



MANUAL FOR REBIRTHERS

How to deepen your Rebirthing process,
Masterfully guide other people's process and
be a successful Rebirthing Professional



FANNY VAN LAERE AND LEONARD ORR





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To Babaji,
Eternal Father in Human Form,
The Ultimate Teacher,
And Guardian of Planet Earth.

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01. FOREWORD

I am very glad to have this information in one place, so that everyone can know what high quality Rebirthing breathwork is, at least intellectually or conceptually.

To know it experientially of course is another thing. I think having the concepts helps us to identify the reality when it is happening and to at least know what to look for. The reality of breathwork is beyond the mind. We hope you will be lifted into the transcendental state many times as you read.

I am very glad that Fanny put this together with her rich 16 years of practical experience as a breathworker and trainer of breathworkers added to my 36 years of experience. It contains her brilliant insights and wisdom as well as my own. Together we think we have made it easier for more people to achieve excellence in our work.

Our work of spiritual purification makes LIFE in the richest sense and healthiest sense and the most practical sense more accessible to all. Energy and peace are a wonderful combination. We wish everyone will live it.

We wish everyone will pursue this spiritual work until they receive the full power and beauty of the way it enriches our lives.

To master Rebirthing breathwork and spiritual purification is our full birthright as the children of God. Now at least you have the ideas.

A handwritten signature in cursive script, reading "Leonard D. Orr". The signature is fluid and elegant, with a large, sweeping 'L' and a stylized 'Orr'.

Leonard D. Orr

02. INTRODUCTION AND THANKS

As a result of giving seminars, meeting many different rebirthers around the world, organising trainings for Leonard Orr and working with him, I realised that many of them did not receive enough high quality training to be successful and/or to achieve all of the amazing and miraculous results it is possible to achieve practicing and teaching Rebirthing.

I also think that having a good guide when I started as a rebirther would have helped me a lot. I would have increased the quality of my work and personal practice faster if I could have benefited from other peoples experience. It would have also confirmed some of my intuitions.

This is why I decided to write this book.

I am very grateful that Leonard went through more than 10 years of discovering Rebirthing and that we can benefit from his work.

I try myself in return to help people to learn what I have learned faster than I did. Of course, I am always open to learn more.

I agree with Leonard that everybody needs ongoing training; which includes our own learning and healing process, always searching to incorporate the highest ideas and practices we can find, learning from our students and their experiences, and learning from other rebirthers experience through the spiritual community. I am very thankful to all my students for trusting me and having the courage and motivation to go through their own healing process. They teach me so much through the experiences they have.

Being a rebirther is an amazing profession, actually the best one. I personally can think of. It is fun to teach people how to take the reins of their life and heal themselves.

I was not myself guided properly in my first 10 sessions. Straight after I did a training with group Rebirthing where I did not get enough personal guidance on the breath.

It took me some time, through intuitively guiding my clients better and better in breathing Energy, to start to improve the quality of my own sessions. I also had to overcome bad habits I learned from the sessions I had received.

I obviously want to avoid this unnecessary waste of time for my students and any one else.

I have been leading Rebirthing professional trainings since 1999 and have been a rebirther since 1995. Since then I have been improving the hand outs I give to my students at the end of the training.

So I finally decided to co- publish a book with Leonard and have him review it.

Most ideas here come from Leonard's teachings. There are also articles written by him.

Other ideas are taken from previous trainings I received before training and working with Leonard (especially with Ronald Fuchs). Most of those ideas come from the LRT (the Loving Relationship Training created by Sondra Ray and Bob Mandel).

I am deeply thankful to Ronald Fuchs, Sondra Ray, Bob Mandel and all the people who contributed to the LRT.

I also added many knowledge and understanding from my own experience and intuition.

A warm thanks to all the people who participated in this book and wrote testimonials. It is not easy to collect testimonials because most of the time people are so blissed out after a session that it is difficult to concentrate and can be inappropriate to ask them to go back to their mind and write about their experience. On the other hand, not everybody has the ability to communicate their experience in a written way. But when they do, it is so valuable and can be so helpful for other people.

I was deeply moved when receiving so many answers when I asked my clients, students and fellow rebirthers to participate with their testimonials. Their support and motivation really touched my heart.

Thank you to Leonard Orr for all your articles, your practical knowledge and for reviewing this book.

I also want to thank Elvi Orr for writing the article about self love and the forgiveness exercise; and for her deep friendship.

Special thanks to Joe Jennings. Your love and willingness to create a true sacred relationship creates magic in my life everyday. Thank you for correcting and reviewing the manuscript of this book with so much patience.

Finally, I would like to clarify that this book is not intended as a complete guide for rebirthers since, in order to be a good professional, adequate training and supervision are required (see section 13.1. *Certification program page 239*). You need to go through high quality experiences yourself in order to guide other people in the most efficient way and be able to connect with your intuition. Intuition is not something that can be taught; but we can teach people how to heal what disconnects them from it.

I hope *The manual for rebirthers* will fulfil its purpose to expand high quality Rebirthing.

I wish you a good journey.

03. THE PILLARS OF REBIRTHING

Rebirthing is based on practicing **sessions of connected or circular breathing, spiritual psychology or creative thinking, and spiritual purification.**

There are actually two stages in the practice of Rebirthing:

In the first stage we learn how to breathe as much Energy as air and the amazing healing power it has. This can be learned in 10 high quality Rebirthing sessions even though for some people it might take longer.

The second one is a life mastery, it is about completely healing our emotional mind until we reach the point where all of our thought and emotions are immersed in the Spirit. It is about unravelling the birth- death cycles and fully incorporating and manifesting our natural divinity in our mind and body; in other words, embodying the divine. With the practices, each year we achieve more freedom, peace, joy, inner realisation and success with our goals. Life mastery means being on an “ongoing training”.

Therefore we can understand that even though Rebirthing has tremendous therapeutic and healing effects, it is a lot more than just a therapy, since it includes a whole process to mastery.

Other ways to define Rebirthing:

- Physical experience of Divine Energy or Infinite Being.
- Changing the negative thoughts about life that people have integrated, until the patterns that have been created in body and mind are dissolved.
- “Divine orgasm” or “cosmic relaxation”.
- The science of not holding your breath and filling up your physical body with Divine Energy.
- Rebirthing is the most complete and natural way to release old subconscious beliefs and to integrate more confidence, trust and pleasure into your body and soul.
- Breaking the birth- death cycle, incorporating body and mind into the conscious life of the Eternal Spirit, with the aim of becoming an expression of It.

03.1. The role of a rebirther

As the book progresses, especially in the second part, we will see in detail what being a high quality Rebirthing professional involves.

For now here is the basic definition of a rebirther:

A rebirther is someone who guides other people through their Rebirthing process supporting them throughout in a loving way. S/he teaches Rebirthing tools that s/he knows are effective as a result of practicing them.

This is one of the reasons why the first part of this book is about tools we use in Rebirthing. That way you can go deeper in your own process by practicing them, and also use them with your clients.

Our main goal is to teach people how to heal themselves, and be aware of how they create their reality.

On the other hand the more work a person has done on him/herself and the more spiritual purification s/he practices, the more healing her/his presence. It is also easier for the rebirthee to contact the Energy and learn how to heal when the rebirther has a clear energy as a result of the practices. Therefore the quality of the presence of a rebirther is an important key for other people's process.

However as a rebirther you should be aware that you are not healing the person. The person is healing his/herself in your presence through learning to breathe Energy, clear their emotional mind and learning other spiritual purification practices.

The Divine Energy is infinitely wiser than we are. An important part of the work of a rebirther is therefore to be present, to hold a safe space for the person to relax and surrender on a deeper level and to develop 'energetic listening'.

"Teaching someone how to heal him/herself is the ultimate gift." Leonard Orr.

I personally feel so blessed to be a rebirther. It is an honour to be the witness of other people's processes and healings. It is truly a sacred and fascinating experience.

Testimonial: Rebirther, The reality of the Phoenix

There is a place where we are all one. "The other" exists in each one of us. We are unique individuals.

After living my own process through my first 10 Rebirthing sessions, I decided to become a Rebirthing professional, impelled by my desire to continue sharing my new knowledge with other people.

Sharing is something beautiful. Sharing valuable things gives a unique happiness. This is one of the things that happens to a rebirther. When I see that the person who is doing the session is having a sacred experience, I feel I am in a privileged situation for participating in it; conspiring in favour of life, being his servant.

Then they tell me that they experienced some of the happiest moments of their life. I see how they free themselves from chemical substances, tensions, traumas and heavy loads that they have been carrying on their shoulders most of their life.

But remember my friend, all of this it is the Energy doing it.

To guide a breathing session is a wonderful opportunity to transcend the false ego and the protagonistic impulse.

As an individual I do a little bit, the Energy, as the natural intelligence of life, does a lot. Personally I love it that way, because nobody can be wiser than the Energy.

I used to tell to the rebirthees this:

There are two very important principles in life. The first one is doing your own will and the second one is to stop doing it.

You use your own will when you go to the market and buy the kind of food you like, then you cook it your own way.

But when the food is in your stomach, you stop doing your own will and the natural intelligence of life, the Energy, is the one taking the nutrients to the organs, muscles, bones etc. while you are having a nap.

The same thing is happening during a session; the person is breathing Energy and letting the Energy take over. The rebirther does the same: s/he gives a few guidelines and then s/he lets them operate.

In my opinion, a rebirther is a servant of life when s/he is guiding a session, and is the master of his/her life when s/he does her/his own Rebirthing practices.

Always with the sacred dance of doing and non- doing, giving and receiving, guiding and being guided, inhaling and exhaling, with courage when it is necessary and with vulnerability when it has to be.

Each person embodies a phoenix waiting to absorb Energy in order to be reborn and be what s/he has always been. It is a gift from Life to be a rebirther.

Raúl Bermejo

03.2. Breathing sessions, the energy cycle and freeing our breathing mechanism

One of the most important roles the rebirther has is teaching people how to complete an energy cycle. That means teaching people to connect with the Energy through breathing, and allowing the Energy to heal them. In other words, we teach people to breathe themselves through tension, pain, drama, fear and trauma, until they reach peace and relaxation. Your clients or students should learn how to breathe intuitively through all sensations and feelings without staying trapped in them.

Babies and small children usually breathe very well, using all of their lung capacity and often in connected breaths. They are in contact with their own divine essence and with their source of joy, always as bright as sunshine. However, with the repressions that society and education impose and the manifestation of past life memories and karma, from a very young age children start to repress their emotions and disconnect from their natural Divinity. The way they do this is to hold their breath, reducing the amount of air that enters their lungs. Little by little, this leads to a disconnection with themselves and their body. Holding the breath then becomes a habit until it reaches the point that our breathing mechanism gets inhibited and the repressed emotions turn into blockages and tensions.

People's breathing mechanisms are usually completely transformed in the first stage of Rebirthing; which means that they release and heal a big part of what they were holding on to and what was disabling the qi from flowing freely in their bodies (physical body, mental- emotional body and energetic body). They also release the main layers of tension and stress due to past emotional traumas, infancy and birth memories (see section 04. *The nine big traumas of human beings page 33*).

The energy cycle constitutes an integrated healing experience. It is not controlled by the professional nor the breather, but is completed by the nature of the breather's energy. It ends when all the symptoms, tensions, emotions or experiences that manifested reach their full expression and get integrated by the Energy into relaxation and bliss.

The main aim of the first 10 breathing sessions is to unblock the respiratory mechanism and reap all the benefits this process brings, as we learn to breathe Energy as well as air.

The experience of releasing the breath and freeing the breathing mechanism can be described as the effortless merging of the inhale with the exhale. When it happens, we learn how to breathe from the breath itself. Leonard Orr describes it as: "the unity of Spirit with matter, experienced physiologically". After releasing their breathing mechanism, people breathe more fully and freely (See sections 11.4.a) *Freeing the breathing mechanism page 181*).

This will allow us to release and overcome limiting emotions in order to live a more satisfying life, feel more confident within ourselves and the Universe, and thus recover our natural contact with the source of life. When we improve our breathing, our health and energy levels also improve since, as the blood flows better, our tissues,

organs and brain receive more oxygen. It also allows us to get rid of huge amounts of stress that we have been accumulating for years.

A Rebirthing session lasts between two and two- and- a- half hours. An hour or more will be spent lying down and breathing, during which the rebirther will guide the rhythm of the rebirthee's breathing to reach a flowing, free breath, connected with the Energy. The rebirthee will then enter the energy cycle, during which the breathing deviations that have accumulated throughout her/his life will start to be overcome. This is how breath is slowly liberated.

As the breathing mechanism becomes unblocked, the rebirthee is released from tensions and unresolved emotions which were repressed in the corresponding areas of the body. The person will breathe consciously until the breath itself establishes its rhythm, and then there is nothing left to do, only let the breathing be the guide. This breathing rhythm is ample, powerful and deep, while remaining gentle. It is never forced nor held in, as it remains free.

This process of release, which takes us to a state of peace, openness and wellbeing, is called integration.

Before and after the breathing session, rebirther and rebirthee will share important issues about the latter's life. In each session, different techniques of creative psychology are taught and practiced which are easy to apply in everyday life, and which help us surpass our own limits as well as achieve our aims (see section 11.6. *Giving a spiritual psychology consultation page 194*). In general, 10 breathing sessions are recommended because it is what most people need to unblock their breath and develop the capacity to rebirth themselves.

From then on, the person will be able to use this tool every time it is needed, which is truly wonderful. It is not advisable to do it alone before then, since the deviations could be reinforced instead of overcome, and it is likely that the person will not be able to process and integrate everything that surfaces.

Breathing through the nose is generally the most appropriate way, as it leads quickly and easily to completion. Sometimes breathing through the mouth is used, but only in specific cases or situations that we will study in detail. In all cases, it is necessary to start and finish a Rebirthing session breathing through the nose, to ensure that the cycle has been completed.

Part of the professional work of the rebirther is to teach his clients the types of breathing and the appropriate rhythms for each moment, as well as guiding them through the energy cycles appropriately (see section 11.3. *Guiding the breath during a Rebirthing session page 170*).

03.3. Breathing exercises

Here is a sequence of wonderful exercises. Notice the different sensations you experience while doing the different exercises. It is always recommended that you rest and relax before doing another exercise or before repeating the same exercise, in order to integrate the sensations. It will take you a little practice and persistence to get all the benefits.

The 20- connected- breaths exercise

This is a very beneficial exercise for everyone, both beginners and people who practice Rebirthing regularly. Although it is not a good idea for a beginner to carry out an energy cycle without the presence of a professional rebirther, this exercise is very advisable for anybody. You should breathe through the nose, except if it is blocked.

To carry out this exercise take 4 short breaths and one long one (as deep as possible), and repeat this 4 times. The breaths must be connected, which means that when you finish exhaling immediately inhale again. This type of breathing is called connected or circular. We will reach a moment when it seems like inhaling and exhaling have fused into one.

Inhaling, which is a mirror of our life urge, of participating and opening up to life itself, should be done enthusiastically, but never forcedly. Exhaling, the mirror of our surrender to life, accepting and trusting, should be totally relaxed, without effort. We need to let it fall out, like a leaf that falls from a tree or a balloon that deflates. The rhythm is neither slow nor too fast, but active and gentle at the same time.

The 6- alternating- nasal- breaths exercise

In this exercise, cover your right nostril with your thumb, inhale, and then, cover your left nostril with the last two fingers (ring- finger and little finger), exhale through the right nostril. Next, inhale through the same nostril (the right one) and exhale through the left one. Then inhale again through the left one, and so on...

In total breathe 6 times.

This exercise activates and cleanses the *nadis* (energy channels) in each orifice, allowing Energy to flow better through our body. *Yogis* recommend doing this between once and three times a day (not more than three!). After practicing it for a whole year, great benefits will be felt.

The 6- alternating- nasal- breaths exercise repeating Om Namaha Shivaiya

It is the same exercise as before, except that we after the inhale we will retain our breath, and repeat mentally the mantra Om Namaha Shivaiya three times, than exhale. Om Namaha Shivaiya means Infinite Intelligence, Infinite Being, and Infinite

Manifestation. This mantra, also for the sound and vibrations of the syllables contain a great power that you can obviously only experience by practicing it.

I personally also like to do this exercise with any important affirmation I am working with at the moment.

20- connected- breaths with your tongue between your teeth

For this exercise, keep your mouth closed and put your tongue between you teeth, up behind you upper lip or down inside your lower lip. Then do the 20- connected-breaths exercise (obviously through the nose).

This is a very good exercise to overcome anger. You can practice it when you feel angry and will be able to master this emotion faster. It is also very beneficial for people who grind their teeth during sleep (this is actually due to repressed anger) to practice it when they go to bed.

20- connected- breaths through the mouth with the mouth open

Do the 20- connected- breaths exercise but this time breathing through the mouth and with your mouth wide open. You keep your mouth as open as you can comfortably hold it. Your tongue should be relaxed.

With this exercise the suppressed feelings and blocked energy have the tendency to come the surface and release. You should go back to nose breathing if you notice unpleasant feelings arise in order to release them in a more effective way.

20- connected- breaths through the nose with the mouth open

Do the 20- connected- breaths exercise breathing through the nose but with your mouth wide open. In this exercise also keep your mouth as open as you can comfortably hold it and your tongue relaxed.

It is the most efficient way to remove negative energy from the body.

Noiseless Energy breathing

Do the 20- connected- breaths exercise breathing through the nose but breathing so softly that the air does not make any noise.

The purpose of this exercise is to develop your awareness of the Energy. It makes you realise that it is easier to connect with the Energy if you are soft and you concentrate.

It is also a very good exercise for people who have problems breathing through their nose. It helps overcoming blocked sinuses and colds.

It is good to end this exercise with 3 big noisy breaths.

Ten and one

Do the 20- connected- breaths but this time with a different rhythm: 9 short breaths and one long, twice.

Intuitive breathing exercise

In order to master breathing, it is important to break bad breathing habits. When you do so, your breathing becomes natural and you intuitively feel how you need to breathe in order to have the Energy flowing in your body.

In this exercise, do 20- connected- breaths alternating long and short breaths the way you want. Choose what is more pleasurable for you in the moment.

Those exercises are more powerful than they seem. Some people get amazing releases straight away.

Once in Guinea Bissau, a young man who had done some sessions with me taught his friend to do the 20 connected breaths exercise. After only a few days practicing it, the chronic pain he had in his back completely disappeared.

Another time, I was giving a talk to a group of people in a Library in Staunton, USA. After doing the 20 connected exercise, I asked the participant what they had experienced with it. A man in his late sixties told me what he was completely blown away because he had had a constant pain for many years as a result of doing chemotherapy in a place he did not want to say (I guess his genitals or anus), and that his pain had suddenly stopped while he was doing the exercise! The pain did not come back and the following week he started to do Rebirthing sessions.

03.4. Spiritual Psychology

The aim of working with spiritual psychology is to improve the quality of our thoughts in order to have a better life. Thoughts become emotions and emotions lead to habits and actions. We are usually not aware that our emotions and actions have their roots in the past thoughts we had and the decisions we made. This is a cause and effect relationship. Every thought we have has its emotional, physical and chemical correspondence. Our subconscious is made up of many thoughts and beliefs which we are not aware of, however they leave their impressions on our emotional and our cellular memory, and often distort our way of perceiving (and therefore creating) reality.

Working with spiritual psychology principles is about erasing the thoughts that create unhappiness and misery in our lives and finding and integrating thoughts which are in harmony with the Universal Truths. Those high quality thoughts bring us closer to our real nature. Each time we overcome a limiting thought and integrate a higher quality thought, it dramatically improves our lives, and makes us happier and healthier.

“The quality of our life depends on the quality of our thoughts.”

Taking responsibility for our thoughts, emotions, habits and actions, is one of the most important keys for happiness. Recovering the reins of your mind is the only way to overcome victim consciousness and become the architect of your life.

It is proven that the apparent matter of our Universe is actually Energy, and that consciousness is Energy in its finest and most dynamic form.

Nowadays, quantum physics is proving what yogis have been saying for centuries: that thought is creative. With our thoughts we not only interpret our reality, but we also attract and create the experiences that we have in our lives.

Learning to overcome our conditioning and our false beliefs is a very beautiful process. In order to be truly free, we need to learn to be true free thinkers, without the unconscious negative influences of our culture, family or surroundings. Our health, and our personal and spiritual development are the responsibility of each and every one of us, especially within the society we live in, where we still have to learn how to translate its material riches into physical, emotional and spiritual well-being.

Quite logically, the more connected we feel to the Universe and the more conscious we are of our natural Divinity, the more able we are to create a happy reality for ourselves.

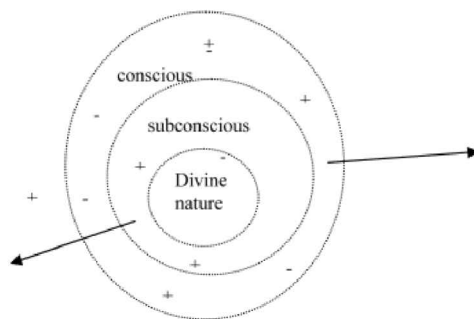
The thoughts and decisions we made in the past that separate us from our real nature created within ourselves real traumas. In Rebirthing we consider that there are 9 human traumas, that we also call the biggies or the inhibitors of human happiness. They are explained in the section 04. *The nine big traumas of human beings* page 33)

We have become so distant from the Truth that we cannot bring ourselves to believe that, actually, everything is joy. Joy and bliss are our natural state.

