



Available Healing Services

Reconnective Healing (RH)

Sessions are available in person or by distance (see below.) Allow 45-60 minutes per session. \$90/single session or \$240/3 session package. One to three sessions are suggested. Typically, more sessions are not done before three months (unless there is an acute situation.)

Distance Reconnective Healing

Ideal if you cannot come in person or if you wish to offer healing for another person, ie a family member who is sick. For yourself, above rates and times apply. Session rates for others, please enquire.

Personal Reconnection

Only available in person. It consists of two 45-minute sessions that must occur 1-2 days apart. \$333 total. This unique and powerful experience reconnects your energy to the energy grid of the universe. It is never repeated because it doesn't need to be. Truly, a once in a lifetime experience. Also known as the Life Path Accelerator, it is ideal for those wanting to know, change, or accelerate their life path, to go deeper.

Testimonials

It's hard to write about the experience. What words can be used to describe something that is at once peaceful and pleasant, and also deeply life-changing? I've now experienced the entire Reconnection Process, and return for Reconnective Healing when I feel within me that I need it. While each time is unique, I feel within my entire being a shift and response that is deeply aligned with Who I Am, and so I know it is a very good thing indeed.

Rebecca Liston, London, Ontario

I have gifted distance healing sessions to family members, my dog and myself! I had not told anyone that they were to receive the session. The most obvious result was a calming of medical emergencies and, for my sweet dog, we had her more like herself for a few more months at the end of her life. This was a precious gift.

Brenda R., London, Ontario

I wasn't really sure what to expect; I just knew in my bones I needed to, and trusted that. I experienced the most subtle yet noticeable shift in how I relate to my life — walking around with a smile on my face for no reason, relating to disappointments as possibilities, and just feeling quite held by Life herself. Donna acted as my trusted guide, pointing out different things and asking questions that had no right answer, which is a rare and wonderful skill. If you feel called to work with her, trust that knowing. Do it.

Stephanie Saline, Buffalo, New York

What is Reconnective Healing?

Healing frequencies are all around, available and waiting for us. A RH practitioner opens a portal so you can receive these healing frequencies. All you need do is be open to receive this pure, powerful healing. You receive the frequencies and the healing designed specifically for you by the Universe. Trust in the wisdom of the Universe. It knows what you need.



What might I receive from Reconnective Healing?



Clients may receive a boost to vitality or a transformative healing on any level – physical, mental, emotional, spiritual. Perhaps a change to your life path, a change to a belief, a change in a relationship. Others receive increased joy, feelings of bliss, inner peace, overall wellbeing. Inner visions, heightened intuition, enhanced creativity, an overwhelming sense of knowing.

The form of healing you may receive is endless. Whatever the form, it occurs where, when, and how *it* needs to...it cannot be forced the way you *think* it should. It knows what you need most!

Be open to receive.

Trust the wisdom of the universe.

What does a RH session look like?

Allow 45-60 minutes from start to finish for your session. This includes a 5-10 minutes opening conversation, 30 minutes healing time (on the table), and 10-15 minute debrief .

During a session, you simply lie fully clothed on your back on a massage table while the practitioner works in the energy field around your body. There is no physical contact.



What might I notice during a session?



You may experience physical sensations such as tingling, twitching or jerking, changes in body temperature. You may notice images or fantastic colours. Sometimes memories replay like a movie. A few hear music or smell fragrances. Some receive a message, while others simply fall asleep and don't notice anything at all. Almost everyone speaks of deep peace and relaxation.

Regardless of what you notice during your session, **there is no right or wrong way to experience a healing**. Whether you observe changes immediately or your healing unfolds over time, the healing comes through designed perfectly for YOU by the Universe.

How are RH and the Personal Reconnection different?

Both use the same healing frequencies. With the Personal Reconnection, the practitioner uses specific patterns to reconnect over 100 points, lines, and meridians of your energetic field with the energy grid of the planet. It is never repeated. On the other hand, Reconnective Healing does not follow a pattern. The practitioner's hands move where she feels drawn to work in your energy field. These sessions may be repeated. (It is suggested that you have at least one RH session before having your Personal Reconnection.)

How does a Distance Healing session for myself work?

It is very much like an in-person session in that there is an opening conversation (via phone, Skype, etc) followed by 30 minutes healing time, then a debrief (phone, Skype).



In preparation for a distance session, select a date, time and place where you can be in a quiet, peaceful environment for approximately one hour, ideally where you can close the door and enjoy privacy. Do your best to avoid people coming and going around you or a lot of noise or disruptions. Wear comfortable, relaxed clothing if possible. Have a blanket available in case you become chilly.

The practitioner will call you at the appointed time. After a short discussion, the call ends. Next, set your cell phone to silent and set a timer for a 35 minute countdown, preferably with a gentle wake-up tone. Lie down comfortably on your back or in a comfortable chair if you prefer. You may be more aware of sensations when you lie down as, generally, people are more relaxed. Allow your eyes to be closed during your sessions, but they may remain open if you prefer. Again, you may be aware of more sensations with your eyes closed. Then, let go and release your expectations! Physical sensations may sometimes be felt very strongly. Please allow yourself to relax and enjoy this. Simply notice and observe.

When your timer rings, turn your phone back on. The practitioner will call/Skype you again for a debrief. NOTE: It is not necessary for the phone or Skype to remain connected throughout the session. We remain connected through time and space.

How does a Distance Healing session for a loved one work?

If you have booked a distance session for a loved one, this can be done two ways—with or without the loved one's knowledge. Because a distance session for a loved one is like offering a prayer, their permission is not required. If you have informed them of your gift, the session works like a distance session for self in that the practitioner will call them at the beginning and end of the session.



If you choose not to inform your loved one, there is 30 minutes of healing time, but no opening conversation or debrief. In this case, rates can be adjusted slightly. Please enquire.

Terms & Conditions

All sessions are payable in advance and non-refundable. If you need to reschedule, you must do so at least 48 hours before your scheduled appointment. Or you may choose to transfer your session to another individual to take place on the scheduled date and time.

Disclaimer

There are no promises or guarantees about your healing sessions. I cannot promise whether your results will come in the form you desire or expect, or in a form you haven't even imagined yet. I don't know whether they will happen immediately or later. I don't know if they will make themselves known to you physically, mentally, emotionally, spiritually, or otherwise. I don't know whether they will show up in your evolution or your life progress or in another form, whether they will make sense to you or not. I don't even know whether you will notice anything at all. If that's alright with you, I welcome you to schedule your session with me.

I make no promises, guarantees, representations and/or warranties regarding medical diagnosis and/or medical treatment and is neither diagnosing, preventing, nor treating specific health challenges. You are solely responsible for your own medical care.

Donna Costa
Reconnection-Certified &
Reconnective Healing®
Foundational Practitioner

