" still working on you as well as you being re-aligned. Be patient and love the process and yourself and know wonderful changes are occurring to make you Reconnected!

Frequent Session Results:

- Happier
- Relaxing
- Better Focus
- Improved Confidence
- Physical Realignment
- System Detoxification
- Improved Holistic Information Flow

Appointment Locations:

- Little Rejuvenation Station (Tues & Fri) - Elk River, MN
- Diva's Salon (by Appt) - Annandale & Kimball, MN
- ~ Coming Soon to Buffalo, MN! ~
- Other Locations by Appointment

Contact & More Info:

- Website: www.raatz.com/healing
- Phone: (612) 269-6578
- Email: dwight@raatz.com

Sincerely,



Dwight Raatz

Reconnective Healing Practitioner

~ *Improving Holistic Information Flow* ~