We can work “from the top down”, that is, observing our mind and emotions, and changing the false and limiting thoughts that create for us a reality that we do not wish; or “from the bottom up”, that is, observing our body and listening to its messages, observing the patterns that repeat themselves in our life and the kind of reality we have created. Breathing and working with the elements (spiritual purification) will lead us to undo the blockages in our body and emotions, while it allows our mind to expand.

In order to change our thoughts and become aware of our unconscious beliefs we can also work with affirmations. Lists of useful affirmations are included in this book. You can read them and become familiar with them until you notice the changes. You can also select the ones you need to ingrate in your life and work more intensively with them. In the section 11.8.a) *Guiding your client with affirmations (page 203)*, we will see different ways to work with affirmations

03.4.a) The human emotional mind



The picture above shows the different levels of our psyche from which we create our reality. Below explains the layers.

Conscious: The conscious mind is composed of our thoughts, believes, feelings and memories which we are aware of. It also includes who we think we are or who we pretend to be, which we can also call our false or limited identity.

The positive thoughts are affirming and supporting the truth of our divine nature. They enable us to surrender to the space between our thoughts, to the Eternal Spirit or Infinite Intelligence, to our real nature. They therefore create positive and harmonious results in our life.

Negative or limiting thoughts are thoughts which are not in harmony with our divine nature or are even denying it; and create disharmony,

Subconscious: The subconscious mind is composed of all the thoughts, beliefs, feelings and memories we have or had but are not aware of. They can be in harmony with our divine nature (+), and therefore create positive and harmonious results in our life; or they can be a negation of our real nature (-) and therefore contribute to unhappiness.

Divine nature: It is our real nature, our true self. We are individualizations of the Divine, daughters and sons of God. We are divine expressions in human form.

The enlightenment process is the process of being completely conscious of our divine nature at every moment and with all our thoughts, emotions and actions. This involves bringing all the thoughts, memories and emotions our subconscious is composed of into our conscious; and bringing back all of our conscious thoughts and emotions into the awareness of our natural divine nature.

“The more in harmony I am with my divine nature, the more alive I am”.

03.4.b) Affirmations for a better life

- 1- I, (insert your name), like myself.
- 2- I, ___, am now very satisfied with myself in the presence of others.
- 3- I, ___, was born with an infinite capacity for joy and pleasure.
- 4- I, ___, am a complete success.
- 5- I, ___, am no longer looking for the perfect person. I am the perfect person.
- 6- I, ___, approve of myself completely.
- 7- I, ___, deserve love.
- 8- Love always remain in my life.
- 9- I, ___, am always in the right place, at the right time, doing the right thing.
- 10- I, ___, have enough energy, time, wisdom and money to fulfil all of my desires.
- 11- I, ___, now receive people's help and cooperation.
- 12- I, ___, receive and give love freely.
- 13- My days are full of physical, emotional, mental and spiritual pleasures.
- 14- Every cell in my body is daily bathed in the perfection of my divine being.
- 15- I, ___, deserve to be rich.
- 16- Every penny I, ___, spend comes back to me many times over.
- 17- My income increases whether I, ___, work, sleep or play.
- 18- My love grows constantly.
- 19- Love cannot hurt me.
- 20- Love is permanent in my life.
- 21- I, ___, have a positive and optimistic attitude about life.
- 22- I, ___, am an attractive person.
- 23- I, ___, relax and trust.
- 24- For me, ___, change is always safe.
- 25- I, ___, relax and allow life to flow.

- 26- Life is easy and pleasurable.
- 27- I, ___, always have harmonious relationships.
- 28- My ideal partner is manifesting now.
- 29- I, ___, am completely safe and secure in the physical world.
- 30- Every day I, ___, receive more light.
- 31- My physical body is a safe and pleasurable place to be.
- 32- The whole universe exists to support my physical body and to give me an enjoyable. place for my perfect self- expression.
- 33- My love is a healing force in the world.
- 34- I, ___, express myself clearly and completely.
- 35- I, ___, recognize my divine essence and others recognize it too.
- 36- I, ___, now allow myself to achieve everything I set out to.
- 37- I, ___, open myself to receive the support of others.
- 38- I, ___, now allow myself to say 'yes' or 'no' without losing the love of others.
- 39- I, ___, am important.
- 40- I, ___, am always welcome.
- 41- The more I, ___, let go, the more I open myself to receive.
- 42- I, ___, am physically immortal here and now.
- 43- I, ___, am alive therefore my life impulse must be greater than my death impulse. While I continue strengthening my life impulse and weakening my death impulse, I will live with health and youth.
- 44- I, ___, am unique and valuable.
- 45- I, ___, am a gift from Divinity to the world.

03.4.c) Energy becomes what It thinks about by Leonard Orr

Energy becomes what it thinks about. This is the most basic truth about Life.

If you really understand these words, you are spiritually enlightened.

Energy becomes what it thinks about. Energy is the Source of all things. Energy is Infinite Being, the Eternal Spirit; Energy is Substance. Energy is God.

But Energy is evenly distributed throughout space and time. It just exists and doesn't do anything. Energy just is!

However, thinking is a quality of Energy and moves Energy. When Energy becomes impregnated by thought, Energy organizes Itself into the form directed by the thought - which may be a physical thing.

Energy naturally becomes what it thinks about. Energy directed by thought can materialize into physical things, social realities, or personal feelings and spiritual abilities.

There is only one Energy in the Universe, but there can be any number of thinking centres of this Energy.

All thinkers share the same Energy. We are all activity centres in the same Energy. We are thinking centres in the same One Being. We create our own reality, we share the reality which others create, and we become aware of the reality which the Ultimate Thinking Centre of Energy has created.

We usually call it Nature or God.

We are the director of this Energy and so is everyone else, but there is a greater original Creator who has created a very big universe for us to play in.

We each create our own reality within this big game and we try to successfully interact with the Big Creator and other people's creation, but we also have, given to us by our family tradition and conditioning from our parents, a whole package of created things. To the extent that we are recreating our parent's reality, we have to learn to choose it or un- create it in order to be free.

We begin absorbing our parents feelings, thoughts, and manifested realities when we are in the womb.

By the time we become enlightened and accept our creative power, we have a whole repertoire of feelings, beliefs, habits, and realities to work with.

We can stay stuck with them or we can change them.

To heal the emotional mind we received from our family is called spiritual liberation. This seems to take a lifetime for people to successfully do, but we cannot succeed at all if we do not start the process of self healing. And our chances of success are determined by the quality of principles and practices which we use.

03.5. The history of Rebirthing

Rebirthing was discovered gradually by Leonard Orr between 1962 and 1976 through what he calls “spiritual accidents”.

03.5.a) The first Rebirthing method

In 1962, as Leonard Orr was taking a bath before going to work, he suddenly had a regression experience. For 3 hours he could not get out of the bath because he felt weak like a helpless infant (at that time he had no idea of what had happened, and he did not realise till after 1974 that he actually had regressed to prenatal and birth states of consciousness).

He would relax often in his bathtub for a long time until he felt the urge to get out. This is what we call an emotional or psychological urgency barrier, for example feeling that something terrible will happen if you do not go out, or that you will miss something important, or feelings of guilt for relaxing instead of doing things or any kind of unpleasant and uncomfortable feeling or thought.

He would then stay longer in the bathtub sitting through that urgency. Each time he would get a fantastic revelation about himself and life. He continued doing so for years and gradually remembered much of his conception, prenatal memories, and birth.

In 1973, in one of his spiritual psychology seminars in California, he talked about his birth memories and most of the participants wanted to discover their birth memories too. He told them to go home and stay in the bathtub for half an hour to one hour after an urgency barrier.

By doing so, the participants had powerful experiences and releases. Most of them said that they had wished someone was there with them to support them in the process.

Leonard volunteered. He noticed that, having gone through the same kind of experiences himself, his presence would make the memories emerge in a easier way for the other person and the whole experience would be more powerful.

“Every time we sit through an urgency barrier we get a fantastic realization of self, and learn more about the subconscious program that is controlling us”.

Leonard Orr

03.5.b) The second Rebirthing method

Leonard had the idea to use a snorkel and nose clip to be able to be completely immersed in the water and in order to simulate a womb- like environment.

Even though Leonard did not have the idea to work with the breath yet, each time he would feel that the person would go through some kind of memory or blockage, he would tell them, through the snorkel, to breathe because he could feel in his own

body that breathing was helping them to release the blockage faster and would prevent them from remaining in it.

At that point Leonard would rebirth many people in the hot- tub until they got completely overwhelmed by infancy, prenatal or birth memories, take them out of the tub and have someone taking care of them until they reached integration and experienced peace and bliss.

After giving hundreds of hot tube rebirths, he observed that during the sessions people were all breathing with a similar connected rhythm, merging the inhale with the exhale, which was causing them to have a breathing release, opening their breathing mechanism. He intuitively started to guide people into this connected breathing rhythm; and was teaching his students to let go of the drama releasing it through the breath until they completed the energy cycle.

“Rebirthing Breathwork is the art of learning to breathe Energy at the same time as air. It is learning to breathe from the breath itself”.

Leonard Orr

03.5.c) The third Rebirthing method

At that stage of Rebirthing Leonard and his team of rebirthers would often have their clients read out loud from Leboyer’s book *Birth without violence* before a session in order to activate their birth memories.

Occasionally someone would have a spontaneous rebirth while doing that.

Leonard also realised that people were having spontaneous regressions in his presence, for example during his seminars, without being in water; and he would have an assistant rebirther complete their Rebirthing in another room.

Leonard realised then that it was possible to regress without water. He started to experiment with the connected breathing rhythm out of the water and started to give dry Rebirthing sessions until he perfected the method; a powerful gentle healing technique was born as well as a new, amazing profession.

He discovered that it was much easier to guide the breath and the attitude of the person outside of the water and that nose Rebirthing was a lot more appropriate, especially in the first 10 sessions. People would experience the breathing release in a more gentle way, overcome the drama faster and learn to breathe Energy more efficiently.

After the first 10 sessions (sometimes more until the person frees their breathing mechanism) the rebirthee is more prepared for the intensity of water sessions and can complete the energy cycle more successfully.

This is the method that is used nowadays in high quality Rebirthing.

In later years Leonard Orr discovered other spiritual purification techniques which we will talk about in the section 08. *Spiritual Purification (page 129)*.

He was inspired by the practice of immortal *yogis*, and was guided by Babaji. Since then, Rebirthing has spread around the world, reaching thousands of people and creating many more schools with different branches and practices. Many of these

schools teach conscious breathing and creative thinking, but they do not teach nor practice spiritual purification, as these were developed and taught by Leonard Orr in subsequent years.

Since some of the first rebirthers, who later created their own schools, had developed the habit of breathing underwater through the mouth when wet Rebirthing was carried out, they continued to do so even in dry sessions. That is how many schools were founded that today still teach this technique with mouth breathing.

04. THE NINE BIG TRAUMAS OF HUMAN BEINGS

The human traumas disconnect us from our natural divine nature. Those inhibitors of our natural state of bliss make us forget who we truly are and create self defence mechanisms. Our ego or false- limited identity or personality is composed of those self defensive mechanisms and overcompensations.

In the early days of the Rebirthing movement, Leonard Orr was teaching 5 biggies: birth trauma, specific negatives, parental disapproval syndrome, death urge and past lives. Years later he added: school trauma, religious trauma and senility. In 2009 I decided to add the repression of the feminine.

For each one of these 9 biggies, I include exercises as well as affirmations that you can use on yourself and with your clients.

When you give a cycle of 10 Rebirthing sessions to a client you can work with the biggies during the spiritual psychology consultation part of the session. As you talk with your clients, get to know them, and ask specific questions about their birth and childhood, you will see clearly which their “biggest biggies” are; therefore you will be able to decide in which order you should work on them. (See section 11.6. *Giving a spiritual psychology consultation* page 194).

04.1. Personal lie and specifics negatives

The personal lie is the most negative or limiting thought- belief- feeling someone has about him/herself and the Universe. We also have many conscious and unconscious memories that support this lie (until we heal them). It makes us unable to perceive ourselves as divine children of God or the Universe. It is the root of the separation and our ego. It dictates the way we create and interpret our reality; and how we misinterpret Ultimate Reality or are blinded to it.

I believe that we started to build our personal lie before we actually started the birth- death cycle. It probably began during the “fall” or when we started to eat the fruits of the tree of the knowledge of good and evil (See section 09.7. *The 2 trees by Leonard Orr* page 158).

That means that we started to perceive ourselves as separated from the Divine which created the “fall”, physical death and with it the need to reincarnate. Most of the spiritual and metaphysical schools do not see it as a punishment or a bad thing at all, but as an experience or a game we chose to play.

The birth- death cycle (or reincarnations) is due fundamentally to our need to learn how to go back to God. Babaji said that without a physical body there is no learning process. It is a fun game where we, as individual incarnations of God, are forget about our real nature and find ourselves again. It is the divine peek- a- boo. This is probably the reason why little children laugh so much if you play peek- a- boo with them!

We might have strengthened our personal lie or weakened it in our previous lives. It crystallizes in our body, each time we incarnate, especially at the moment of the birth - or during the birth scenario - and we start to act it out in our present life.

For example a baby might co- create with his mother, father and the people who are present, the experience of a painful and difficult birth; all the people involved in this birth might share the thoughts: “life is difficult and painful”, “life is a fight”.

During the first breath, this negative thought get impressed in the physical body.

The personal lie is a thought- feeling that is so painful that we have hampered our breath in order not to feel it and to repress it, and in doing this it has become part of our cellular memory, creating patterns for life.

The personal lie can also crystallize at the time of conception or during pregnancy. For example, if it was an unplanned pregnancy or if there was an attempt to terminate the pregnancy, the person may feel: “I am not wanted”, “I am not welcome”, “I am in the way”. If the parents wanted a girl and it turned out to be a boy, or the other way round: “I am not of the right sex”.

It is usually so painful that in order not to feel our personal lie, we have developed overcompensations.

Overcompensating has helped us find a balance, and many times has even been crucial to our survival. But once we have rebuilt our space of trust, and we have understood that the personal lie is in fact a lie, the healthiest thing we can do is to unmask it and dissolve it.

For example, a baby who was separated from the mother after the birth might have the thought: “I am not loved”, “I do not deserve to be loved”, “I do not deserve to be looked after”. To overcompensate, s/he can develop two opposing tendencies: on the one hand to become indispensable in her/his relationship with others, and do everything possible to earn the love of others, which will lead her/him to relationships of dependence. Or on the contrary, s/he may tend to stay away from others and avoid intimate situations that would make her/him feel vulnerable and fearful of not receiving the desired love or affection. Often people develop both tendencies and fluctuate between one and the other in an unconscious effort to find a balance.

Often, the profession that we choose is directly linked with the personal lie and its overcompensation. For example, in the case of a very painful childbirth for the mother, during which the baby may have the thought: “My presence hurts others”, it is very likely that as an adult s/he will choose a profession in which her/his presence soothes the pain of others. However, if we do not face up to our personal lie and deconstruct it, whatever we do will never be enough and we will only feel passing satisfaction, quickly falling back into states of dissatisfaction.

Also, a person who has the personal lie: “I am ugly” or “I am not desired”, may feel attracted by professions that have to do with beauty. Someone who has felt: “I am not worth it” or “I am not enough”, can then have the need to prove that s/he is very valuable and become a very successful business person, and/or can tend to alternate success with self- sabotage and defeat, or can interpret the events in her/his life as such.

One of the most ironic mechanisms of overcompensation is that often the pattern-thought we do not want to see in ourselves is the thing that we cannot stand in other people, or we even interpret that other people have it. For example, the personal lie: “I am inferior” or “I am small and weak” can lead to a superiority complex and to consider others as inferior and weak.

Although obviously these mechanisms result in serious impediments to our happiness and personal achievements, they had their reason to exist in the past, and even helped us survive and advance in some situations where we did not know how to do things better. The truth is that it is all part of our learning process and, thanks to these overcompensation mechanisms, we have walked part of our life path, although from a position of struggle instead of through our connection with the source.

For this reason, in Rebirthing we tend to describe the personal lie as a neurotic motivation towards a divine purpose. It is frequent for a person to realise, once s/he has identified her/his own personal lie and started to deconstruct it, that s/he had already begun the type of life, work or learning that is in harmony with her/himself, although perhaps in a way that did not bring satisfaction: that is, from a sense of difficulty or self- sabotage, or without success.

Through working on our personal lie we can achieve a true, healthy and profound motivation, in harmony with our being and with life: a divine motivation for a divine purpose. As we flow again with the current of life, we will reach a harmonious and successful relationship with ourselves, and our lives will function.

The personal lie is like the trunk of a tree that branches out. For example, if the trunk is: “I am not worthy of being loved”, the branches could be: “Therefore I do

not deserve to be happy”, “I will never achieve success”, “I am no good”, “I do not deserve to be looked after”, “I have no right to good things”, etc. These branches we call ‘specific negatives’.

Through observation, breathing and the transformation of our thoughts we manage to unblock whatever was obstructing our contact with the fountain of life.

We replace the personal lie with an eternal law.

04.1.a) Examples of personal lies and eternal laws

“I am not good enough”	“I am perfect the way I am”
“I am bad”	“I am good”
“I am guilty”	“I am innocent”
“I don t deserve love”	“I deserve love”
“I can t”	“I can/ I am capable”
“I m not welcome”	“I am always loved and welcome”
“I am stupid”	“I am connected to the infinite source if Intelligence”
“I am ugly”	“I am perfect the way I am”
“I am a burden”	“I am always loved and welcome”
“I don’t have any value”	“I am valuable”
“I am no body”	“I am important / my presence is important”
“Life is a struggle”	“Life is easy and pleasurable”
“I am not the right person”	“I am the right person”
“I am not the right sex”	“I am of the right sex”
“I am not welcome as a wo/man”	“I am welcome as a wo/man”
“My presence hurt other people”	“My presence is a healing force in the world”.

In the same way, we can replace specific negative thoughts for affirmations

PERSONAL LIE	> Who I am afraid to be
OVERCOMPENSATION	> Who I pretend to be
ETERNAL LAW	> represents your real identity

04.1.b) The personal lie and eternal law exercise

- 1- Make a list of the three things you like the most about your mother and the 3 things you like the least. Do the same with: your father, one brother or sister if you have any, your actual partner (or ex), and with yourself.
- 2- For each person choose what you like the least (of the three things you wrote).

- 3- Now ask: *what does a person have to feel, think or believe in order to _____* and fill the blank with what you chose. For example if you chose: what I like the least about my mother is that she is controlling, then ask yourself (or the person you are working with): *what does a person have to feel, think or believe in order to be controlling?* Once you answered, ask the same question over and over again each time filling the blank with the new answer until you say something you already said. Write this last thing down.
- 4- Do that with all five people.
- 5- You have now a list of five negative thoughts, feelings or beliefs (very often they repeat themselves).
- 6- Find at least one positive affirmation for each of them.
- 7- Choose the one that is the most important for you at this point of your life (you can also combine two in the same affirmation): This is your **eternal law**.

It is a good idea to repeat this exercise at least 3 times with at least one month in between. When doing the exercise for the first time most people find the first layer of their personal lie and need to integrate it by working with it with affirmations before they can feel safe enough to discover the deeper layer.

For example in my case the first time I did the exercise, the most painful thought I discovered was: “I am not important”. The second time, it was: “I am not a valuable person”. Working with the affirmation: “I am an important and valuable person” really helped rebuilding my self esteem. About two weeks later I was doing an exercise to do with trusting other people and letting them take care of you and suddenly I had an overwhelming and deeply painful feeling that I was disturbing. At that moment I knew that my most limiting thought was: “I disturb” and that I had acted and felt like I was not important and not valuable because it was less painful than feeling that I was disturbing. Besides, it was completely matching with my birth script, being an unwanted child. Working with “I am always loved and welcome” transformed my life.

It is funny to observe that some people get stuck with this exercise and say: “I can’t do it” or “I don’t know”. In those cases it is quite obvious that their personal law is “I can’t” or “I don’t know”. To check it out you can ask them if they have that feeling often in their life.

04.1.c) Short exercise for the personal lie and eternal law

It is sometimes a good idea to do a quicker version of the exercise when you do not have enough time in the session to do the long one. It is a good way to have your clients start to work on their personal lie.

You should get a pen and paper. Then ask you client to close his/her eyes. Ask the following questions and write down the answers:

What is the thing I like least about myself?
What is the most negative thought I have about myself?
What is my biggest fear?
What wouldn't I like other people to think or know about me?

Then you can have a conversation with your client to find out with him/her which one of those negative thoughts affect his/her life the most and help her/him to find a good affirmation for it.

Very often just by listening to what your client is saying it is easy to guess their personal lie. For example some people repeat very often: I can't do it, I am not able to etc. You can point it out to them and have them work with an affirmation for a while.

Work with the eternal law with the response technique for at least 15 days until you do not have negative responses anymore (see the *Column response technique* in the section 11.8.a) *Guiding your client with affirmations* page 204 and then at least one month more without the column response.

04.2. Repression of the feminine

“It is time to follow the laws of Gaia, and the laws of Gaia are the laws of the feminine.”

Vandana Shiva

With my personal practice and being a rebirther, I started to see more and more clearly that the disconnection and repression of our feminine, intuitive self has lead us to the repressive inner state and society we live in.

I therefore decided to add the repression of the feminine as one of the human traumas, and a few years ago, I wrote the book *The resurgence of the feminine*.

Most people are afraid of their more sensitive, softer and more vulnerable side. They repress their feminine qualities such as intuition, sensitivity, vulnerability, softness, listening and trust because they are afraid of being hurt again. We live in a world where we are taught that to survive we need to be strong and that vulnerability is something negative or dangerous. Whereas in reality getting to know our vulnerability opens doors to more strength, more self-esteem and it makes us more human.

