

Guided Reconnection:

A Short Primer

No two Guided Reconnection sessions will be the same, though there is a basic structure that can be helpful as a starting point. To get a taste of how a Guided Reconnection session feels, you may want to check out my “Guided Reconnection Healing Process” pdf. A one on one session can be an even more powerful way to connect, as it allows me to tune into your energy directly, in conversation with you, and tailor the offering to your specific needs in the moment.

I usually begin a Guided Reconnection session by tuning in first to the breath, then to the whole body. How much time is spent here will depend partly on your prior experience with mindfulness and body awareness practices—the more quickly you are able to drop into focused body awareness, the less time will be needed to tune into your internal connection with your body. I offer short video and audio recordings on Connecting with your Body [\[link\]](#) to help with this step. Booking a one on one session can be even more helpful.

Connecting with your guides

The second step is to invite connection with your guides. (Please note that the distinction between one and many is less relevant in the guides’ realm, so I use the term guides to indicate the multiple but unified nature of the energetic presence from which guidance originates.) For help with this step, you may want to watch or listen to my short video or audio recording, “Connecting with your Guides.” Again, because people experience divine guidance in such unique and varied ways, an individual session can help to find a way of connecting to guidance that works for you.

It's crucial here that you are explicit about inviting connection only with your highest guides, to avoid creating confusion by getting entangled with any of the more distorted energy patterns at other levels. You can recognize your highest guides by the deep sense of safety and ease you feel in their presence: there is no judgment, no criticism, no advice, only a very deep and abiding compassion for the world and for you in particular. Individual guides may have other characteristics as well, like playfulness, humour, soothing or curiosity, and these characteristics will often be connected to the reasons that these particular guides belong with you—you will probably feel a sense of personal resonance with the character of your guides.

The third step will vary, depending on your needs and your intention for the session. You may simply wish to rest in presence, allowing your guides to direct the process entirely. You may ask your guides to show you where to begin in healing your body, and to lead your awareness from there, remaining very focused on the experience in your physical body.

Working with physical pain or discomfort

If your intention for the session is to work with physical pain, discomfort or even fatigue, you can now begin tuning in to areas of pain or discomfort, following the guidance you receive and only focusing on sensation as far as your current level of pain allows. If this is too intense, you can instead turn your attention to areas at the edges of the pain. It's very important to stay attuned to your own boundaries here—it won't be helpful to dive into pain if the pain is overwhelming and you're not able to maintain a neutral, non-judging relationship to it as just another sensation. If it's too overwhelming at the moment, it may be better to try again at another time, or to start with an area in your body that is less painful. This is why it's best to try this in a guided session with Tamara at least the first few times, to help develop your ability to calibrate where you're at in relationship to the sensations you're experiencing and know how deep to go right now.

Assuming that your pain or discomfort aren't so intense they're overwhelming, you can next focus your awareness on all the sensation in that area of your body, *entirely without judgment of the sensations you're experiencing*. Non-judgment is crucial, as focusing on pain when we're in resistance to it will only increase it. This is the starting point of insight meditation, focusing on body sensation with a neutral awareness.

Then you can consciously turn the sensation over to your guides, inviting your guides to make whatever adjustments you need. This is where it's easy for the conscious mind to get antsy and start interfering with the process, trying to interpret or control what you're experiencing. If you find this happening, you can return as many times as needed to your intention of surrender, remembering the immense relief that comes with not having to solve it all yourself. You are coming to the guides for assistance, so you no longer need to try to control the process.

For those with trauma history, which is most people with chronic pain and many others too, letting go of control is hard. This isn't a character flaw, it's a survival strategy that was both necessary and functional at some point in our lives. We can recognize and allow that tendency, offering gratitude for all the help that our minds' defensive control strategies have given us throughout our lifetimes. Then we return again to the intention of surrender; gradually and only as we're able, we come back to our deeper soul longing for the healing that's possible when we surrender to loving, non-judging guidance.

There are many different ways our focus may want to move, as we focus on sensation while remaining in connection with and surrender to our guides. We may want to stay with a single area for a long time, or we may want to touch on an area of discomfort only briefly and then return to an area that feels safer. We may want to feel two different areas of our body at once, allowing the energy between those areas to reconnect—for instance, the same area on opposite sides of our body, or the connection between upper and lower body on one side, or between front and back. Sometimes these connections can be surprising, like for example between your

right shoulder and your left hip. Or you may want to keep a diffuse awareness in your whole body at once. Your body and your guides know what needs to reconnect.

As we remain focused on areas of pain or discomfort and continue turning our experience and our bodies over to the guides, trusting them to adjust us as needed, we may experience twitching or what is called *pandiculation*—temporary contraction of tight muscles that is followed by release, by a kind of resetting of the baseline of tension that was present. It's like what dogs and cats do when they "stretch," or what we often naturally do first thing in the morning before getting up. We sometimes call that stretching, but it's actually mostly a contraction.

Interestingly, some online resources refer to pandiculation as a voluntary movement, while others call it involuntary. This suggests that it actually exists at the border between conscious and unconscious control, like breathing, blinking or yawning. This makes it particularly powerful for healing. If you feel your body want to twitch or pandiculate, just allow it; it can be hugely helpful in releasing the tension that is often a critical part of the feedback loop of pain and allowing your body to experience the true restfulness that allows healing. It restores qi flow where it has been blocked, which can sometimes be felt as a steady, soft pulsing at about 20-50 bpm, slower than the blood pulse created by our heartbeats.

My own theory is that this process also involves the movement of energy and fluid through what is called the *interstitium*—a recently discovered (2018) organ system consisting of an intricate network of fluid-filled chambers formed by connective tissue that extends throughout the entire body. The [interstitium](#) is an exciting new area for research, some of which has shown that its function is piezoelectric as well as mechanical.

Over time and with practice, this entire process will become more automatic, as you learn to rest with more of your awareness both in your body and in divine guidance. Eventually, it can become part of your resting awareness as you engage in other activities. This leads to an overall lessening of pain conditions and a greater sense of peace, ease, and attunement to your truest self.

Questions for your guides

Rather than working with a physical pain condition, or in addition to it, you may have life questions that you want to ask your guides about. The guides are not inclined to answer questions about what we "should" do in a given situation, or about what will happen in the future, as the future is not yet determined, and the dualism inherent in "should" questions does not fit their perspective. They also know it's not in our best interests to remove our freedom of choice by issuing instructions. Instead, they'll offer a new understanding of past or present situations in response to such questions, or direct our attention to areas we may not have been focussing on that are relevant to our question or to our perspective on existence in this moment, and this can clarify our path and choices.

You may also experience your journey with your guides as more of a story or a vision, if this is a helpful way of connecting for you. Specific guided journeys can allow us to connect more deeply with our own nature and purpose.

Whatever your experience with Guided Reconnection, it is always valuable to end with a few moments of asking your guides' help to connect with your entire body, your entire being, at once, with an open and compassionate awareness, allowing everything to be exactly as it is, and if possible inviting gratitude for all that you are and for all that the world is. You may then wish to invite your guides to remain with you through your day, helping you to maintain connection with your body and with their guidance.