Most women undervalue themselves from a young age, and most men find it difficult to accept and express their emotions.

The relationship between the inner repression of our feminine side (whether we are men or women) and the current state of our society, how people relate to each other and our negative impact on the environment is obvious. We have disconnected ourselves from the most human and sensitive part of ourselves and it is therefore impossible for us to create relationships based on cooperation and love.

Our inner struggle to silence the vulnerable part of ourselves is projected onto the way we see the world and the relationship dynamics we create.

Children often learn from an early age, in their own family, to compete instead of cooperate.

In our society, the relationships that have been established, whether at the level of the family, business, society, religion, or in people's psyche, are of dominance of the “strong” over the “weak”. As Michael Sky says: *“Masculine dominance over women creates the model and endorses the dominance of the strong over the weak, the rich over the poor, the owner over the slave, the soldier over the pacifist, the businessman over the farmer and humanity over animals, plants and ecosystems”*.

The world has been organized for millennia following fundamentally masculine structures and thought patterns, in which technology and rational thinking have been overvalued.

Even though it is true that since the seventies women have much more rights than before and some great progress has been made in that sense, we are still in an era of the social and political supremacy of men. In the media women are often seen as sexual objects and girls are taught from a young age that their value is based on their physical appearance.

Whilst this is going on in the public sector traditional recordings of history have minimized or ignored the contributions of women. It is only in the last 20 years that history of women has started to be rescued. Hopefully making known the lives of women who had an important role in history will motivate women of today of all ages to have more self-esteem and give them the confidence to work with creating positive change in society.

We can easily see how all the other human traumas relate to the repression of the feminine. By disconnecting with our most sensitive side, we disconnect ourselves from our real nature and from the Source. This is the roots of the death urge because when we disconnect ourselves from Life we become self-destructive. It is also the roots of the personal lie: our mind creates a false, separated identity instead of letting our intuition remain connected with our real nature and with the Source.

Nowadays most of the babies are born in hospital where the technology is more important than the real needs of the mother and the baby. Michel Odent call it: over-masculinization of the birth.

Senility is the healing process for all our infancy traumas created by lack of support and caring. School trauma and parental disapproval syndrome are created by not respecting the needs and creativity of the child.

We can probably hardly imagine what could happen if we reach a balance between our masculine and feminine sides. We might live in a world populated exclusively with loving, powerful and caring people. We might create heaven on earth.

It is very interesting to notice that historians report that patriarchy started between 6000 and 5000 ago and in the Genesis the life span started reduce from 1000 years (Adam and Noah lived more than 900 years) to 120 years in the times of Noah.

In the Shiva Purana, one of the Holly scriptures from India, it is said that thousands of years ago everybody knew that death was optional and people used to live for thousands of years. But the demons started to kill people and death became popular.

04.2.a) Examples of affirmations

“I, (your name), dare to feel vulnerable.”

“The more vulnerable I, ___, am, the stronger I am.”

“I, ___, observe and accept all of my emotions.”

“I, ___, love myself with all of my emotions.”

“I, ___, am aware of life’s signs”

“I, ___, now choose relationships of cooperation instead of domination- submission.”

“I, ___, no longer identify with social stereotypes. I am free.”

“I, ___, can do the activities that please me, independently of whether they are socially considered masculine or feminine activities.”

“I, ___, do not expect my partner to fit in with social stereotypes.”

“I, ___, do not expect the women and men around me to fit in with social stereotypes.”

“I, ___, no longer need to fit into any social stereotype to feel loved or to feel that I deserve love.”

“I, ___, value ‘feminine’ values as much in women as in men.”

“I, ____, value ‘masculine’ values as much in women as in men.”

“Men and women are equally divine”.

“My true nature as a wo/man is absolutely perfect and innocent”.

04.2.b) Example exercise

Ask yourself:

When do I feel vulnerable?

What do I usually do when I feel insecure or defenceless?

Do I allow myself to experience doubt and uncertainty and to be comfortable with them?

Then take a few minutes to relax, close your eyes and visualise a situation where you usually feel vulnerable.

First notice the kind of feelings and thoughts you have in that situation. Try to relax into those feelings, observing them with detachment and accepting them.

Take a few deep breaths.

Visualize then that you are protected and respected in that situation. You can even visualize that there is a loving figure protecting you, acting in the way you need to feel safe and loved, and telling you exactly what you need to hear.

You can then visualise yourself acting in a relaxed, positive and constructive way while being in that situation, feeling good about your feelings of vulnerability without having to repress them.

04.2.c) Recommendations for all exercises using visualisation

Some people are more visual, and others have more capacity to feel. Each of us can find her or his own way of doing the exercises, allowing ourselves to be guided by our intuition or whatever you feel like.

Generally speaking, it is best to find a quiet space and a moment of calm, and to be as relaxed as possible. It is a good idea to find a comfortable posture and to do some kind of relaxation exercise first.

For a lot of people it is effective if they do one or several breathing exercises first (see section 03.3. *Breathing exercises* page 22), and to just spend a few minutes observing with nonattachment what you feel and the thoughts that are in your mind, as if they were clouds in the sky.

In the same way, you can use the details of the exercises that most help you and apply them in moments of your everyday life when you need to.

04.3. Past lives

The different lives we live teach us to remember our real nature until we can master being in the physical Universe whilst embodying the Divine and becoming one with the Eternal Spirit. It is a fascinating game.

According to Edgar Cayce, having different lives in different bodies prevents us from being too immersed in the material plane and too attached to a specific personality, forgetting in that way our divine nature. It also helps us to continue learning without being overwhelmed by memories of experiences we have not integrated yet and by excessive culpability from past mistakes.

We obviously still have to face the consequences of our past actions, but reincarnation helps us to have hope and dignity. At the same time we learn what we need to go back to the Source. It is one of the ways that God/Mother/Father demonstrates to us her/his love and respects our freewill.

Therefore one of the aspects of the path towards mastery, overcoming the birth-death cycle or physical immortality, is healing past life memories, learning from our mistakes and forgiving ourselves. This includes having a lot of humility, strong self-love, not taking our present personality and life too seriously or with too much attachment and consistently strengthening our relationship with the Eternal Spirit.

Past life therapy is a very good tool if it is practiced with the right goal and not used to make us feel like victims of past events; or blame others for them.

People often have past life memories during Rebirthing sessions and integrate past experiences. It usually improves their life dramatically.

The case I know best, which is also one of the most spectacular I have seen, is my mother's. She had breathing problems and a blockage in her throat and cervical vertebra (she had had her thyroid gland removed) that was causing her to lose the use of her legs. Since she was a teenager she had not been able to sleep in a horizontal position or put her head under water because it would make her feel like she was suffocating.

The doctors were saying that she would be in a wheel chair in a few years time and there was nothing we could do about it. She finally agreed to do 10 Rebirthing sessions.

She did not really believe in past lives at the time. In her fourth session she had asphyxia for several minutes and really struggled with breathing before it suddenly cleared up as it usually does in a session.

When this happened she had a very clear past life memory where her current husband was strangling her to death. After that session she not only started to heal her legs but was also able to enjoy putting her head in water and could sleep normally for the first time since she was a teenager.

Nowadays there is more and more literature about past lives. The University of Virginia (USA) has some very interesting studies about children who have been born into their previous family (a very interesting book is *Return from heaven* by Carole Bowman). In her book, Carole Bowman explains a few cases of children who were

born with birth marks in places where they had an operation or a scar from an accident in a previous life.

There are also amazing books about the period between incarnations as described in: *Journey of souls* and *Destiny of souls* by Michael Newton and the classical *Tibetan book of the dead*.

04.3.a) Examples of affirmations

“I, ___, trust my intuition to recognise people I met in past lives.”

“I, ___, trust and develop my abilities to remember parts of my past lives that can be useful and constructive for me now.”

“I, ___, am aware of the dreams I have which are revealing past life experiences.”

04.3.b) Example exercises

Visualisation

Close you eyes and relax in a comfortable position. Take a few deep breaths.

Visualise yourself walking on a long, nice, beautiful magical path. This path transcends time and national boundaries; and can lead you to any place in your past.

After a few minutes walking, you arrive to your destination.

Accept the first thing you see or that comes to your mind. Look at the way you are dressed, in which place and what time in history you are. Observe the other people and what they are doing. Just accept any memory or image you see. You can also talk to the people. Notice if you recognise someone you know in this life.

Take then a few deep breaths, say goodbye to the people if you like, you can also tell them if you like that you will visit them again soon.

Then visualise that you are taking the path back.

Take a few deep breaths and come back into your actual body.

Ask yourself

Did I meet people who seemed really familiar to me the first time I saw them?

Have I been to places for the first time in this life and had the feeling that I had been there before?

Did I have or do I have déjà vu experiences?

What are my favourite places and time in history?

Do I have any birthmarks? Do they suggest something?

What was my favourite disguise when I was a child?

04.4. Birth trauma and infancy memories (also see section 05. Perinatal psychology page 57)

Rebirthing sessions repair the physical, mental and emotional damage that has been caused at birth as a result of the struggle for the first breath.

Even though birth may naturally be a difficult moment, the main struggles are usually caused by birth professional's lack of sensitivity and ignorance. This is the main reason why people sub-ventilate when they breathe, their breathing mechanism is inhibited because it is repressing the fear they felt at birth.

For most people it takes several Rebirthing sessions until they can feel safe enough to connect with that fear and release it.

During our birth, when we take our first breath, we crystallize our very first experience in this world and make many conclusions about ourselves and about the world (or confirm ideas and feeling we already had). Sadly this first experience is often one of pain. The parents, especially the mothers, usually give their power away to unconscious doctors instead of getting a good preparation for the birth (which includes overcoming their own birth trauma), becoming deeply connected with their baby and following their intuition.

Experience show that, if a mother has not overcome her own birth trauma, she will tend to repeat similar complications when she gives birth.

In the same way, if the father has not overcome his own birth trauma, he will find it difficult to offer a quality presence of love and support.

During childbirth, the unconscious birth memories of all the people present are activated, including the midwife and the doctor, even if they have been present at many births.

As birth is a co-creation between the baby who is coming out and his parents, providing a gentle and natural birth is a way they can all heal and start to have loving and respectful relationships.

The ignorance and desire of protagonism of most birth professionals cause all sorts of unnecessary and traumatic practices for mother and baby. This perpetuates the idea that life is a struggle and is difficult, which in turn causes violence in the world.

The arrival of a new being into this world is a sacred moment, and it should happen surrounded by love, security and respect. Too often it is treated in hospitals as a routine act or even as a pathology.

Many mistakes and interferences take place that give way to complications, such as not respecting the timings and provoking birth with oxytocin, carrying out unnecessary episiotomies and not respecting the calm and tranquillity that the mother needs in order to be in contact with her instincts and her intuition.

Frederick Leboyer, the first French doctor who started working with natural childbirth, shows in his studies that babies born without violence grow up to become much more calm children and adults, more balanced at the end of the day. It is impressive sometimes to see just how much pain and anger can be expressed by babies or children who have had a violent and non-respected birth, when they cry.

The umbilical cord still supplies oxygen to the baby for a few minutes after it is born. For this reason it is ideal for the baby to take its first breaths with an intact umbilical cord, with all the added safety this provides her/him.

To cut the umbilical cord when it is still beating is violent and makes the baby feel that its life source has been severed and s/he is going to die. As a consequence the first breath of air is taken with a sense of urgency, of scarcity and pain. There is no rush to cut the umbilical cord, in fact some experts recommend leaving it on for a few hours after birth, and some even recommend a lotus birth.

In a lotus birth the umbilical cord is left for 3 to 5 days, until it falls off by itself, following, of course, precise safety and hygiene measures.

In any case the cord, except if there are complications or danger, should never be cut before it has stopped beating.

Each type of birth leaves a cellular memory which has a huge impact on the person. Although each situation is unique and each baby has its own unique way of interpreting reality, studies reveal patterns that are often very similar according to the type of birth.

The way we were born is also our first success in life. Our subconscious learned all the steps we went through as the way to succeed. We usually repeat this pattern in many areas of our life, especially when we do something new. This is what we call the **birth script** (see section 05.1. *The birth script* page 57). It is therefore important to change the painful or destructive parts of it.

Infancy memories are also part of this 'biggie'. It includes all the experiences we had and all beliefs we learned during our infancy that support separation and pain instead of supporting our natural divine nature. We will cover them in detail in the section 06. *The inner child and the inner teenager* page 97

04.4.a) Examples of affirmations

"I, ___, was born with a great capacity for enjoyment and pleasure."

"I, ___, completely forgive all the people present at my birth."

"I, ___, no longer have to struggle to survive, life is easy and pleasurable."

"I, ___, am innocent."

"I, ___, receive appropriate help when I need it."

"For me, ___, receiving help is pleasant."

"I, ___, am always loved and welcome."

"I, ___, am a gift of the Divine to the world."

04.4.b) Example exercise

Complete the following sentences several times:

Something I know/ they told me/ I intuit about my birth script is...

The conclusions I made based on that experience (or the thought/belief that might have created that experience) is ...

The way I have recreated that in my life is by...

The way I can change it (if it is negative) is by...
My new affirmations are: ...

Here are two examples:

Something I know about my birth script is that I was an unwanted child
The thought that probably created that experience is that I am a burden
The way I have recreated that in my life is by feeling that I am disturbing people
The way I can change it is by taking care of my inner baby; having dialogues with my inner child; having an open heart communication with people and checking when my feelings of disturbing are a projection; surrounding myself with people who really love me and value my presence; feeling that I am always welcome; working with affirmations.

My new affirmations are: "I, ____, always loved and welcome". "My presence is a gift to the world". "The Divine Mother wanted me to be born".

Something I know about my birth script is that my birth was easy.
The conclusions I made based on that experience is that changing is easy and pleasurable

The way I have recreated that in my life is by adapting easily to new circumstances and having fun while going through new experiences.

My new affirmation is: "I love myself for having good adaptation skills and enjoying new experiences".

04.5. Parental disapproval syndrome

Children are naturally in contact with their own divinity and have a natural tendency to find answers by connecting with the Source. But they also learn by imitation mirroring the unconscious unresolved issues of their parents and people who surround them.

Loving and enlightened parents protect the natural divinity of their children and support them in realising their true nature. They approve the child when s/he is doing things their own way, inspiring and guiding them to be closer to their real loving nature.

A child needs to be loved and appropriately guided in order to have good points of reference in life. Approval, patience, love and the right guidance help build her/his self-esteem, while reaffirming her/his connection with her/his natural Divinity.

Disapproval and negative criticism are a source of trauma for the child, as well as the lack of approval and guidance.

Through disapproval and lack of support, children learn to be afraid of losing their parents love. They then learn to seek for their approval wanting to please then. That way they displace their attention to external figures of authority instead of following their intuition and inner voice.

If the child develops a submissive personality, s/he will tend to search for approval in others and be disappointed or even depressed when it does not come. If, on the contrary, the child develops a very rebellious personality, s/he will tend to search for disapproval, because for a child her/his parents' indifference and physical or emotional absence is often more painful even than their disapproval.

Many people fluctuate from one behaviour to the other, and unfortunately mistakes in education and a lack of love that has not been overcome are passed on from generation to generation. Unconsciously, parents "take revenge" on their own parents through their children. In fact, if they do not have much self-esteem, it is impossible for them to transmit much love to their own children. We can of course establish as a base line that all parents love their children, but often they are just not able to express it.

The child internalizes disapproval, or lack of approval, and also the image that the parents have of her/him. What s/he is told then turns into her/his way of seeing her/himself, becoming part of her/his inner dialogue. Instead of looking to fill ourselves with Energy, inspiration and happiness through contact with the source of life we learn, in this way to try to get it from other people.

In the book *The Celestine Prophecy* by James Redfield, there is a very interesting explanation of the types of behaviour that people develop according to the attitude their parents had towards them. He calls them "control dramas", as they are mechanisms used to obtain attention from others, and thus get energy from them. For example, if an interrogating father asks questions in order to then criticise, it will make the child develop a very reserved and secretive personality to defend her/himself from the criticism of others, and will also tend to try to please others, hiding her/his true feelings for fear of receiving disapproval.

A person who intimidates, who gets attention and energy by making others fear for their safety, will make her/his child develop the drama: “poor little me”, in an attempt to make the bully feel guilty and stop pressuring her/him. If this attitude does not work s/he will in turn become a bully, as a mechanism of defence and survival. The attitude of parents who do not give enough attention to their child, nor dedicate enough physical presence and emotional support to them, will make children develop the drama of interrogators, so as to obtain the required attention.

In this way, control dramas are passed on from generation to generation. To change this cycle, we need to heal the parental disapproval. For that it is essential, on the one hand, to forgive the parents and figures of authority in our lives, and on the other hand to find the approval and love within ourselves, thus reinforcing our contact with the divine source and strengthening our self- esteem.

04.5.a) Examples of affirmations

“I, ___, approve of myself in the presence of others.”

“I, ___, no longer search for the approval of my mother/father, nor of others.”

“I, ___, love myself and approve of myself.”

“I, ___, am the only authority in my life.”

“I, ___, now allow myself to say yes or no, without losing the love of others through this decision.”

“I, ___, am in contact with the infinite source of love and inspiration within myself.”

04.5.b) Example exercise

Complete the following sentences several times:

Something my mother disapproved about me was...

The way she was disapproving me was by...

The conclusion I made based on that experience is ...

The ways I can change those negative conclusions are by...

My new affirmations are: ...

Then do the same with your father and any adult you might have parental disapproval issues to heal with.

Also see the exercises for your inner child and inner teenager in the section 06.6.

Examples exercises page 106

04.6. Subconscious death urge

The subconscious death urge is a psychological structure which contains the most destructive human thoughts, feelings and memories.

After a period of doing affirmations we integrate the positives thoughts we are working with and they become part of our consciousness. At that stage we do not have to think those thoughts or concentrate on them. They became a structure of thoughts which is part of us and is producing results whether we put energy into them or not. The same is true with negative thoughts.

The subconscious death urge is a collection of all the negative thoughts and habits we inherited from our family, our culture and our environment which sabotage our lives often despite of us. Therefore we have to keep on doing practices which strengthen our life urges and weaken our death urges, until we erase our death urge. Otherwise the death urge will create our death. Unless we work on our awareness and on changing our beliefs, we have a tendency to repeat what is familiar, as well as what we have observed. It is a well-known fact, for life- insurance companies at least, that most people die at the same age and for the same reasons as their parents or grandparents of the same sex. Our family or the people around us pass on to us their habits, apathy, depression and subconscious death urges. For this reason, family scripts are often repeated: suicides, traffic accidents, depression, sickness, etc.

You can also be affected by the subconscious death urge of other people. When you spend time with a depressed person for example, you will likely feel less energetic or have negative thoughts. When you are processing your death urge or other peoples it is important to do spiritual purification. If you feel depressed or have suicidal thoughts it is important to give yourself time and not take your current state seriously. Spending time with fire is probably the most important and effective practice in such a case.

I noticed, for example, that after giving a seminar I usually need at least a day of solitude, doing spiritual purification, to recover my energy. I know having low energy is only temporary and I observe the way I feel with detachment, until my natural state of happiness returns.

Processing your death urge means overcoming victim consciousness and all the thoughts attached to it. The belief that death is out of our control makes us feel unhappy and victimised. Believing that death can reach us at any moment, instead of being aware of the fact that we attract it (according to our lifestyle and our thoughts), we lose the will to live and life seems, quite often, absurd and meaningless.

04.6.a) Examples of affirmations

“I, ___, am alive, and therefore my life urge is stronger than my death urge.”

“As I continue to strengthen my life urges and weaken my death urges, I will live with ever more health and youth.”

“I, ___, no longer fear death. Death is my friend and servant.”

“I, ____, am immortal here and now.”

“The death urge no longer bothers me nor upsets me. As I, ____, heal my emotional mind, I feel the happiness of life and continue choosing life.”

04.6.b) Example exercise

Close your eyes and relax in a comfortable position. Take a few deep breaths.

Ask yourself the following questions and accept the first answer that comes to your mind:

At what age will I die?

Where will it be?

What will I die from?

What are the causes of the death?

Take a few breaths

Now ask yourself: What can I do now and in the future in order to overcome and heal those causes? Is it a family pattern? Which habits, thoughts and beliefs do I have to overcome?

Take all the time you need to find the answers.

04.7. School trauma

Present education programs unfortunately do not respect the stages of human development (see sections about the stages of the child development: 06.2., 06.3., 06.4., and 06.5.) nor do they respect the differences and the uniqueness of each child. All children are asked to do the same tasks and have to fit into the same program regardless.

The present educational system is still very rudimentary in the sense that it does not favour the emotional and spiritual development of children. This in itself is traumatic for the child, who often has trouble dealing with the imposed discipline, and therefore learns to disconnect even further from her/his fountain of creativity. Children will therefore strive for the approval of the teachers or live in fear of disapproval, punishment or being ridiculed in front of the other children. This can restrict their self-esteem, as well as their creative capacity at work, in the future.

The right education system should support the children in developing the natural gifts and talents they have.

Children, as well as adults, need to be in contact with nature. Learning in nature is probably the most important part. It is cruel to have children indoors and sitting on chairs for hours.

Often children are not very successful in some subjects, not because of a lack of personal resources, but rather due to the attitude of the teacher or the parents. For example, if a child has felt disapproved of by her/his first Maths teacher, it is very likely that s/he will start to dislike maths or will start to think that s/he is no good at this subject. S/he will therefore suffer a blockage and not achieve good results.

Children need educational programs that allow them to learn through play and freedom of expression.

However, they often make children disconnect from who they truly are and teach them models of behaviour instead of supporting them in finding their own unique creative and healthy way.

María Gloria Arenas Fernández in *Winning losers: research into the life of girls at school* says: “Schoolbooks, apart from their explicit content (maths, language, social science) communicate part of the culture by means of the teaching of each subject. They describe a kind of social reality, ways of organizing, places, values, ways of expressing emotion, standards, life models ... These cultural models are not the subject being studied but underlie all the texts and together weave a set of values, a sense of the socially acceptable and unacceptable. These cultural models and specifically the models of masculine and feminine behaviour are repeated so often they solidify, they set, they become rules.”

Nowadays in many schools there are many problems of respect towards teachers because pupils rebel against authority. However, when the needs of children are met in education, the child also respects teachers. Its interest in learning is also awoken as duty and obligation are replaced by curiosity and the pleasure of learning.

Conscious of these problems, Rudolf Steiner created the Waldorf education system. In Waldorf schools the curriculum is flexible and is established according to the sensitivity, interests and abilities of the child as well as taking into account the stage of growth it is in. It is based on day- to- day research and the understanding of the evolving child: its physical development, psychic abilities and individuality.

Rebeca Wild also created a very interesting school in Ecuador. However, her and her husband recently came to the conclusion that it is even better to educate children while living in a community with conscious and responsible adults.

As a rebirther you also have to be aware that many people, while writing affirmations, have to face these resistances that crystallized at school, especially those related to written punishments; or is reliving the pressure of having to do homework. When this is happening to one of your clients, it is the perfect opportunity to talk about school trauma and help him overcome it.

04.7.a) Example of affirmations

“I, ___, forgive the school teachers who did not support me.”

“For me, ___, my success does not depend on the results I had at school.”

“For me, ___, my success depends on my connection with the infinite source of intelligence.”

“I, ___, am connected with the infinite source of intelligence and knowledge.”

“I, ___, have the right to develop the capacities and activities that make me happy.”

“I, ___, can be successful (or am successful) carrying out the tasks I want to do.”

“I, ___, no longer search for approval from others, now I approve of myself.”

“I, ___, am free to develop all the activities I please.”

04.7.b) Examples exercises

Write down the names of the teachers you had or any school authority figure you feel incomplete with.

You can write completion letters or do any of the forgiveness exercises proposed in the section 07.2. *Forgiveness* (page 112).

04.8. Religious trauma

True spirituality means connecting with the Source of Life, with you divine nature and doing practices in order to embody this divine nature; your true self.

It leads you to see the divine in all that exists, realize Oneness and accomplishing your life goal.

The religious trauma is composed of false ideas and dogma about God, your real nature, Truth and the purpose of life.

Most religions dress up the idea of God with dogma and limiting attributes, and condition people in a way that they reach mistaken and negative conclusions about God, about life and about spirituality, or they just follow symbolic practices without working on a deep real spiritual transformation.

Many concepts and beliefs, which have their roots in religion, pervade the culture in which we live. For example the idea of being guilty and unworthy of God's love is quite common.

Many people live their lives with copious feelings of guilt, whether or not they agree with the religious education which prevails in their culture, since those concepts often work at subconscious levels.

The idea that a spiritual life is a life of sacrifice is also very common.

It is therefore generally very enriching to really consider our idea of Divinity. The word "God" is often attached to the concept of a God with human form, outside of ourselves who is often a revengeful God. Before we lose our conditioning that is.

All of this has led us to criticize and judge ourselves, thinking that we are bad, instead of feeling our innocence and natural Divinity.

I like to use the word Divinity because it generally does not arouse as much conditioning, while in Latin- based languages it reminds us of the feminine aspect of life, which has been so forgotten by religions in general as well as our civilization.

Divinity, Life, God or Eternal Spirit, since it encompasses everything that exists, is not only feminine or only masculine. However, there are few languages that have a word without gender to describe it.

The more we realise that Divinity is the vital force that is within everything, everywhere and every person, the more we trust in life, we respect it and we love it in all its manifestations. The more we integrate that God is a part of our being, and that it is our very essence, the more happy, complete and giving we become.

04.8.a) Examples of affirmations

"I, ___, am loved by Divinity, not for any particular reason, but because it is in Its nature to love me."

"I, ___, have a personal connection with God or Divinity."

"For me, ___, my personal connection with Divinity brings love, health, peace, completeness and success into my life."

"I, ___, accept all the gifts that God has for me."

“Since I, ____, am a divine creation, I am a perfect son- daughter of God.”

“God is with me, ____, all the time.”

“Divinity wants every happiness and success for me, ____.”

04.8.b) Example exercise

Ask yourself:

How much has religion influenced my life? How has it constructively influenced me? How has it influenced my life in a limiting way? Have I learnt somehow that women are naturally inferior to men? What is my idea of Divinity, of the Universe, God or of life? Has religion influenced or does it still influence how I think of women and men and the roles they are supposed to adopt? Does the word “God” have a negative or limiting meaning for me?

You can also write down all the ideas you have about God (if you prefer you can say the Infinite Intelligence, the Divine, the Universe etc.) and then change the limited or negative ideas into positive affirmations.

04.9. Senility

Healing senility and old age is probably the biggest challenge of the human condition. I know a few rebirthers (including Leonard Orr) who went through senility and healed it. They all went through intense pain in their bodies, through losing basic abilities like walking and talking and had to relearn them. Yet they all rejuvenated and say that they feel better and happier than they ever have in their entire life.

When people go senile, it is generally considered that they have reached the end of their lives. Rebirthing sees senility as another stage in life, just like babyhood, childhood, adolescence and adulthood.

Senility and infancy consciousness are the same. During senility we have to heal all the infancy traumas we have. This is why, during senility, people lose their memory little by little and become, in many aspects, like a small child again.

This happens because of repressing, for so many years, the traumas and memories that were not overcome during childhood. The moment comes when these memories re-emerge in an attempt to be healed. However, they tend to do so with such force that we could say they take a leading role in the mind of the person, in such a way that their whole personality seems absorbed.

Healing of the awareness of guilt and childhood then becomes a full-time job.

Unfortunately, people usually think that senility is the end of life and they surrender and die during the process instead of going through this deep healing process.

In order to heal senility you have to work with the correct principles, and have built habits, especially the habits of spiritual purification, in order to be able to continue with them during this difficult period.

Working on our birth script, forgiving our parents and overcoming our childhood traumas thanks to breathing and creative psychology, also serve to prevent senility. Developing good habits for life and for spiritual purification when we are young further enables us to go through and overcome the different phases of life more easily.

Leonard Orr describes how he healed senility in his book *Secrets of Youthing*.

05. PERINATAL PSYCHOLOGY

“The scriptures of all religions say that to become an immortal master, we have to become the unborn Eternal Spirit. Liberating our psyche and body from birth trauma is one of the biggest jobs of the human condition.”

Leonard Orr, *The Healing Manual*.

05.1. The birth script

The birth script includes the period between the conception and the first months of life. It includes the birth itself and the circumstances that surrounded it: how the conception happened, if the child was wanted or not, what the situation of the family was, how the pregnancy was, if the parents wanted a boy or a girl, how the parents got on, if the mother breastfed the child, etc. All this shapes the future personality of the baby.

Being born and living for the initial months afterwards is our first success in life. Therefore the birth script is a model that our subconscious will have a tendency to repeat when we want to achieve things or when we are going through periods of change in our life. But our subconscious will also repeat the unnecessary painful and sabotaging parts. One of the aims of Rebirthing is to process and integrate those parts, and to strengthen the constructive ones.

During one of the first sessions, you should ask your client what he knows about his birth and then tell him to try find out as much as possible (by talking to his mother and/or someone who was present during his birth). When this is not possible you should follow your client's intuition (and your own). Most of the time the intuition of the person is really accurate. In one of my first Rebirthing sessions, I saw many details of what happened even though my mother had never told me. Afterwards I thought that it could not be that easy and that it was probably my imagination. But when I talked to my mother, we were both very surprised to confirm all those details.

05.1.a) Example exercise

Write step by step everything you know or sense about your birth script, from the conception to a few months after your birth.

Then compare those “steps” to what you have reproduced in your life, especially when you went through big changes. See if there is any painful step you have been reproducing and build your own affirmations in order to change them.

05.1.b) Birth script example

Patricia is starting to do the one year seminar and had two Rebirthing sessions. This is what she wrote about her birth script:

Conception: My parents got married and 4 years later I was born; then my brother and then my sister. They were already looking for having a baby one year before having me and they always told me that it took me time to come.

Gestation: Recently I discovered that they actually wanted a boy, especially my dad, so he could give me his name; which he did later with my brother. My mother justifies it saying that in those years (1981) people preferred their first baby to be a boy.

Birth: The water broke when my mother was having a shower. Then they went to the hospital and the doctor said that they could wait for 24 hours and then have a caesarean, or they could do the caesarean now and they wouldn't have to wait 24 hours. My mother chose the latter.

After the birth: One week after the birth I became very sick. They said that I got a cold when they did my first paediatrician review. My mother was then very nervous and desperate because I was crying all the time. So we went to my grand- fathers house for a few weeks.

How I have been reproducing it in my life: Despite having completed different degree courses and many specialized trainings, I had never felt ready to work. I have always been a good student and did my best to please my parents but when I was a teenager the rebelliousness appeared and the search for a personality, as well as an exaltation of feminism.

After Patricia told me her birth script, I asked her a few questions to help her become more aware of the parts she might reproduce in her life. I also helped her find good affirmations. Here are the questions and her answers:

- Do you have the tendency to arrive late or feel that you are arriving too late?

Yes, most of the time when I have a meeting with someone I wait until the last moment to go out, and I feel stress because I think that I am late.

- Did you make much effort to please your father, trying to act more like a boy than a girl? Have you ever felt in your relationships that you are a disappointment?

My father is very good with his hands, he made most of the furniture in the house. I have always tried to imitate him (in my relationship I am the one who repair things at home, ALONE, because I have to demonstrate that I can do it). I like to help my father in order to prove to him that despite being a girl I can do it.

In order not to feel that I was a disappointment I have been a perfectionist in my studies and I developed a very strict attitude toward myself in everything (work, friendships, love life...) I am very demanding with myself in order not to disappoint anybody.

- Do you feel that your timing is not respected, or that you are being asked to do things when you are not ready?

I never feel ready. When for example my boyfriend sends me a job offer he saw on the internet, sometimes I don't even look at it because I think that they are looking for someone who is much more trained and experienced than me (why should I even try?)

- In what circumstances do you usually get sick?

Since I started Rebirthing I haven't been sick. Before that, each time I was going to visit my parents I would get a cold, get sick and then I wouldn't be able to go out for 3 or 4 days. Now when I go and visit them my throat hurts and I have a runny nose.

- How do you feel being a woman?

As far as I can remember, I have always been aware of my sexuality. I was educated in Christian school where I learned that what I was feeling like something natural and inevitable, was "bad". I then developed a feeling of guilt with everything to do with sexuality but at the same time I was not able to repress my natural impulses.

Patricia felt that just writing about it was already very helpful and she had tears in her eyes sometimes. Here are the affirmations she felt were going to help her for now:

"I am prepared even though I think I'm not."

"I now like to prepare myself before going out."

"I deserve to be loved the way I am."

"I am the right person."

"I have the right to enjoy sex."

"I am not affected by my father's disapproval anymore."

"I am free to be who I am."

In 1987 Sondra Ray and Bob Mandel wrote *Birth and Relationships*. I highly recommend you read this book. The book *Overcoming the 7 inhibitors of bliss* by Pauline Win also has some great chapters about birth, conception and gestation traumas.

05.2. Conception

Even though all the parts of the birth script play a role in aspects of life, the conception is more linked to the soul's motivation to enter in a new physical body.

The way a baby is conceived has a great influence on how s/he will feel being in a physical body in the physical Universe and is connected to his life purpose.

In the ideal situation the parents prepare themselves before conception and therefore the conception is loving, healthy, wanted and conscious.

In the case of an **unwanted conception**, the person can be prone to:

- Feel unwanted, rejected, and not loved.
- Feel they don't deserve.
- Feel guilty for being born and feel they don't have a place in the world.
- Create situations where they feel "out of place".
- Have difficulties in planning and being disorganised or on the contrary, overcompensate by planning excessively.
- Have difficulties to choose and with commitment.
- Attract relationships with people who have the tendency to reject them; or be the one who rejects the other person.
- Try to be indispensable in order not to be rejected.

The patterns will be stronger if none of the parents wanted to have the baby; and will be obviously lighter if they accept the child during the pregnancy.

In case of an **illegitimate conception** the person might also have the tendency to:

- Have problems with legitimate forms or even legality
- Might feel the need to hide who they really are, how they feel and what they do

In the case of a **violent conception** or **rape** the person might also have the tendency to:

- Feel ashamed of oneself
- Have sexual problems and relationships problems
- Have excessive fear of violence or tendency to be violent
- Deep resentment

When one of the parents planned the pregnancy in order to achieve a purpose, like getting married for example, or to manipulate his/her partner, the baby might develop self-esteem issues, and feel that s/he is not wanted for who s/he is and is being used. S/he can also develop the tendency to manipulate his/her loved ones or be manipulated by them.

In case of **in- vitro fertilisation**, the person could have the thoughts:

“I am different.”

“I am not normal.”

“I am wanted but I have to earn it.”

Examples of affirmations:

“The divine mother/father loves me and wanted me to be born.”

“I, ___, belong here / to this planet.”

“I, ___, am always accepted, loved and welcome.”

“I am innocent. I, ___, have the right to be here.”

“My presence is important and I have a mission.”

“I am always at the right place, at the right time, successfully engaged in the right activity.”

“I deserve the best.”

“My commitment gives me freedom.”

“It is safe to show myself the way I am.”

“I forgive my parents for not wanting to have me.”

05.2.a) Conception visualization from *Birth and Relationships* by Bob Mandel and Sondra Ray. (You can also do this visualization with your client, or use the questions to ask him about his conception).

Put on some calm, meditative music, and lie down with a pad and pencil by your side. Close your eyes. Relax. Do some connected breathing. Let yourself relax deeply, mentally, physically, and emotionally.

Now visualize the following:

See yourself as a disembodied spirit, a divine being of light and love floating through the universe. (Don't try to remember – your intellect will block you; just make it up, using the special effects of your Steven Spielberg- produced imagination!).

There you are, a free spirit in space- and- timeless. Breathe!

It is now time for you to choose a new physical form. It is the time of your conception. You search the whole wide universe for the ideal circumstances for this life time, the perfect people, places and things to surround yourself with – so that you may live the “good life”, learn what you came here to learn, teach what you came here to share...

You search everywhere and you choose the planet for your birth, presumably Earth...why Earth?

The reason I chose to come to Earth was...write down the first thought that crosses your mind!

See yourself choosing the precise location...

What country? Why?

What town? Why?

What race? Why?

What religion? Why?

What mother? Why?

What father? Why?

Get clear on the last two. The reason I chose my mother was...

The reason I chose my father was...

Write down the thoughts that cross your mind.

What siblings? Why?

What economic situation? Why?

What about grandparents? Was there any illness in the family?

What about the world? Was there war? Peace? Depression?

Now it is the precise moment of your conception. You have selected all the right circumstances. See yourself ready to embody, to beam down...

See your parents making love.

What is your father thinking?

What is your mother thinking?

What are you thinking as your consciousness enters your mother's womb?

Breathe deeply. Complete the following statements. "The reason I chose to be alive is..."

"My purpose in life is..."

05.3. Gestation

“Everything the pregnant mother feels and thinks is communicated through neurohormones to her unborn child, just as surely as are alcohol and nicotine.”

Dr. Thomas Verny

During the pregnancy, the baby is floating and all his needs are provided for. It is intensively pleasurable, except the moments when we can feel stress, fear, or negative emotions coming from our mother and the surroundings.

We then, during our life, try consciously or unconsciously try to reproduce those feelings of bliss. This natural impulse, if we channel it well, can be a motor for our personal and spiritual development and can help us find the state of unity with The All.

The quality of attention and love received while we are still in our mother's womb defines in great measure the quality of life we experience as adults.

Thomas Verny is one of the world's leading authorities on the effects of prenatal environment on personality development. In 1981 public attention was drawn to the importance of prenatal experiences by his book, *The Secret Life of the Unborn Child*.

In this book he shows what a mother is experiencing during the pregnancy influences the child's future personality.

A pregnant woman's thoughts are the precursor for her emotions. And her emotions are the precursor for the neurohormones that Thomas Verny refers to.

It is obvious that stressful situations as well as negative thoughts and emotions affect the future behaviour of a child and the way s/he will feel about her/himself and about life. On the other hand positive maternal emotions will give the baby a sense of happiness or calm that will give him/her a serene disposition throughout life.

Cell biologist and neuroscientist Bruce Lipton, Ph.D. writes: *“When passing through the placenta, the hormones of a mother experiencing chronic stress will profoundly alter the distribution of blood flow in her foetus and change the character of her developing child's physiology.”*

The mother's thoughts and emotions are logically influenced by many factors.

In Rebirthing sessions people often clearly remember some decisions they took about life whilst in the womb.

The foetus might make conclusions based on the relationship between his parents, the relationships in the family (with grand parents for example), the financial situation, or the state of health in the family.

I remember, for example, one of my clients who had tachycardia. Her mother was depressed when she was pregnant because her own mother just had died. My client had an immense fear of death. By integrating all her emotions about it during the Rebirthing sessions, her heart problem improved dramatically.

At the end of the pregnancy, the baby has less and less space and starts to sense that the moment of the birth is coming. This big step into the unknown can be extremely scary, especially if the mother has a lot of fear about it. It is the main cause of fear of the unknown in people's life as well as claustrophobia.

I once had a client who, when he came to his second Rebirthing session, told me that his claustrophobia had completely disappeared after his first session. He had not even told me he was claustrophobic in our first appointment! But I was not surprised because he had a big energetic release during his first session which was obviously related to the period in the womb.

Another important fact that we have to take into consideration is the intrauterine pollution. Smoking, drugs, alcohol and bad diet have a negative impact on the foetus health and emotional development. Nowadays foetuses are also sadly exposed to many chemicals during the gestation.

In his article *New reasons and new ways to prepare the prenatal environment*, Michel Odent writes: *“Over the years we all have accumulated hundreds of chemicals in our adipose tissue that would not have been there sixty years ago because such chemicals did not exist at that time. Many of these pollutants have a long half-life and we do not have mechanisms to break them down; therefore they cannot be eliminated by the kidneys. Since the 1990s we have gathered sufficient data to realise that a major threat to the health of future generations is intrauterine pollution by such man-made molecules.”*

In 1986, Michel Odent founded the Primal Health Research Center in London, whose objective is to study the correlation between what happens during the “primal period” (from conception to the first birthday) and health and behaviour in later life. You can read about those researches at: www.primalhealthresearch.com. I also recommend you to visit www.wombecology.com.

Examples of affirmations

“The world is a safe place.”

“Changing is always safe for me, ____.”

“The future is full of wonderful surprises.”

“I am a daughter/son of God, nurtured in the Divine womb!”

“There is no escape from freedom.”

“The Universe loves to take care of me.”

“I deserve to be taken care of.”

“It’s ok to feel helpless and let other people take care of me.”

“I, ____, can take care of my self.”

Testimonial: My first Rebirthing session at the one- year seminar

It has been quite an experience. First my body was shaking and I was cold. I maintained the breathing guided by David, and suddenly these words came to my mind: "I WANT TO LIVE". They repeated over and over, shouting at me, and my eyes would not stop crying. I let myself go to the experience, having decided not to repress anything. David made me connect again with the conscious breathing, and at that moment I started to feel a lot of energy in my hands, a constant tingling, very intense. My arms started moving "by themselves" upwards, towards my head. I did not know where they were going. It was as if something were moving them without my will. Finally they stayed totally spread out, making a cross with my body. Again I started to feel the energy in my hands. It went up my arms, from there to my heart, and from my heart outwards. I felt light, a lot of light, and "someone" said to me: NOTHING IS WRONG, ALL IS FINE. Then I calmed down to a feeling of indescribable peace. That is when I became aware that I had freed my mother's fear of my own birth, which she felt during the nine months of her pregnancy with me. My mother was frightened that my birth would be too difficult for me.

María Lobo

05.4. Birth trauma

Birth is the first experience we have in the physical universe outside of the womb and it is recorded in the cellular memory with our first breath. The way we are born greatly influences our life and how we interpret reality, in our personality and in the relationships we develop. At birth, the baby is immensely vulnerable.

That its first experience in the world is one of feeling safe and secure is incredibly important to be able to create harmonious relationship based on cooperation later in life. However, for a long time doctors have claimed that the baby does not feel, so they have not taken measures to receive it with love and awareness.

In the West between the years 1500 and 1650, largely as a result of the Spanish Inquisition's persecution of "witches" (who were really women with knowledge of healing), men eliminated women from positions of power and masculinised medicine.

These days, since the forties, births take place largely in hospitals. In the 1960's obstetricians started to replace midwives. The medicalization of birth has coincided with a masculinisation of it with less emotional support and accompaniment. This medicalization is a form of violence that separates women from Nature, stops them establishing a natural relationship with their baby and leads them to surrender their power and their intuition to put themselves in the hands of an "authority figure".

Michel Odent, who himself is an obstetrician, writes "Obstetrics, a discipline dominated by the male doctor, has never understood the physiology of birth". In the majority of hospitals birth has been dehumanized. The majority of people and professionals have forgotten that it is a sacred act in which the mother and the baby have affective and emotional needs. Medicine and, specifically, obstetrics inhibit and prevent its natural course because they consider birth as practically a surgical act.

Once birth has been inhibited, they do all sorts of "scientifically" justified procedures to substitute the function of Nature, i.e.: stimulation with synthetic oxytocin, episiotomy, anaesthesia, forceps, and Caesarean sections. These practices, which can be helpful in cases in which the mother or baby is in danger, are now applied systematically. They substitute a natural, sophisticated and wise process for a series of techniques which attempt to help the mother and baby.

Interfering with the course of natural processes instead of facilitating them has a negative and violent effect on the mother and baby, and affects not only the relationship between them but also the emotional balance of future child and adult and its creative and spiritual abilities.

From the perspective of the baby, the moment of birth is an event with great emotional charge. It leaves the protection of the uterus to enter an unknown world. It is clear that it needs conscious contact with its mother and a loving environment immediately after birth.

Frederick Leboyer was the first doctor to challenge the entrenched social beliefs about the consciousness of the newly-born. He investigated birth trauma and queried

the conditions practised in modern hospitals in the “developed” world. In 1975 in his book *Birth without violence* he was the first in the medical world to write about the process of birth from the point of view of the baby. It seems incredible that previously nobody had taken into account what the baby feels during birth and how it could influence its later life. Frederick Leboyer reflects on the violence intrinsic in birth for the newly-born and, to mitigate it, offers keys to birth without violence.

In *The Healing Manual*, Leonard Orr wrote:

“Birth is the focal point in the transition from being a water animal to becoming land and air animal. Perhaps most terminal diseases are caused at birth. Most mental illnesses also begin at birth.

Although most birth trauma is caused by the ignorance and insensitivity of the adults present, birth is perhaps designed by nature to be somehow traumatic.

- *The passage through the birth canal is a struggle for freedom*
- *The temperature change*
- *The drying of the skin*
- *The first breath*
- *Birth is our first social experience*
- *Birth is our first opportunity to be alone*
- *It is the first time our mouth is empty; this dry mouth trauma stimulates the sucking mechanism that keeps the baby alive through oral feeding.*
- *Birth is a series of magical stages like launching a space ship to the moon.”*

With all the studies that have been done in the last two decades, there is an overwhelming body of evidence concluding that birth trauma is responsible for addictions, violence, low self-esteem, poor problem-solving skills, short attention span and a host of physical health problems.

Some of the traumas caused by insensitive birth professionals and parents can be:

- Premature cutting of the umbilical cord

The baby needs time after birth to learn how to breathe; doing so with the umbilical cord intact allows him to feel safe and to learn at his own pace.

The umbilical cord still gives oxygen to the baby for approximately 4 minutes after the birth so there is no rush to get the baby breathing straight away.

By cutting the umbilical cord prematurely, the baby feels like there is no supply of air and that s/he is going to die. Breathing then becomes associated with scarcity and fear of death.

This is usually the cause of all kind of breathing problems and apnoea. It is common in Rebirthing sessions to relive the moment of the first breath and release the fear and scarcity caused by the violence of cutting the umbilical cord, especially if it happened while it was still pulsing.

In a natural birth, the placenta come en mother and baby and breastfeeding stimulate the contractions needed for the placenta to come out. There is no rush to remove it.

The placenta has been the “baby’s home” for nine months. It is still in the baby’s energetic field and gradually transferring energy to him until it dries out.

It is therefore recommended to leave the umbilical cord for at least 4 hours after the birth. Lotus birth is probably an even better option.

Lotus birth is the practice of leaving the umbilical cord uncut, so that the baby remains attached to his/her placenta until the cord naturally separates at the umbilicus exactly as a cut cord does, 3 to 5 days after birth. This prolonged contact can be seen as a time of transition, allowing the baby to slowly and gently let go of his/her attachment to the mother’s body

- Too much light (artificial lights), cold, noises

They are a shock for the baby and can cause: fear, temperature problems, noise and light intolerance etc.

- Separation with the mother (and father)

In the animal world, when a mother is separated from her young in the first hour after birth, she later rejects them. Michel Odent describes how, if there is no interference in the birth and in the hour afterwards, the mothers oxytocin levels(also called the love hormone) peak, which leads to the truly deep ties of union.

In the majority of hospitals, not only do they interfere in many ways (for example, using synthetic oxytocin inhibits the production of real oxytocin) but they also take the baby away, separating it from its mother. The smallest distraction or interference stops the production of oxytocin. It is near impossible to measure the disastrous consequences of this approach, not just for the relationship between mother and baby but also in the future personality and the future emotional deficiencies of the newborn.

Michel Odent states: *“The hour after birth is, without doubt, one of the most critical moments in the lives of human beings. It is not coincidence that all human groups have routinely interfered with the physiological processes during this short period of time with rituals and beliefs. Our cultural environments are determined to a large extent by the interaction between mother and newborn.”*

This interference in the bonding process between mother and baby creates an **abandonment syndrome**. As an adult the person will be likely to be afraid of abandonment (and/or attract it), or avoid intimacy in his/her relationships.

- Indelicate or rough handling of the newborn

The way we are touched and treated right after birth creates a blueprint for life. Again, it can cause fear of intimacy, self harming attitudes, and not being soft enough with ourselves and other people. Sometimes babies are slapped after birth.

It creates a fear of being hurt, lack of trust in people and in life and fear of violence or tendency to be violent.

Reading *Birth without violence* by Frederic Leboyer can be very helpful to get in contact with one's birth trauma and start to process and integrate it.

Testimonial: Extract from *the road to prana*

(...) In that first session I found it difficult initially to adapt to a new way of breathing which required putting attention on it and a degree of effort to maintain it.

Tetany quickly appeared and, although most people I have discussed this with find it uncomfortable, for me personally the bubbling I felt in my rigid limbs gave me a feeling of energetic re-charge. I confess I sometimes miss it.

Once I had got over tetany I started to have very pleasant sensations all over my body which reminded me of the moments just before an astral experience.

It is not frequent in a first session, but I even connected with the moment of my birth. It was distressing: I was breathing along, enjoying my bodily sensations when, suddenly, without any warning, I could not inhale. I got scared and jumped up on the mat, trying to grab a lungful of oxygen from somewhere.

Fanny's immediate reaction, making sure I felt accompanied, calmed me and helped me through the situation. I remember her words: "It's ok, you have just evoked your first breath, when you were born. Don't struggle, just breathe."

I did so and I went from a traumatic state that lasted only a few seconds, which seemed never-ending to me, to a state of ecstasy that I would dare to call an initiation. (...)

Fran Ortega

Testimonial from a student from the one year seminar

One of the things my mother would sometimes talk about was how difficult my birth was: “you were born with the umbilical cord wrapped around your neck seven times. The midwife had to turn you over in order to free you from it, then she slapped you on the bottom and you started to cry.”

When I heard about Rebirthing I thought “this is for me” and since then I learned many things about myself and about my birth.

In the fourth session I felt an intense pain around the neck and I had spasms and I almost couldn’t breathe. I felt afraid of dying and started to panic but then I felt a feeling of intense release and wellbeing.

A few sessions later, in a one year seminar and to my own astonishment, I found myself in a session getting on my knees and turning around several times. When I opened my eyes, the person who was Rebirthing me said: “Good Heavens! You turned seven times!” I burst out laughing, and with good reason. For a few minutes it seemed like the air was taking me and streamed in my lungs. I felt like I accomplished something very important.

Javier

Testimonial: Golden hearts and angels trumpeting

I met Fanny at a training course for doulas, and quickly contacted her. When she told me she was a rebirther I understood my need to connect with her.

I am one of those people who are in constant search of oneself, and of course, Rebirthing was something that had to come to me at some point.

I have done five sessions now and I have another five to go, which I am so looking forward to, because each session has been a surprise, a discovery and a rebirth.

I have experienced each session feeling very much aware of what has been happening to me. I even think I have been too alert, giving reason too much of a prominent role, but even so “my trips” have flowed, opening me up to subtle spaces full of flashes of light and darkness.

It is incredible to think of the fascinating vehicle we possess to connect us with life: breathing. It is even more incredible to think that, depending on how we use it; it can block us, or else open us up to follow the easiest and most pleasant path.

My professions (midwife, doula, and yoga teacher) have given me the opportunity to realise how important the way we come into the world really is, and with it, our first breath. My Rebirthing sessions have completely confirmed this.

Every day that passes I am surer that there would be less violence and problems in the world if every woman and couple had the opportunity and were ready to bring forth another life with love.

To go through those 9 months with the clarity of a memory that the unborn child already receives, is without a doubt the path towards a birth that welcomes the new being: the first breath, the first touch.

My experience with Rebirthing is so far so extraordinary that putting it into words is difficult. I can tell you that in my first session (which took me almost three hours) the main memory that is hard to forget was the intense feeling of cold that I somatized. It was more than feeling cold, it was a chill in my bones, in my soul, the cold of loneliness and fear. I remember I began by asking for a blanket, then a scarf (which Fanny wisely put on the heater first), then another pair of socks, gloves, more blankets, and then a heavy coldness concentrated on my pelvis, where Fanny placed even more covers. Thanks to ... God ... that coldness has slowly disappeared. I have released it.

I am not sure whether I am biased by my profession, but I have connected it with that immediate separation that happens when the baby arrives (a huge chasm when you compare it with the warm, tight space that the mother's uterus is), and s/he is taken away from home, from the familiar.

At the same time as that intense cold, I somatized and expressed in my body a sort of tremendous pressure in the whole bone structure of my face and head, descending towards my rib cage. It felt as if I had a hundred-kilo stone on my chest. In my last session, those hundred kilos have become fifty, and the bone pressure on my face and head is still there, although softly, very softly. I am certain that the pressure I felt was my voyage through the birth channel, which was closed and tight and ceaselessly pressured me. There was not enough room for me, surely because my mother's whole being was pure stress and fear, not knowing and not receiving appropriate emotional nor medical support.

That lack of space on the one hand, and on the other the immensity of the chasm that made me feel so cold, I have now breathed through, understood and forgiven. Throughout the sessions an infinite path has opened up, huge, in which I feel I deserve the space I occupy in this life. I have connected somehow with the subtle plane of existence. In the sessions I listen to the vibration that connects me here, loud and clear. I have wept with intense happiness as I have discovered the most intimate parts of my being, and my undamaged soul. I have reached moments of total calm within music of silence so soft and caressing, in which my breath was imperceptible. To sum up; a state of total peace.

In my day to day life there still appear obstacles and difficult moments, hurdles still need to be jumped over, but I state, I accept and I confirm that every moment of my rebirth has put me in a space of infinite smile that I now add to the wealth of knowing myself.

I wish you a good voyage.

Yolanda Caballero Gardyn

Testimonial: Extract from: I am a mother, a woman and a rebirther

(...) From the first session I could feel the energy in my body, I became aware of some blockages in my breathing, I felt the best relaxation of my life and...suddenly I found myself in a dark place, warm, quiet and totally safe. It was the place where I felt like home, a sacred place where I no longer needed to breathe. I was so full of Life that my being was complete, charged with prana and with awakened conscience. While discussing it with Fanny later I knew that I had relived a part of my own birth and that my first breath had been very natural.(...)

Estrella del Pozo

05.5. Birth types

Although it is clear that each situation is unique and each baby has its own unique way of interpreting reality, a specific type of birth has the tendency to create similar patterns. Here is a list of the different types of birth with the possible patterns the person might have, followed by a list of affirmations. As a rebirther, you have to be aware that people can also reproduce their birth type and their birth script within the Rebirthing sessions; and that it is part of your work to help them become aware of it in order to overcome it.

05.5.a) Caesarean:

- Find it difficult to make decisions, have problems receiving help but need it desperately at the same time.
- Insist on doing things by themselves (in an unconscious way to try to prove they can make the passage through the birth canal), at the same time have the tendency to attract people or circumstances that get in the way and might end up having to have someone help them or “rescue” them.
- Have difficulties in completing things
- Crave physical affection or on the contrary have repulsion for being touched.
- Feel abandoned in crucial moments
- Fear of knives and cutting tools or fascination with them
- Create frequent interruptions, especially in relationships. They might create interruptions in their Rebirthing process, until they overcome it.

- Planned caesarean:

- Feels interrupted and not respected; and resent it.

- Emergency caesarean:

- Fear of being trapped.
- “I can’t do things by myself. I need to be rescued.”

Examples of affirmations

- “I, ___, always make the right decision.”
- “I, ___, now attract people who respect my process.”
- “I, ___, can do things the way I want to.”
- “I, ___, forgive my mother.”
- “I, ___, am always supported when I need to be.”

05.5.b) Stagnant labour

This happens when birth has been inhibited by birth professionals, or any person present, or because the mother is afraid and is unconsciously holding back. This situation unfortunately often ends up in caesarean or forceps delivery due to the professional's incompetence or the mother's inability to process her fear.

Other times the mother is holding back because she wants to get to the hospital or because the professionals are not ready.

- Feel held back and controlled.
- Feel they cannot have what they want when they want.
- "Nobody is ready for me."
- "People are always trying to stop me."
- Feel angry at being retained.

Examples of affirmations

- "I, ___, can go at my own rhythm."
- "People are ready for me, ___."
- "All my relationships make my life easier and more pleasurable."
- "People support me, ___, in having my freedom."
- "I, ___, can trust pleasure to last."

05.5.c) Forceps delivery

Birth with forceps, as well as possibly causing migraines and eyesight problems, tends to create a pattern of struggle and effort in life. The person might also have nervous tics on their face. The marks of the forceps sometimes appear and disappear during a breathing session.

- Struggle and fight with life.
- "I cannot make it on my own."
- Support is painful.
- Dislike being controlled and manipulated.
- Fear of being touched.
- Look for help but then afraid of receiving it.
- Fear of pain. Need to be in control.
- Create situations where they have to get pulled out by others.

Examples of affirmations

- "For me, ___, life is easy and pleasurable."
- "I, ___, can now do things on my own."
- "I, ___, forget my obstetrician completely."

“Receiving support is pleasurable.”

“People now support me, ___, in a pleasurable way.”

“I, ___, now feel safe with intimacy.”

05.5.d) Cord around the neck

This usually happens when the baby absorbed a lot of death urge during the pregnancy and it seems that he is trying to commit suicide by strangling himself. The patterns will be stronger if the cord was pulled tight around the neck.

- Difficulties in being incarnated.
- Create many obstacles in life and sabotage themselves.
- Often feel strangled in relationships.
- Cut off from their emotions.
- Fear of intimacy.
- Associate risk and intensity with feeling alive.

Examples of affirmations

“For me, ___, life is easy and pleasurable.”

“I, ___, no longer need to create crisis nor sabotage myself in order to feel alive.”

“My relationships support my freedom.”

“Feeling is safe.”

“When I, ___, surrender I am free.”

05.5.e) Cyanotic baby

The baby does not breathe at birth. It is commonly called “blue baby” and usually happens because the baby is in a physiological shock due to the premature cutting of the umbilical cord or a very difficult labour. Often the doctor or midwife gives them a slap in order to provoke the breathing.

- Fear of being in a physical body.
- Fear of advancing.
- Death urge.
- Scarcity pattern (because of the lack of oxygen).
- Fear of being hurt.

Examples of affirmations

“My body is a safe and pleasurable place to be.”

“I, ___, am safe when I am making progress.”

“I, ___, chose life. Life is easy and pleasurable.”

“I, ___, am always treated with love.”

05.5.f) Breech or standing

The baby does not get “in position” for the birth. It might be because they are afraid of the world they are about to come into because there is difficulties in the family, the relationship between the parents is not harmonious, or the parents wanted a child of the opposite sex.

- Complain of doing things wrong.
- Fear of facing problems.
- Tendency to hide themselves.
- Difficult beginnings.

Examples of affirmations

- “I, ___, do things the right way.”
- “I, ___, now resolve things easily.”
- “It is safe to go my own way.”
- “I am always loved and welcomed when I show myself.”
- “It is easy to start.”

05.5.g) Transverse lie (sideways presentation)

The baby is not facing the birth canal. It often ends up with a caesarean. Sometimes the doctor tries to turn up the baby manually from the outside and IF he succeeds, a vaginal birth is possible. It is extremely painful for the mother and the baby.

- Fear of being manipulated.
- Problems with authority.
- Orientation problems.
- Not being clear about their life purpose.
- Fear of causing pain.

Examples of affirmations

- “I, ___, forgive people for trying to straighten me out.”
- “I, ___, am the only authority in my life.”
- “It is safe for me, ___, to move around.”
- “I, ___, know where I am going.”
- “My presence is harmless.”
- “My presence is a gift.”

05.5.h) Premature

- Urge for progressing and at the same time fear of the events to come.
- Do not feel ready.
- Feel they are not enough.
- Feel helpless. Might overcompensate it by not wanting help from anyone and doing everything on her/his own.
- Affection cravings.
- Extremely vulnerable.
- Usually arrive early, or late as compensation.

Examples of affirmations

- “I, ___, have all the time in the world.”
- “I, ___, trust the future. Life is supporting me.”
- “I, ___, am ready even if I think I am not.”
- “I, ___, am strong.”
- “I, ___, deserve to receive other peoples support.”
- “I, ___, deserve love and affection.”
- “I, ___, no longer have to rush to make it.”
- “It is safe to arrive on time.”

05.5.i) Incubator

- Feel isolated and alone.
- Problems with temperature.
- Feel weak and helpless.
- Fear of abandonment.
- Great connection with machines or with technology
- Often go through two cycles in projects (the first one to leave the womb, the second to leave the incubator). They might do two cycles in their first Rebirthing sessions.

Examples of affirmations

- “I am surrounded by people who love me.”
- “I am loved and supported.”
- “It is safe to be touched.”
- “Love remain in my life.”

05.5.j) Induced

- Feel they are not respected.
- Gets angry easily.
- Have problems starting things.

- Need to be “induced” by someone or by circumstances to take action.
- Resent being pushed.
- Do not know what they want.

Examples of affirmations

- “I, ___, deserve to be respected.”
- “I, ___, forgive people for inducing me.”
- “It is safe to take initiatives.”
- “All my choices serve my well- being.”

05.5.k) Hyper mature

- Are often late or have issues with time.
- Feel they are too much and that people cannot handle them.
- Fear of being absorbed.
- Feel they are not ready.
- If the labour was painful for the mother because they were big, they feel they hurt people.
- Fear of completing.
- Feel they might not be a way out.

Examples of affirmations

- “I, ___, am a master with time.”
- “I, ___, am enough, I have enough, I do enough.”
- “I, ___, no longer have to go slow to make it.”
- “My space is always respected.”
- “There is enough space for me, ___.”
- “My presence is a gift.”
- “Completion is easy and pleasurable.”

05.5.l) Drugs

- Associate being alive with feeling drugged or sleepy.
- Might develop an alcohol addiction or drug addiction.
- Feel that they have to do things alone.
- Apathy towards life.
- Feel abandoned.
- Feel ungrounded, disconnected and “spacy”.

Examples of affirmations

"I, ___, no longer need drugs to feel alive."

"It is safe and easy to feel alive."

"People are there for me, ___, when I need them."

"It is safe to be intimate."

"I, ___, do not need to run away from what I feel anymore; I have the ability to process my emotions."

05.5.m) Fast

- Impatience.
- Fast satisfaction.
- Feelings of guilt for going too fast.
- Difficulties with intimacy.

Examples of affirmations

"I, ___, am always at the right place, at the right time, successfully engaged in the right activity."

"I can now relax and take my time to enjoy."

"My time is the right time."

"I, ___, no longer have to satisfy other people's schedule in order to survive."

"My departures and arrivals are always pleasurable."

05.5.n) Twins

- Telepathic abilities.
- Feel they have to fight for the space and feel guilty about it.
- Feelings of separation and of not being complete.
- Competitiveness.
- The first one might be the one who makes more decisions and is followed by their twin.
- Dependency.

Examples of affirmations

"There is enough space for me, ___."

"I, ___, am whole and complete."

"It is safe to share my space."

"I deserve to be number one." (for the second one)

"I forgive myself for being number one." (for the first one)

"I have a unique purpose to fulfil."

05.5.o) Placenta previa

It usually ends up in caesarean because the placenta is blocking the birth channel.

- "My support leaves without me."
- "I cannot get out/ I am not able to."

Examples of affirmations

"The support is always there for me, ____."

"I, ____, am able to come and go as I want."

05.5.p) Long labour

- Non-exit terror.
- Life and relationship are a struggle.
- "I am a burden."

Examples of affirmations

"Life is easy and pleasurable."

"I, ____, no longer have to struggle to enjoy life and nice relationships."

"I, ____, am always loved and welcome."

05.5.q) Dry birth

- Get easily irritated.
- Skin problems.

Examples of affirmations

"It is pleasurable for me, ____, to be in my skin."

"I, ____, can go through changes smoothly and with pleasure."

05.5.r) Father absent at birth

- Feel that men are not there for them.
- Feel the need of masculine attention; or the opposite, rejection.

Examples of affirmations

"Men love to support me."

"I, ____, no longer need my father's approval, I approve myself."

05.5.s) Mother's death during labour

- Feel abandoned.
- Feel their presence is dangerous.
- Feel "I am a monster."

Examples of affirmations

"I, ___, am always loved."

"I, ___, am a gift to the world."

General affirmations

"I, ___, was born with a great capacity for enjoyment and pleasure."

"I, ___, completely forgive all the people present at my birth."

"I, ___, forgive myself for thinking I was causing pain."

"I, ___, no longer have to struggle to survive, life is easy and pleasurable."

"I, ___, am innocent."

"I, ___, receive appropriate help when I need it."

"For me, ___, receiving help is pleasant."

"I, ___, am always loved and welcome."

"I, ___, am a gift of the Divine to the world."

05.6. Perinatal influences

05.6.a) Primal guilt

During our birth, our mother's fear of re-experiencing her birth trauma is activated. The baby then makes the wrong conclusion that it is his presence and aliveness that is creating her fear and tension, and even that his presence is hurting her. The pattern gets stronger when complications arise during the labour. You can then grow with the fear that other people (especially in an intimate relationship) will discover how bad you are.

Examples of affirmations

"I, ___, am good."

"I, ___, am innocent."

"My presence is beneficial."

"I forgive myself for thinking I caused anyone pain."

"I, ___, am the perfect daughter/son of God."

05.6.b) Obstetrician syndrome

As we have seen earlier, most obstetricians sadly interfere in the natural process of the labour. They should be there to support us but often they hurt us. Because the obstetrician (or the midwife) is often the first person we had contact with, the way they treated us has a big influence on the way we treat people or are treated by them in the future, especially people close to us. We can reproduce the pattern by interfering with other people's process or by attracting people who interfere with our process.

Examples of affirmations

"I, ___, completely forgive my obstetrician."

"For me, ___, support is now pleasurable."

"I, ___, can now support others without interfering or pushing them."

"It is safe for me, ___, to surrender to support."

"People support me, ___, in doing it my way."

05.6.c) Wrong sex

Ideally parents, from before the conception, should not have a preference for one sex or another and should have overcome the gender roles. Even during the pregnancy the baby can feel that he is a disappointment and that he will not be able to please his mother and/or father. In the future he might feel that he is not good enough as a man or a woman.

Examples of affirmations

“I, ___, am loved as a wo/man.”

“I, ___, am a wonderful surprise.”

“I, ___, am the right one.”

“I, ___, love being a wo/man.”

“I, ___, am desirable.”

05.6.d) Previous miscarriage, foetal death and abortions

In cases of previous miscarriage or foetal death the mother is likely to be worried for the survival of her baby. It can affect the baby as he might conclude that life is a struggle and it is difficult to survive. It can also lead him to the erroneous conclusion that he should not be there or that he is replacing someone else.

When a previous abortion occurred, the mother might feel guilty, which can also affect the baby.

Sometimes the baby who tried to come before was the same soul.

Examples of affirmations

“Life is safe.”

“I, ___, deserve to be here.”

“I, ___, am the right person.”

“The more alive I, ___, am, the safer I am.”

“I, ___, am responsible for my own happiness and pain, other people are responsible for their own happiness and pain.”

Postnatal influences**05.6.e) Circumcision and female genital mutilation**

Circumcision and, in some cultures, excision are sometimes practiced after birth. They are very painful practices. The baby suffers a violation in the ground of his being which is experienced as a dramatic betrayal. Because the baby has this painful experience at a time when he needed to be nurtured by his mother, it creates a lack of trust in women or even deep resentment.

Female genital mutilation is a very dangerous practice, even more so to a baby. It will affect the sexual life and orgasm capacity of the future woman. It also highly increases the possibility of complications during labours.

Examples of affirmations

“I, ___, am always safe and protected.”

“My sexuality is innocent.”

“I, ___, deserve to be treated in a loving way.”

“I, ___, forgive the person who practiced the circumcision/excision on me.”

“I, ___, forgive my mother/father for letting someone hurting me.”

05.6.f) Medical interventions

Medical interventions, even when they are justified, usually create a feeling of being betrayed and a deep fear of being hurt. The anaesthesia used during the intervention can also affect the baby (see the part about anaesthesia in section 11.5.a) Physical manifestations page 184).

Examples of affirmations:

“I, ___, am always safe and protected.”

“I, ___, forgive the medical team.”

“My body is strong and healthy.”

05.6.g) The choice of the child's name

The name chosen for a baby can have a great influence on his future and personality. Some names can have a negative connotation, like Dolores in Spanish (pains) or Soledad (loneliness). Sometimes the given name is the name of someone who died, which might make the person feel that she is replacing someone. Other times the person is named like her mother, father, grandmother or grandfather and might have difficulties to live her own life or develop a healthy sense of identity. It has also happened that parents give the baby a name from the opposite sex because they were very determined to have a boy or a girl.

In some cases the best solution for the person is to change their name choosing one which feels right for them.

05.6.h) Breast feeding and other nourishment/food issues

Lack of breast feeding, being fed an inappropriate food and scheduled feeding create a memory of scarcity. The baby might reach the conclusion that he does not deserve to be fed and taken care of, that “there is not enough for me”, he may hold resentment because of his needs not being attended and develop a conflictive pattern with food.

Examples of affirmations

“I, ___, deserve to be fed.”

“There is always enough for me, ___, and for everybody.”

“I deserve to get what I want when I want.”

“Eating is pleasurable and innocent.”

05.6.i) Financial difficulties

When a baby is born in a family who has economical problems or during a financial crisis, he might have the thoughts that he is a financial burden, life is difficult, and might have scarcity thoughts.

Examples of affirmations

“There is always abundance.”

“There is always a lot of money for me, ____.”

“My presence prospers other people.”

05.6.j) Adopted baby

Adopted babies have a deep abandonment and/or separation trauma which can lead to sabotage patterns and feelings of not deserving.

Examples of affirmations

“I, ____, deserve to be loved.”

“Love always remains in my life.”

“I, ____, completely forgive my genetic parents.”

“I, ____, deserve the best.”

“I, ____, am innocent.”

Testimonial: The most profound experience of my life!

Today I had my second Rebirthing session, though my first individual session. The first session was a group session with 15 people rammed like sardines inside a yurt with only two guides.

Needless to say it was a rather traumatic introduction to Rebirthing. After a few minutes people began screaming, shouting, crying and even wailing!

This wasn't exactly the most conducive environment for relaxing deeply within myself however I did feel some energy moving and felt, to my great surprise somewhat more relaxed after the session.

So when I had an opportunity to do a one- on- one session with an experienced guide I jumped at the opportunity.

My guide for this was Fanny. She was gentle yet strong, humble yet wise and very adept in her guidance.

After a brief chat about my personal issues, family issues and ascribing me an affirmation to work with, which I must say already felt very powerful and profound I lay down and she helped me initiate the breathing rhythm.

After about 10 minutes (though I couldn't honestly say how long as I lost all sense of time) I began to feel a tingling warmth in my extremities, this seemed to slowly move around my body for a little while and felt very calming. It then centred on my abdomen and my breathing began to change. My hands tensed and became rigid. I couldn't move and I could barely speak, everything had become paralysed but for some reason this wasn't worrying and as the feelings intensified I instantly recognised what was coming up.

I was reliving and experience from my childhood. It was when I was three weeks old I was having an operation to correct pyloric stenosis (where the valve between the stomach and intestines becomes too large or tense and will not allow anything past).

In this experience I could feel all the emotions and feelings of the time. I was trying to lash out, trying to scream, trying to do anything to stop the doctors from doing the operation but I couldn't. I was under and as a result powerless.

Tears began to scream down my cheeks. Fanny asked what was occurring and how I felt but I couldn't speak properly due to the anaesthesia memories. At this point she told me to distance myself from the experience, to allow it to occur but to keep a watchful position. From this point the experience took a whole different level. I could not only feel my own emotions and intentions but that of the doctors as well. I realised that they were only trying to help.

They were only doing what they'd be taught. They were only doing what they thought to be right and beneficial. They just did not understand. This phrase kept repeating on in my mind and at first it angered me, then I just cried and cried.

Every time this sentence repeated in my mind I just felt so sad. How many others had gone through the same experience and how many will still have to go through it before it's realised just how much damage it does?!

Fanny could see that the experience was coming to an end and again asked how I was and what was happening; again I tried to speak but still couldn't quite get any words out. She then came close to my ear and began to breathe; I followed her relaxing pattern and felt much better.

After another few minutes I began to describe my experience but still when I vocalised 'they didn't understand' uncontrollable waves of emotion overcame me and I burst into tears, this continued at least 10 times but gradually I felt the emotion was being released and I began to realise the significance of it all and that the doctors could not really be held accountable as they were truly trying to help me, they had the right intentions just the wrong education and understanding.

As I began to process this experience a huge wave of warming bliss crashed over me and washed me away into a beautiful place of tranquillity.

I continued to vocalise my experience and had some incredibly profound insights of how it linked up with other events and how it all came together to manifest as behavioural patterns in my life.

One realization was so profound that I just sat there laughing for a while before I could explain to Fanny what had happened.

All in all this was the most profound experience of my life and after releasing that past emotional blockage I can't wait to go and do more sessions. It seems to be the most powerful healing modality I've ever experience and I've really dabbled. I can't wait to learn how to do it for myself and others

Thanks again

Love

Joe

Testimonial

My birth script is quite good. I was wanted by both parents and they were deeply in love when they had me. Certainly, I am and have always been welcome in any work, meeting, celebration, workshop etc. and people usually rejoice with my presence.

During the pregnancy, my mother was feeling happy, fulfilled, safe and with hope. I had the feeling that I saved her from a difficult relationship with her parents (my grandparents), thus with my arrival everything settled down. In my intimate relationships, I have always attracted women who “need to be saved” (my father did the same with my mother). The following affirmation really helped me: “I, Carles, am responsible for my life, and others are responsible for theirs”.

My birth was fast and easy, my mother was feeling confident and capable, even though they had to cut two points as she wasn’t dilating enough. This added to the fact that during the lactation she was suffering a lot of stretch marks on the nipples, generated a feeling of guilt for hurting women. It had an influence on me subsequently in my life, especially with sexuality and food. I worked a lot with the affirmation: “I Carles am completely innocent” and more then 10 years later, I still need it from time to time.

For me the most difficult part was the separation with my mother. They cut my umbilical cord, I was in my mother’s arms for a moment and then they took me away, dressed me and left me in the cradle.

When I was a baby my mother would let me cry until I fell asleep and I would breastfeed only at determinate hours. Maybe this is why I had so many problems with the women in my life. They wouldn’t accept me as their partner, and the only long term relationship I had was unfaithful to me with 4 different men during the 12 years we spent together before we finally divorced. I am still working on that. One affirmation that really helped me was: “Carles, I like you the way you are. I will never leave you, no matter what”.

Seven years after doing Rebirthing, I connected deeply with that pain and I have been working with forgiveness affirmations (thank you Sondra). The first week I wrote 70 times a day “I, Carles, completely forgive my mother”. I cried. I cried a lot that week and in my following Rebirthing session, a profound weeping came to the surface. I had never felt something so intense and deep. On the Sunday afternoon I completed 490 affirmations and it produced in me a big feeling of release.

During the following weeks I felt better and better and since then the relationship with my mother is more sincere, loving and respectful.

Since the month I worked with forgiveness I have never had to ask myself again what is happiness and peace.

Namaste.

Carles

05.7. Example of questions or questionnaire

Some rebirthers like to have their client fill a questionnaire before or after their first session. I personally prefer to ask the questions to the person while talking with them, and intuitively ask them one or another question when I feel it is the time to talk about it; if you decide to do so, the questions in the following questionnaire can guide you.

Where were you born (hospital, home etc)?

Were you a wanted child?

Did your parents want a boy or a girl?

How was the gestation?

Did any important event happen in your family during this time?

Were there abortions or miscarriages before you?

How was your mother's health?

Is there anything in your mother's and/or family's lifestyle that might have affected you while in the womb?

Did your parents receive a good preparation for birth?

How was their relationship?

How and where did the labour start?

Were you born before or after the scheduled time? If one or the other, what do you think was the reason(s)?

How long did the labour last?

Who was in the birth team?

What do you know about your birth? (Was it caesarean, did they use forceps, did you have the cord wrapped around the neck, etc.)

Where there any complications?

Were you smacked after birth to 'help' you start breathing?

How do you think your mother was feeling?

How do you think you were feeling?

Did your mother received anaesthesia?

Was the birthing room a pleasant place? Was it warm enough?

Was your father present at birth? If so, how do you think he was feeling?

Did they cut the umbilical cord prematurely (while it was still pulsing)?

Were you separated from your mother after birth? If so why?

Did you breastfeed?

When and how was your first contact with you mother?

When and how was your first contact with your father?

Who took care of you right after birth?

How did your older brothers and sisters feel about your birth?

Did anyone make a comment about you after birth?

Did you have any medical intervention after birth?

Did you feel welcome in the family?

How was the financial situation within the family at that time?

How were you as a baby?

05.8. Birth education

***“It is our duty as parents to set our selves free
and protect our children from our patterns of behaviour
where actions and lifestyles are coming out of fear.”***

Elena Tonetti

Everybody should have a minimum of birth education. Part of the role of the re During the birth, the father’s birth trauma is being activated, leading him to feel nervous and to secrete adrenaline. This in itself can make it impossible for the mother to relax and surrender to the process which in turn prevents the production of oxytocin.

But this would not happen if the father has done enough Rebirthing and has worked on his own birth trauma.

In order to support the mother efficiently, the father needs to have developed and integrated values such as relaxation, trust, patience, not intervening, silence, to be in feeling not in thinking mode, etc, just like a good midwife or a good doula. Rebirthing is without a doubt the best preparation for it. birthers is to give their client some basic birth education. I usually teach my clients the basics on the second or third session when we talk about their birth trauma and recommend to read a book about it, see a DVD or tell them to come to one of my seminars about birth trauma. The *Birth as we know it* DVD by Elena Tonetti is a good basic education on natural birth. You will also find different titles on the subject in the recommended books section.

When a couple decides to have a baby, they should start to resolve their own birth trauma and ideally have their first 10 Rebirthing sessions before conception.

When this is not possible there is still a lot of time during the pregnancy to do it as well as getting some good birth and conscious parenting preparation (also see section 11.11. *Rebirthing a pregnant woman* page 210).

The quality of the birth and therefore of the baby’s first experience in the world depends on the couple’s attitude, preparation and the level of responsibility they are willing to accept for it.

05.8.a) The father’s presence during the birth

Nowadays more and more fathers want to be present at the births of their sons and daughters, sometimes on their own initiative and sometimes because the future mother wants to have their support.

The presence of fathers at birth, when they are prepared for a birth without violence, could be a decisive step in the evolution of our society as well as a matter of great importance for the emotional and spiritual balance of babies by receiving conscious love from both parents.

However, Michel Odent has observed that many times the presence of the father can interfere with the natural course of birth, making it longer and more complicated.

He gives various explanations for this. Inhibiting factors for the production of

oxytocin and therefore for a good birth are: light, cold, speaking to the mother and the sense of being observed. This is because they activate the neocortex of the future mother and prevent her from making contact with the instinctive forces of the archaic brain. So if the future mother feels observed by the future father, or if she is spoken to at the wrong time, this can greatly interfere with birth and in the especially important moment of the mother and baby looking into each others' eyes for the first time just after birth.

During the birth, the father's birth trauma is being activated, leading him to feel nervous and to secrete adrenaline. This in itself can make it impossible for the mother to relax and surrender to the process which in turn prevents the production of oxytocin.

But this would not happen if the father has done enough Rebirthing and has worked on his own birth trauma.

In order to support the mother efficiently, the father needs to have developed and integrated values such as relaxation, trust, patience, not intervening, silence, to be in feeling not in thinking mode, etc, just like a good midwife or a good doula. Rebirthing is without a doubt the best preparation for it.

Testimonial: Giving birth to my daughters and myself

The arrival of my daughters is the highest spiritual and human training I have had the opportunity to experience. It is a teaching which has nourished me whilst it diverts me from what is unnecessary and dense, for 24 hours a day, since the moment they were conceived.

Thanks to Rebirthing, all the processes I had which were at the beginning uneasy or difficult finally contributed in healing the family karma and many painful experiences I had from my conception.

I trained in Rebirthing with Fanny Van Laere and Leonard Orr. In the module about birth script I saw for the first time a documentary about women who were giving birth in a natural way at home. My consciousness changed. I was shuddering with so much beauty, feeling their bodies in my own and feeling that one day I would give birth that way. This, for me, was the only conceivable way to accompany the arrival of a human being; a secret kept and silenced by the fear of women because of the way they have been treated throughout history. We could give birth being free at home without having to go to a hospital!

I worked on healing my own birth, in order to forgive the pain which was in each of my cells and to understand how it had conditioned my relationships with other people and with the Source of Life. I connected with another form of life, based on the daily practice of Rebirthing and purification with air, earth, fire and water. I have been practising it daily with love since then.

Half year after my rebirther training, I was pregnant. I was working as a rebirther and I told my students that after finishing their 10 sessions cycle, I would be exclusively dedicated to the pregnancy. The new being inside me deserved the best care and the best energy surrounding to support her in her development.

Each day, I was doing breathing sessions, sleeping with the fire, bathing twice and walking in the countryside. We also started to add more organic raw vegan food to our vegetarian diet. I practiced labour preparation exercises with other pregnant women with the two midwives, Roser and Loles, who later accompanied me at my first daughter's birth, Ananda.

Each time I had a medical check-up I had a really hard time. The whole pregnancy went perfectly but I realised how unnecessary and hurtful this established and accepted process could be. With time I realised that the check-ups, ultra sound scans, glucose tests, weights checks etc. are violent interferences for a healthy mother and a healthy baby. They produce fear and distrust. They distance us, both women and our partners, from the spiritual vision of the pregnancy, giving us the wrong belief that such a miracle is only a physiological process, and a dangerous one, unless humans interfere in it. This is another example of one of the nine human traumas, the repression of the feminine.

When it was the moment, I knew that the labour was starting. My husband and Fanny were supporting me. As the process was progressing, the midwives came.

I used connected breathing in every moment. During labour the thought "I am going to the hospital" crossed my mind only for a second. But I knew I was healing my own birth and I continued being confident and at ease at home.

A few seconds later I felt fear of the unknown, but I kept on breathing until it reached completion, just like in a Rebirthing session.

I was walking and moving through the whole house, spending some time with the fire until one of the midwives told me it was time to go to the water.

In the plastic swimming pool we had installed in the house, I felt completely protected, rocked by the hot water while being able to move freely.

The water broke and the contractions became more and more intense, but there was always a moment between one and another to enjoy the feeling of ecstasy.

Toni, my husband, came into the water and was massaging my lumbar area when I was feeling the need. He stayed with me until our daughter was born. She came with a lot of strength. I hugged her. I sang a song to her.

After the birth, even though I knew that everything was perfect with my daughter, I needed to cry. Sleeping in a interrupted way through the nights I was breast-feeding her and taking care of her allowed me to reach the deepest levels of my own inner baby. The feelings were the most powerful I had ever had before.

With the help of the elements, the energy breathing, and Toni and Ananda's presence I healed all that showed up. I really did not know what the post-partum period was until I experienced it. Thanks to the deep listening I always practiced with Ananda, I understood our needs, beyond what society establishes as "normal".

A few months before my second pregnancy, I met Imma Campos in one of Leonard Orr's trainings. She is a midwife, a yoga teacher and mother of two children.

We realised that she would be the best midwife for my next pregnancy.

She agreed to be our midwife even though I was planning to give birth without her actual physical presence. I also took the decision to follow my intuition's voice.

I did not need to go through medical check-ups; only take care of my energy and listening to my baby. That would provide a perfect way to connect with my feminine energy and wisdom as a mother. Imma was happy to support me on that path. She always filled me with love and we are now very close friends.

During the pregnancy I practiced yoga, affirmations, purification with the elements, breathing, and singing mantras on a daily basis.

Toni gave me a massage everyday, as well as his unconditional support and all the whims I asked for.

When the summer came I spent two months exercising in the sea, walking by the sea side and enjoying the sunsets and moon baths.

Imma and her family came to Mallorca in order to support us if we needed it. As the date of my last period was not clear, once again the baby was teaching me to trust and let go of control.

We didn't know the date for the birth so we had to wait with patience and confidence trusting that the baby would arrive in the best moment for all of us.

We planned a romantic date to the cinema. Imma and her partner Luis were taking care of Ananda while she was sleeping.

On the way I felt contractions, they were filling me with joy. Maybe the baby was ready to be born! When I went back home I told Imma that I felt like I was about to give birth. Imma told me not to have expectations and that sometimes the process stopped. We said good bye with a big hug. But I knew I was about to give birth.

Toni started to fill the swimming pool. I was moving with each contraction, doing a spiral, breathing in a connected way and the intensity of the energy was raising fast. I felt the call for a great mission: I knew I had to support the women in handling and enjoying the energy of giving birth, a miracle happening in front of our eyes.

For the first time I truly felt that I was a channel, that the divine energy, the baby and my body were making it all possible. I was surrendering with each breath and was completely trusting this big miracle.

Babaji's and Leonard's pictures in the room were reminding me that we were not alone.

As soon as I went in the pool my water broke. I felt really cheerful to be in the element of water. I kept on breathing through the nose and I sometimes would moan as I wished.

Suddenly Ananda showed up and asked us between sobs what was happening. Toni hugged her. I told her that the baby was going to be born and I stopped moaning, breathing all the sensations through the nose and I felt that the baby was about to be born. When I took her I saw she was a girl. Ananda took her clothes off and joined us in the water. I covered the small Shanti with a shawl and was rocking her and breast feeding her. Toni insisted on calling Imma. Excited, she came to our home.

Hours later Toni and Imma helped me out with Santi and her placenta. There was nothing else to do. The placenta would continue being united to the umbilical cord and to the baby's belly until it fell off naturally, like a dry branch would fall from a tree.

The lotus birth was the culmination of an all natural process based on union, trust in Life, and non intervention. On the fifth day when the cord separated from Shanti's belly a kind of second birth happened.

Thanks to Shanti's arrival I could relive and heal the relationship with my brother. This post-partum has shown me all I had overcome already but also brought new, more subtle challenges which are important in the conscious and loving raising of children.

I feel a profound need to find a spiritual community to live with and educate our daughters, who are our biggest masters, with the support, freedom, love and consciousness they deserve.

I am available for any help or support you might need.

Eternal thanks to my mother, father, brother, Toni, Ananda and Santi, Roser, Loles, Fanny (spiritual sister), Leonard Orr and Babaji.

Om Namaha Shivaiya

Estrella del Pozo Fernández

Testimonial: Paternity and prana: crisis and loving growth

When I first saw a video about labours, in Fanny's training, I experienced a strange and uncomfortable feeling. Later I started to understand my own birth. With those images something in me got activated.

Until then, in my Rebirthing process I had assimilated that my relationships, my actions and my addictions were conditioned by my birth. But after this consciousness awakening I started my personal work. My birth and my first moments in life, as I reconstructed later had not been pleasant at all.

Later, I started to practice regularly and to give sessions to other people.

Estrella and I decided that we wanted a child. A few months later she got pregnant. The news triggered a huge personal process in me, a revolution, which was pushing me to review, in an unstoppable way, my biography and my relationships.

9 months is enough time, actually the perfect time for this kind of crisis. Until then I had not given much importance to the spiritual purification practices, but at that time they became necessary and regular. They have been a key element for me to feel part of the pregnancy, as if it was my own, and to empathise with the little being who was growing, as well in accompanying my partner with all the support and understanding I could.

This first labour has been intense and transcendental, the culmination of a project.

But suddenly we saw ourselves in a situation we could not of imagined, even though we had been warned, and in which I was feeling tense and nervous. I did not have the choice but to continue growing. I can say that with the help of mother-child, and my willingness, I gained in wisdom at the same time that my personal satisfaction was growing, my humbleness, and more than anything my capacity to love.

One day, almost two years later, when the situation was “under control” a new pregnancy, but completely different. More quiet. Almost without fighting against the surroundings and without fear. At peace.

My role was then different, and our needs too. I needed to be more protective and less protagonistic; more serving and making sure there was always happiness at home and good energy. We were doing yoga and music daily as well as, of course, the spiritual practices we had already integrated into our lifestyle.

Imma and her family: Lluís, Bruc and Roure have been the perfect company during the last month of pregnancy. They taught us with their example, their knowledge and their energy. They have been our definitive support. She is an authentic spiritual midwife and a deep friend now. I cannot imagine that period without them.

One of the keys for me throughout the pregnancy was to not have mental fantasies about how the future would be. To stay in the here and now. Not wanting to know the sex of the baby and even not deciding on a name.

However, this time we decided to take special care of the family impact and the enormous change in our habits. Giving birth at home was an option, and Estrella's wish, which I supported. In this I applied a similar principle: to allow everything to follow their natural course. We asked all our relatives not to come after the birth until we felt prepared for it, which was one week later.

Once again, the period after the birth put us in a situation of crisis. But we trusted and felt safe.

Educating and living in a conscious way is sometimes hard work and it would be much easier living in a community, of course not any one. The one which the conventional system offers us is based on repressive and limiting principles. We are, without doubt, living in times of change: our sons and daughters are showing this to us. Each crisis and each conflict are an opportunity for change, grow and re-birth. Let's do it with love. Let's kill the death urge. Let's follow the road of prana.

Toni Verd, march 2011.

06. THE INNER CHILD AND THE INNER TEEN- AGER

A few years ago I decided to include more work with the inner child and inner teenager in my seminars because I realised that everybody, whether they know it or not, have so much to heal from their childhood. The amazing healings which happen as a result of it strengths my motivation to continue working more with the inner child.

According to Alice Miller, the majority of the world population suffers from childhood injuries to the soul.

In resolving the effects of child mistreatment she writes:

"We cannot resolve the effects of mistreatment in therapies that evade the facts and confine themselves only to the analysis of the psychic realities. But we can liberate ourselves from the consequences if we are prepared to face emotionally the truth of our childhood, to give up the denial of our suffering, to develop empathy for the child that we were and to thus understand the reasons for our fears. In this way, we free ourselves from the fears and guilt feelings that were burdened upon us from the earliest age. Through the knowledge of our history and our feelings, we get to know the persons that we are, and we learn to give to them what they vitally need but never received from their parents: love and respect. This is the goal of the uncovering therapy: The wounds can be scared over if they are tended to and taken seriously; but the existence of the scars should not be denied".

Working with the inner child has magical effects. By doing so people often experience big releases, develop new skills and have vivid memories of early ages that they thought they had forgotten.

06.1. Our inner child and our inner parents

When we were children, we built the image (or images) we have about ourselves on the basis of the perception that other people had of us, especially our parents and all loved ones.

But the image we have of ourselves is not, for most people, in harmony with their true self, or even denies it. Your attitude and what you create in your life correspond to the image you have about yourself.

As a child each time you were valued, supported and trusted you could go through the learning process, corresponding to the stage you were in, with success. You also built a good image about yourself which becomes part of your mind and cellular memory. It becomes your healthy inner child, natural inner child or inner divine child (Carl Jung used the concept “Divine Child” and Emmet Fox the “Wonder Child”).

The inner divine child refers to that part of each of us which is ultimately alive, energetic, creative and fulfilled.

You also built a good model of a loving parental figure which also became your inner loving parent.

In the same way, your body and subconscious mind retained memories of not being supported and guided when you needed to be as well as memories of injury to your dignity and integrity when you received any form of mistreatment (derision, neglect, humiliations, betrayal, slaps in the face, beatings, sexual abuse etc.).

Denial and self defence mechanisms were then necessary for your survival; but they lead to blockages, reduce your ability to learn new ways of acting and cause illnesses. This part of you became your hurt inner child. You also built an inner model of a critical parent or inner tyrant.

In his book *Home coming*, John Bradshaw writes:

“Some of the most common defences are: denial, (“it’s not really happening”), repression, (“it never happened”), disassociation, “I don’t remember what happened”), projection, (“it’s happening to you, not me”), conversion (“I eat compulsively or make love when I feel it’s happening”) and minimization (“it happened but it’s not that bad”).”

Logically the stronger your inner divine child and loving parent and the weaker your inner critic and inner hurt child, the happier, healthier and more balanced you are as a person.

No matter how much you were hurt during your childhood, you can heal your inner hurt child and build a stronger inner loving parental figure which protects your natural inner child. This is a way to reconnect fully with you true self or what you know deeply inside you is your real self.

06.2. The stages of the child development

“We shouldn’t ask “What does a person need to be able to do in order to fit into the existing social order today?” Instead we should ask “what lives in each human being and what can be developed in him or her?”

Rudolf Steiner.

As children, in each stage of our development we needed specific support and attention.

The body, soul and spirit are present in embryo before birth. They develop and become active and independent at different stages of the child’s development.

Our education system does not fulfil the real needs of the children as it is not based on a deep comprehension of these different phases. Each stage should be experienced fully and not cut short.

Rudolf Steiner envisioned the development of the child as an organic process that unfolds through stages, which have to be acknowledged and respected for the welfare of the child and its future being as a wo/man.

The different stages of human development remain in us. The stages that we learned and integrated properly contribute to making us balanced individuals. The parts we did not complete have the tendency to show up in our lives, creating healing crises, which try to help us realise fully our natural divinity.

When we are growing from a baby to an adult, there is a “divine program” inside us that, if it were completely understood, supported, and not interfered with, would lead us to complete realisation and mastery. Unfortunately, through many interferences (which compose the human traumas: see section 04. *The nine traumas of human beings* page 33), most of us completely lose the conscious contact with our life purpose and true self.

The healthy parts or stages we complete support our true self or are actually a manifestation of our true self, of our inner divine child.

Studying the stages of human development will help you to see which parts of you (and your clients) need to be healed and which parts of the learning you (and your clients) need to complete.

If each stage of human development was truly understood and respected, our society would be much more harmonious and spiritually advanced. Unfortunately, because of the lack of understanding and support (especially from parents and teachers), many stages remain uncompleted for most children. The result is many behavioural deficiencies and traumas.

Working with your inner child and becoming your own inner mother/father will totally transform your life.

I recommend you work with John Bradshaw’s book *Homecoming: Reclaiming and Championing Your Inner Child*. Another great book about the different phases of child development is *Phases of childhood* by Bernard Lievegoed.

06.3. Early childhood (from 0 to approximately 7 years)

During this phase the child lives in communion with the environment.

He has a natural sense of trust, innocence, goodness and reverence; and learns from imitation of physical movements, attitudes and values. Ideally the parents and surrounding should reflect this love and reverence.

This period ends with all the organs assuming their definitive shapes and the change of teeth.

06.3.a) The inner baby (from 0 to approximately 9 months)

For the baby the self does not exist yet. There is still a strong connection with the Source and a state of unity. It is the stage of being and experimenting with feelings and sensation. Psychologists call this stage positive narcissism. It is also the stage of learning to trust life and ourselves.

When this stage is completed successfully the baby and thus future adult develops high self esteem and can be content being true to itself.

S/he especially learns that s/he deserves to be loved just by “being” and develops a healthy and loving relationship with her/his body.

In this stage the baby totally depends on its parents, especially its mother. If the relationship with them is harmonious the future adult will have the tendency to build harmonious relationships. If not they will remain co- dependent and can develop the tendency towards co- dependent relationships, particularly with lovers.

At this stage the baby needs to be touched, fed, cleaned, clothed and bathed. S/he can feel exactly what his/her parents are feeling. If his needs are not covered he will learn to be ashamed of his body and his physical needs, which can not only lead to emotional problems in the future but health problems as well.

Examples of affirmations for your inner baby

With your inner baby and your inner child, it is a good idea to work with affirmations in second person, that way your inner adult is healing your inner child. It is also a good idea to experiment with affirmations in the first person.

“You, ___, are welcome to the world.”

“You, ___, are a gift from the Divine to the world.”

“I am very happy you are here.”

“You are special and important to me.”

“I am so glad you are a girl/boy.”

“Your presence is very important in the world.”

“I will take care of all your needs.”

“I am prepared to take care of all your needs and I enjoy it.”

“I have all the time in the world to take care of your needs.”

“I like feeding you, bathing you, changing you, and spending time with you.”

“I will always be with you and not leave under any circumstances.”

“I love you exactly the way you are.”

“You are perfect the way you are.”

“I will always make sure there is a special place for you.”

06.3.b) The inner toddler (from approximately 9 months to 3 years)

Until approximately 18 months the world is a sensory abundance for the child. It is wonderful to touch, smell, taste and explore. When the child is prevented from doing this by adults (and because of our gender education, it is usually more common for girls) then they might develop autonomy and will power issues in the future and be afraid of the external world.

From approximately 15 months to 3 years the child learns how to say no and is testing his parents boundaries in learning the way the world around him works.

That way s/he learns to develop his own identity and sense of separation. Therefore it is very important to listen to and respect the child during this stage; but also set healthy, loving boundaries. It is a difficult period as the child has temper tantrums.

They have strong emotions and do not know yet how to express them in a less dramatic way. The role of the parents then is to communicate with the child in a way that helps him process his emotions and learn to channel them. As in all the other stages the attitude of the child might trigger his parent's unresolved issues, which they will have to heal before they can act in a wiser way.

When this stage is not successfully completed the future adult can develop different issues like: shame and doubt about what s/he is doing, repression of exploring abilities, saying or receiving a no, asking for what they want, putting up healthy boundaries, emotional dramas and dependency.

Many people also develop complexes and even traumas due to the pressure they received with the toilet training, such as the disapproval or demand they felt from the parents or other people around them during the phase of learning to leave nappies or diapers behind or avoiding urinating in bed. Some people unconsciously suffer from this problem so much that they even develop pathologies of the bladder, the colon, the anus or the intestines.

Other people find it difficult to go to the toilet in situations of change, or when they are away from home. In this case it is good to overcome the repressed feelings of guilt and shame, as well as those related with the natural excretion functions of our body.

Examples of affirmations for your inner toddler

“You, ___, can enjoy touching, smelling, tasting and exploring.”

“It is safe to explore the world. I will always protect you.”

“Little, ___, I love you the way you are.”

“It is ok to have strong emotions. You can learn to express yourself in a loving way.”

"I love you even when you have emotions explosions."

"It is ok to say no."

"You always deserve to be taken care of, little ____."

"You don't have to worry for me; I can take care of you."

"I am glad you want to do the things your own way."

"You can be yourself; I will always be there for you."

06.3.c) The inner pre-schooler (from approximately 3 to 7 years)

From 3 to 7 years old there is an early consciousness of being someone and being sexual ("I am a girl/boy").

We start to be independent. It is the stage of asking a lot of questions and learning initiative. We also start learning to share with others and start to approach other children and begin to play with them.

Sexual exploration of one's own body is a normal part of the child's development during this period. The messages he receives from his parents and environment at that time will condition his future adult sexuality.

I once had a client in her thirties who had frigidity problems. During a Rebirthing session, a memory suddenly came to her. She had completely repressed it and forgotten all about it since it happened. When she was about 3 years old, she was sitting on a bidet, enjoying innocently the massage of the water on her genitals. When her mother discovered it she shouted at her and prohibited her to use the bidet again. After having forgiven her mother, my client could feel innocent again and enjoy her sexuality.

This is also the phase where the child starts to develop his imagination and becomes more aware of his emotions.

S/he also imitates her/his parents and adults in general.

S/he thinks in a magical and egocentric way, is very curious and is still very innocent, not judging between good or bad. There is now a purpose and goal in the games, which is also the way the child learns to achieve and complete things.

It is very important at this stage to give him/her space to discover him/herself.

In a dysfunctional family this cannot happen as none of the other members of the family really know who they are and each of them is established in a role which forces the child to also take on a role. This role usually becomes a pattern as an adult. For example if the parents are not responsible enough, the child might try to restore the family balance by feeling and acting in a responsible way which does not correspond to his age. When adult, he might always take responsibility which are not his and even become a control freak because he will not trust other people's abilities to be responsible.

Other patterns can be: being or feeling like a loser, being a perfectionist, being over ambitious, being a rebel, being submissive, being a "good boy" or a "good girl", being aggressive or even becoming an aggressor.

Affirmations for your inner pre-schooler:

“I like you as a boy/girl.”

“You deserve to be loved just the way you are.”

“I like to play with you.”

“I like your games. I like to give you all the time and space you need to play.”

“It is ok to discover the difference between boys and girls.”

“It is ok to cry.”

“Your curiosity about sex is ok. You are innocent.”

“You can ask all the questions you want.”

“You are not responsible for your parent’s relationship.”

“You are not responsible for the problems in your family.”

“You don’t have to save you mother/father or anybody else.”

“You can be yourself.”

“You don’t have to be the best one in order to be loved.”

06.4. Childhood (approximately 7 years to puberty)

This is a new stage of socialisation and skill building. The child leaves its familiar home environment. After establishing some sense of power through testing his reality and identity building, the child is now ready for the world.

At that age, children are developing a lot of new skills and need to feel that they are capable. When this phase is not completed successfully enough, they might develop an inferiority complex.

By the age of 7 or 8 children are able to think logically but it is only through puberty that they will be able to understand and have abstract ideas.

The child is still egocentric in his thinking process.

It is also at this stage that the Oedipus complex begins, i.e. when the 'little girl' falls in love with her father and the 'little boy' falls in love with his mother.

If the parents have many emotional issues and project their affective needs on the children it may cause "emotional incest". When someone has emotional incest s/he will have the tendency to become co- dependent in his/her relationships and fall in love with people who represent an authority or forbidden figure, instead of having a real, close intimate relationship with someone.

Between 5 and 7 is the age of the first, of two, growth spurts in our life. According to Rudolf Steiner and the anthroposophy researchers a child is only ready to go to school after this. The physical change always relates to an emotional/inner change. In this case it is especially related to the beginning of independence and will power.

Most people have their divine nature and creativity totally stifled and destroyed by school through emotional energetic pollution (E.E.P.) and an unnatural curriculum.

School trauma involves mental programming and conditioning. It is the learning of conformity and knowledge without spiritual enlightenment. Stifled creativity, the need to ask for permission to act in life and possession of too much irrelevant information are symptoms of school trauma. Bullying and peer pressure are also causative factors of this trauma (also see section 04.7. *School trauma* page 51).

Examples of affirmations for the inner school-age child

"Little, ___, you are capable. You can trust you abilities."

"Little, ___, you can stand up for yourself, I will support you."

"You can do things your own way."

"It is ok to be afraid of new things."

"I love you just the way you are little ___."

06.5. The inner teenager (approximately 14 to 21 years)

This is the phase of social maturity. Successful development through it depends on the correct integration of the previous phases: physiological maturity from approximately 0 to 7 years and mental maturity from approximately 7 to 14 years. From 11 to 14 years the child goes through the second growth spurt which corresponds to the development of will power and preparation for the establishment of a conscious identity that will take place during the teenage time.

The teenager is looking for his role in the world, needs to realise that his life has a purpose and needs to build healthy skills for identity, sexuality and independence. All the past traumas from childhood will interfere on building this new sense of identity and can lead her/him to be extremely introverted, identify him/herself too much with a group, become a rebel and/or become self- destructive.

During this stage the teenager also attains sexual maturity and makes conclusions that will condition his/her sexual life.

From 16 to 18 the teenager usually asks deep questions about life and needs spiritual guidance and knowledge.

Healing the inner teenager is a way to find hope and inspiration in life again, as well as a deep sense of spirituality. For it is the teenager that feels that one has one's whole life ahead of oneself and believes anything is possible. It is the inner teenager that holds the vibrations of hope and passion; passion for life, adventures and creations of all kinds.

The healthy feminine part of the teenager enjoys self- expression, nature and creativity. The healthy masculine part of the teenager enjoys physical adventures and sport.

Examples of affirmations for the inner teenager

"You, ___, can be responsible for your own needs, feelings and behaviours and still ask for support."

"I enjoy it when you develop your own interests."

"You, ___, have an important role to fulfil in the world."

"It is ok for you, ___, to explore your body and masturbate."

"You, ___, can recognize the difference between feelings of friendship and sexual feelings."

"I support you, ___, in discovering a purpose for your life and pursuing your goals with passion."

"You, ___, can stand up for your beliefs and also respect the convictions of others."

"You, ___, are perfect the way you are, you can feel good about yourself."

06.6. Example exercises

Dismounting the inner tyrant

What we call the inner tyrant is the collection of thoughts and emotions of judgment, lack of love, demands, that each person has interiorized. It is a good idea to give the inner tyrant a face to identify it clearly. Sometimes our inner tyrant may look like our father, mother, grandmother, grandfather, uncle or teacher. Other times it has an imaginary appearance which may change.

By seeing it as a “character” we can become aware of its arguments, by which I mean the thoughts and emotions that it uses to intimidate us.

Once we have identified them it is much easier to stop falling into the trap of believing them, and to look at them without identifying with them.

At the same time, we can look for affirmations that allow us to start erasing them from our mind and from our cellular memory.

It is also a good idea, when our inner tyrant appears, to visualize him or her and to add a comic detail to take away its power and to stop being able to take it so seriously. A funny hat, or a clown’s nose for example, until with practice the tyrant is left without arguments and it starts to transform into a kind character who supports and loves us.

Getting in touch with our inner child and listening to him/her

Invoke and visualize your inner child. You can visualize him/her at the age you need more healing; or simply let any age and moment from you childhood come to your mind.

Perhaps you can see it physically or simply observe how s/he feels. You can include yourself in the scene in your adult form and approach him or her.

Follow your intuition and ask it what s/he needs. S/he may need affection, hugs or s/he may want to communicate something to you, or s/he may simply want to play. Tell him/her that from now on s/he will never be alone again, that you will look after her/him, protect her/him and listen to him/her whenever s/he needs.

Be prepared to learn from her/him too, and to listen to her/his messages.

You can end the visualization by making your inner child very small, until you can put him/her into your heart.

Letters to your inner child

You can write letters to your inner child, expressing your love and whatever your intuition tells you it needs to hear.

This will help you to love yourself more, and allow your inner child to evolve constructively.

You can allow your inner child to respond by writing with your non- dominant hand. Simply write whatever flows spontaneously. Here are some examples.

Dear little Nuria

I am sorry it took me so much time to come to look after you. Now that I have found you, I will take care of you and will be by your side to give you all you need.

I want you to know how happy I am to have you with me. For me you are perfect. I like you the way you are and I enjoy the idea of dedicating my time to help you grow.

I will never leave you. I love you.

Nuria

Dear Nuria

Thank you for letting me out of here. I am happy to know that you love me and that you will always take care of me. Please let me be myself and love me always. Don't leave me. I love you too.

Nurita

Dear little Raul

I want you to know that it's great that you came into this world, and even greater that you came to my life. I have prepared a special place for you where you will feel really happy. I will help you to explore the world. You can be yourself with everything.

My needs are covered so I can cover yours with abundance. You came to a world full of abundance. I am here for whatever you may need, with unconditional love, and will always let you be yourself and be free.

Dear big Raul

From what you are telling me I feel like I am born again and I am full of life. Thank you for being my mum- dad.

Dear little Ainhoa

I want to tell you that I am here for you. I understand you and I listen to you. I am with you when you feel alone and I protect you when you are being attacked, knowing that you cannot defend yourself. You have the right to get angry and to cry. I will never let anybody use or manipulate you.

I also want to tell you that you make me roar with laughter, that I have an amazing time with you and that you are the person I like to be with the most. I love you and I love your aliveness and you desire to learn. I really enjoy sharing this path with you.

Ainhoa

Dear big Ainhoa

Where were you? I want you to be here with me. I really like it when you take me to play and talk to me. Sometimes I am afraid and I shut myself up. I want to go out and run and I want you to help me. Come.

Ainhoa

Work with photographs

It is a good idea to have to hand a photo of when you small, to visualize sending love to that child whilst talking to him/her in a loving way.

Our parents as small children

You can do the same visualizations, especially the first, with your parents' inner children, especially if there are things you have still not forgiven them for. This will allow you to relate to their hurt inner child, to understand them better and to re-establish a harmonious and loving inner relationship with them.

Visualize setting clear boundaries

You can visualize previously painful situations from your past, including yourself in the scene as an adult and intervening to prevent damage from being done and to protect your inner child.

This allows you to reprogram your cellular memory and to learn to establish clear, healthy boundaries in your life. It will also help you to forgive people who have hurt you in the past. Of course forgiving them does not mean you have to maintain a relationship with those people if it is not constructive.

Ask yourself

How does my inner child feel? What kind of relationship do I have with her/him? Do I have an inner tyrant who sabotages my self- esteem and my life? What injuries does my inner child have? How have I denied, minimized, projected or overcompensated these injuries? What addictions have I developed in my life? Can I see how they are related to the childhood hurts which I have not overcome? Do I feel personally prepared to be in touch with my hurt inner child and to heal it with love and affection? Do I need or would it be helpful to have the help of a professional? Have I forgiven my parents and do I feel grateful to them? Have I accepted that in my life I am my own mother- father? Do I care for myself and treat myself lovingly when I feel sensitive and vulnerable? Do I let myself feel vulnerable? What exercises could help me?

Examples of affirmations

“I, ___, love the small child within me.”

“I, ___, now listen to my inner child closely and lovingly.”

“I, ___, now protect my inner child and set clear limits when I need to.”

“I, ___, no longer have expectations of my parents.”

“I, ___, am now my own father- mother.”

“For me, ___, Divinity is my true mother- father.”

“I, ___, trust the development of my life, the flow of events, my future and the mystery of Life that has created for me.”

07. THE HEALTHY ADULT

07.1. Definition of a healthy adult

A healthy adult (is learning to):

- Develop her/his personal connection with the Divine.
- Knows s/he is creating his/her own reality, at the same time that s/he shares the reality which others create; is aware that the Divine/God created the Ultimate Reality.
- Is aware that s/he has to heal his/her emotional mind. Is willing to heal and learn more.
- Is committed to maintain high standards of personal integrity, aligning him/herself with the Divine for the greatest good.
- Is committed to the expansion of human consciousness and his own. Is working on healing any pattern or behaviour which does not serve this aim.
- Does spiritual purification practices.
- Take responsibility for his/her emotions and does not project them on other people.
- Does not have expectations with his parents and family and learns how to be his own father and mother. S/he forgives her/his parents and other people instead of holding resentment.
- Knows how to give and receive.
- Can say no/can say yes. Can receive a no/can receive a yes.
- Can express his emotions.
- Has a high self- esteem and does not compare him/herself with other people.
- Is a free thinker.
- Works in something s/he loves, is original and creative.
- Commits him/herself to service of others and to our planet, recognising that s/he must also serve him/herself in order to practice this effectively.
- Builds harmonious relationship with other people. Uses clear and honest communication.
- Chooses love and cooperation rather than competition.
- Takes full responsibility for the spiritual, environmental, and human effects of all his/her activities.
- Has a sense of humour and does not take him/herself too seriously.

07.2. Forgiveness

“The weak can never forgive. Forgiveness is the attribute of the strong.”

Mahatma Gandhi

Forgiving is an act of self esteem, inner power, freedom and happiness. It is a powerful tool for healing.

To forgive means to let go of our negative feelings like resentment, judgement, condemnation, anger, and the desire to ‘get even’, to see someone punished or hurt. It frees you from unpleasant feelings and victim mentality. Such feelings make people live in the past, feel unhappy and creates tension and disease in their body.

Through harbouring resentment we disconnect ourselves from our natural state of bliss and unity and from our divine nature. This disables us to see the truth beyond appearances or beyond our interpretation of reality and suppresses awareness of other people’s divinity.

In order to know who and what you need to forgive, you can make a list of all the moments in you life you felt you had been hurt. Then look at what your actual feelings about those moments are. If they are negative, you can work on them until you heal them.

Often some negative thoughts can disable us from forgiving. Writing them down or working with the response column while you do the forgiveness affirmations can help you to overcome them.

Sometimes not forgiving is a way to “prove in our mind” that the person was wrong and we were right. You do not need to be right or wrong in order to forgive. Forgiving also does not mean that you will let the person harm you or that you will not take measures to protect yourself and place boundaries if that person is acting in an unethical way. Forgiveness does not mean that you deny the other person’s responsibility for hurting you, and it does not minimize or justify the wrong.

Real forgiveness also does not require any condition. It does not mean that you have to be in contact with the person you are forgiving.

As we create our reality and have the tendency to repeat patterns, eventually the only person we have to forgive is ourselves.

On the other hand, if you judge yourself or others, you will unconsciously think that God is judging you. In the *Golden book (El libro de oro)*, Saint Germain writes: “God never judges, but each time we fall down he says: “Stand up son.” ”

07.2.a) The forgiveness diet

The forgiveness diet was created by Sondra Ray and is at least a four week program.

In the first week you write, 70 times a day (for 7 days), a forgiveness affirmation for your father. For example: “I, ___, completely forgive my father”. If you feel the need to, you can add the reasons why you are forgiving your father by completing the sentence: “I, ___, completely forgive my father for ...”

You can do 35 affirmations in the morning and 35 in the evening for example.

During the second week you do the same with the following affirmation: “I, ___, completely forgive my mother (for ...).”

During the third week you do the same with the following affirmation: “I, ___, completely forgive myself (for ...).”

During the fourth week you do the same with the following affirmation: “I, ___, completely forgive my birth team/midwife (for...)”.

You can do additional weeks for each of your brothers and sisters and any other person you feel that you need to forgive.

07.2.b) Completion letters

Writing completion letters is an excellent tool to overcome the past, to forgive people who we have had hurtful relationships with or who have stopped us growing and to get closure in relationships that were left open. They are also useful to change your attitude and to take new decisions so you do not fall back into ways of relating that are not based on cooperation. That does not mean necessarily ending a relationship – although that is sometimes necessary – but to look for healthier and more constructive ways to relate to the same person. It is usually very helpful to write completion letters to both parents and to anyone in our life who has played an important role for us, if they are still in our life or even if they have passed away.

In general our feelings are usually very mixed and it is hard for us to be clear and objective about what we feel, what it is that we have repressed or not processed and how we should act to make our relationships healthier.

The process of completion letters allows us to separate the limiting or destructive emotions and patterns from the loving and constructive ones. This helps us to see the situation objectively and to choose the most appropriate attitude and decisions. The three letters described below are written to the person with whom we want to improve or get closure in a relationship, but they are written for oneself; the aim is not to send them or for the other person to read them. In some cases the third letter can be sent, as it is a positive and peaceful letter, but only if you feel it is the right thing to do and that the person it is written to will understand it.

In all cases it is always important to write the name of the person to whom it is written at the top of the letter and to sign it at the end.

The first letter

In the first letter express the shortcomings, limitations and negative or destructive features of the relationship. It is a letter to vent and let off steam which we take no responsibility for and in which we express the feelings we have about the way we have been treated in the relationship. It is okay to express anger, hatred and even insults.

Before writing the second letter, burn the first letter to symbolize the fact that we do not want these limitations in our life any more, that we want to overcome the pain we hold on to and that we want to forgive.

The second letter

The second letter is a letter of thanks in which we express all the good things in the relationship. In every relationship there is always something positive.

In the case of our parents it is important to thank them for bringing us into this life, as this gratitude allows us to reconnect with the sacred and mysterious dimensions of our relationship with Life, even if we have not met them or if they have abandoned us.

With this letter, as it is a positive letter, it is not necessary to burn it.

The third letter

Now that, thanks to the first two letters, we have expressed and processed emotions and we have more clarity regarding the relationship, we can write this third letter. Taking responsibility for the co-creation of this relationship helps us to be more objective.

The third letter normally has two parts. In the first part, we make an objective summary of what has happened and what is happening and what emotions are in play. In the second part we make a series of decisions about changing our own attitude and in some cases about changing external things to improve or close a period within this relationship. Sometimes the right step may be to move closer to the person or to communicating with them. In other cases however the healthy thing to do is to distance oneself from it. The important thing is to be able to express what we want positively and, when necessary, to know how to lovingly set boundaries.

It is not necessary to burn this letter either. In some cases, if we feel the person is ready to receive it and it is going to be constructive, we may send the letter. If it is written to someone who has died, sending it to an imaginary address can constitute a very powerful psychomagical act.

Example of letters

First letter

Hi dad

I am writing to tell you that you are mad. You distort facts, situations and above all feelings. You know how to describe them perfectly but you have no idea of their meaning. You have succeeded in making me think for years that all I was seeing and feeling was wrong. You took away my ability to react against any attack. For this reason I have always been paralyzed and in fear. I hate you for that. I also hate you for not protecting me and for validating other people's attacks on me. You have always given yourself an appearance of serenity when in fact your theories are really aggressive.

I don't want to have anything to do with you.

Second letter

Hi dad

I liked it when you were giving me your attention. You are smart in the way you talk and you can be a lot of fun. I liked it when you were looking like a little child and you were having fun playing with me. It was like small moments of freedom just for the two of us.

You taught me to have a clever sense of humour and to enjoy long conversations and tales. I like to think that you also enjoyed those moments.

Third letter

Hi dad

I am aware that you are in my life because I have to learn something. I know you are the way you are because this is how you learned to get results in your life. For me you represent the opportunity to learn how to say no and to validate what I feel.

From now on I choose to let go of my manipulating part. I chose relationships with people who are not afraid of their feelings. I chose to show my feelings and to show myself without worrying about being wrong.

Anonymous

07.2.c) Forgiveness exercise by Elvi Orr

This exercise is inspired by Luule Viilma, a well-known Estonian spiritual teacher.

Remember that the transformative power of forgiveness will first and foremost set YOU free. You are doing it mainly to liberate your soul, free your body from tension that resistance and negative emotions have caused and create a new, healthy emotional and behavioural pattern. All your cells and organs will be so grateful. When your vibration raises, everyone around you and the whole world benefits.

It is best to do the exercise in a written form. Here it is:

I, *(your name)*..., forgive you, *(the name(s) of the person(s) involved)*..., for what you did to me.

(Description, in a few sentences, of what it is that you are forgiving for.)

Thank you for a valuable lesson.

As a result I learned.... *(Write what you learned from the experience, what you realized about yourself, how it made you evolve, what you had to change, etc.)*

I am now ready and willing to make peace with you and liberate myself from the burden.

I forgive myself for having allowed this negativity into my life.

(Now choose between the two following sentences:)

I am not perfect yet, therefore I don't have to feel guilty. / I am perfect, therefore I don't have to feel guilty.

I love myself.

I ask forgiveness from my body for having caused it harm.

I forgive myself for having caused my body harm.

My body is wonderfully self- balancing and self- healing.

I am now open and allow my body to heal itself.

I love my body.

I love myself.

In this exercise, we focus on the three following "participants":

1) you, 2) what you perceive as the negativity (triggered/caused by what happened) and 3) your body.

Each negative emotion that is intense or held inside for a long time eventually creates physical disturbances in the body that often lead to illnesses.

In many cases, transformation happens immediately as you complete the exercise. You can feel it in your emotions and in your body.

It is helpful to remember that if someone did something to you that you perceived as painful, cruel, etc., that person must have been in pain. If they did it out of anger, remember that anger is a secondary emotion and behind that emotion is hurt, sadness, grief, disappointment, vulnerability and fear. It doesn't justify their behaviour, but this understanding enables you to feel compassion for them. That means you have less resistance doing the exercise.

If you want to forgive for something that you have been dealing with for a long time, it is a good idea to do this exercise several times.

Before starting the exercise, write down your thoughts and feelings about the person and the situation, as well as what you feel in your body and how your energy body feels. After the exercise, do the same thing and see if anything changed.

Examples of affirmations

"I, ___, am now willing to forgive."

"I, ___, am now willing to let go of my resentment, negative feelings and judgements."

"I, ___, forgive myself totally and completely."

"I, ___, forgive myself for past errors."

"I, ___, am now willing to forgive myself and others for hurting me."

"I, ___, completely forgive the birth team who delivered me."

"I, ___, forgive (name) for..."

"I, ___, forgive my mother/father/doctor for their ignorant behaviour towards me at birth and during my childhood."

"I, ___, forgive everything and everybody who can possibly need forgiveness in my past and present."

"I, ___, am now experiencing so much bliss/happiness/prosperity that I do not need to get even anymore."

07.3 The self love seminar by Elvi Orr

I was inspired to study the importance and benefits of self- love when I read, in one of Vladimir Levi's books: *"If you are going to do any kind of self- improvement, you have to start with self- love"*. That really got my attention. Vladimir Levi is a Russian psychotherapist, author and has many other talents. Through his books he became my first spiritual teacher even though I have never met him in person.

Definition of self- love: self- acceptance and self- approval at all times.

This does not mean that we approve of the negative things we do, our weaknesses or mistakes. But it does mean accepting them as something that happened or is happening in the present. We need to be aware of something first, before we can do anything about it. We need to have compassion for ourselves, as well as for other people.

Self- approval helps us to feel more and more comfortable with ourselves, to such an extent that we are more relaxed, willing and able to notice and admit our mistakes and turn them into learning and growing experiences. It helps us to break free from living from the ego which is justifying and defending ourselves, attacking, blaming, etc.

We are talking about spontaneous, genuine self- love, the kind little children embody best. Healthy children, before they become conditioned by parents, teachers and others, utterly adore and enjoy themselves – their way of thinking and doing things, their body, mind and spirit. Have you noticed? They have self- esteem that can sometimes intimidate adults. It is because they haven't learned to criticize and judge themselves yet or compare themselves with others in a way that is emotionally threatening. They still have a sacred relationship with themselves as unique individuals, as Divine human beings.

The first part of the definition – self- acceptance – is just making peace with what is. There is a saying that when you are fighting against the present moment (against *what is*), you are fighting against the whole universe.

The second part of the definition – self- approval – can also be seen as acknowledging and appreciating that you are God's creation .

We live in the world of opposites. You can look at what is good, paying more attention to the things that are going well in your life or you can choose to pay attention to what you consider negative. We need to deal with reality, but remember that where attention goes, the Energy flows. Energy becomes what it thinks about, as Leonard Orr puts it.

The more you approve different aspects and characteristics of yourself and what is pleasing in your life, the more you will find and the better it will make you feel. Then, only more of the positive things can come to you.

We cannot really respect and honour other people if we cannot respect and honour ourselves first. Self- resentment is one of the most disturbing and repelling vibrations that can be felt in another person's energy field. It includes frustration and sometimes hatred, and it can have a lot of sabotaging potential – directed inward as well as outward.

When we are in a state of self- acceptance and self- appreciation, it brings about a feeling of peace and satisfaction. That satisfaction shouldn't be interpreted as narcissism. Actually, we are most egocentric when we are stuck. It doesn't mean that we no longer want to evolve or grow, nor does it mean that we don't want to see our faults or whatever there is to improve on in ourselves and our life. I have found that, on the contrary, the energy that was locked in the negativity of emotions and general attitude, has now been released. More space has been created in our mind, emotional mind and energy field, and we therefore have the conditions to feel eager to move forward. Negativity is heavy and draining, especially if it is constant.

When you are generally satisfied with who you are (with your strengths and weaknesses), you no longer need to compete with others, compare yourself with them so much or try to sabotage them (even in your thoughts) in order to feel better about yourself. That liberation is possible because of the peace inside. Therefore - true, natural and spontaneous self- love should never be mixed up with arrogance. Arrogance can be defined as the effort to cover up low self- esteem with fake high self- esteem. The words 'effort' and 'fake' are important. Low self- esteem always means that there is self- resentment involved, which is a form of hatred. It is easy to see that arrogance is the opposite of genuine self- love.

Genuine self- love is harmless. Love is the highest vibration and begins within ourselves.

07.3.a) Common negative emotional states and how they inhibit our ability to manifest what we desire in life

Negativity in the mind and emotions is so common for most people that we sometimes forget how harmful it is.

A big part of these emotional patterns and habits of thought can be buried in our subconscious and we may only be vaguely aware of them, if at all. They influence us every day nevertheless. In this section, we look at some common negative emotional states, what they have as underlying thoughts in the subconscious mind and how these thoughts sabotage our attempts to manifest the good.

1- "I am not good enough" mentality

Underlying thoughts

"I am not good enough to be..., to have..., to experience..."

"I do not meet the required standards and therefore cannot be..., have..., experience..."

"I do not deserve..."

If your rational mind says that you *do* deserve and that you should have good things in your life, but at the same time, you have those contradicting beliefs in the subconscious mind, you will sabotage yourself over and over. You will not have the

vibrations necessary in your energy field to attract what you desire because there is a conflict between the impulses coming from your subconscious and those produced by the rational mind.

Suggested affirmations

“I am a Daughter/Son of God, therefore I am equal to everybody.”

“I am enough, I have enough, I do enough.”

2- Guilt

Underlying thoughts

“I am guilty, therefore I should be punished and do not deserve good things/experiences.”

Parental disapproval and school trauma are enough to develop thought patterns of guilt that restrict wonderful things flowing into our life because the thought “I don’t deserve it” blocks the flow.

We need to remember that although the emotion of guilt may have some short-term benefits like becoming more responsible, keeping our agreements, trying harder, etc., it is counterproductive and disempowering in the long- term.

Suggested affirmations

“I no longer need to feel guilty. Guilt does not serve me.” (As these two are in the negative form, they should be used as a powerful decision, a jumping board to liberating ourselves from guilt.)

“Every day is a fresh start and a new opportunity.”

“It is ok for me to learn from my mistakes.”

3- Victim consciousness

Underlying thoughts

“I am being controlled/overpowered by something or someone. I don’t have the power to create my own life.”

“I am powerless.”

“I am restricted.”

Victim consciousness is characterized by fear and often self- pity – both are paralyzing. These emotions can force a person to stay passive and not find solutions to her/his problems. Self- pity is sometimes a form of self- punishment.

If you don't believe that you are in charge of your own life, you aren't. Sometimes people absorb victim consciousness from their family, environment and even mass consciousness of the area or country they are living in from an early age and they don't even know it is limiting them.

Suggested affirmations

"My mind is infinitely powerful, therefore I can create the life I like."

Life supports me. The Universe supports me. God supports me."

"I am a free Being. I have the freedom to choose any thoughts I like."

"Harmonious thoughts create harmony in my life."

4- Anger/desire to get even

Underlying thoughts

Basically, when people want to get even with someone, they want one or both of the following: 1) They feel hurt by what the other person did and they want this person to hurt as well. In some cases, in order to make the other person understand that what she/he did was painful. 2) They want to teach the other person a lesson, so they would never do it again. Examples of this are not talking to the other or withholding love and affection until they do/say a certain thing (admit and apologize, make up, etc.).

The way anger sabotages our positive manifestations is due to the fact that we are holding that destructive negative energy inside of us and that is the dominant emotion and energy vibration during this time. We can't feel love and hate at the same time or have both of these vibrations attract different things simultaneously. It is not uncommon for people to accidentally hurt themselves (for example, cut into their finger) or break things when angry, although they didn't plan to do it. It is due to the way destructive energy functions.

Suggested affirmations

"I am now experiencing so much success and satisfaction, that I no longer care whether I get even or not."

"I can live in peace. I can live in harmony. I am now choosing peaceful, harmonious and friendly thoughts.

"The result of a positive change must surely be better than what I am experiencing now."(This affirmation is useful in case of fear of change and the unknown.)

5- Unconscious death urge

Definition of the unconscious death urge: any thought, belief, emotion or action that is anti- life, anti- health, anti- success and anti- harmony.

Underlying thoughts

“If it is all temporary and this life is going to end one day and I don’t even know when, what is the purpose of the stress, struggle, effort and work?”

Suggested affirmations

“I am alive now, therefore my Life urges are stronger than my death urges. As long as I continue strengthening my Life urges and weakening my death urges, I can go on living in health and youthfulness.”

Remember that you will probably not be interested in physical immortality if you haven’t yet connected with yourself on a deeper level and cleaned your energy body to experience the peace and pleasure of it. It is essential to incorporate the practices of earth, air, water and fire into our lives to feel fully alive.

07.3.b) Exercise to cultivate self love

For 10 minutes, write down and finish sentences that have the following beginnings:

I like myself (because; when; for...)

I appreciate myself (because; when; for...)

I value myself (because; for; when...)

I love myself (because; for; when...)

Only write what you believe is true and that is where the power lies – as you are focusing on the positive and empowering aspects, you will find more and more of it.

07.4. A new relationship paradigm by Joe Jennings and Fanny Van Laere

In a true authentic relationship each person is supporting the others progress on their healing journey, allowing full expression and exploration. This is even more present within intimate relationships.

What makes the beauty and magic of a relationship is that each person is sharing their true self and deep feelings and allowing each other the space to do so. Through this they are creating more intimacy whilst powerful healing energies are being awakened.

In order to build such an alive and wonderful relationship, both people need to be willing to trust each other, dare to show their vulnerability, process their fear of being hurt, be willing to let go of the false ego and humbly connect with the source of their being.

Because we have been hurt in the past, especially at birth, and felt betrayed by our beloved ones, most people are afraid to share their deep feelings and thus protect themselves in relationships. This leads to stagnation in the relationship and people then start to play roles or repeat patterns from the past instead of healing them.

On the other hand, because of the primal guilt (see section 05.6.a) *Primal guilt* page 82) most people secretly or unconsciously think that they are bad or that they can hurt their loved ones, which disables them from creating real intimacy because they think that if they do, the other person will discover how bad they are and might not love them anymore

Being committed to real relationships and living our lives consciously, involves having the courage to heal those personal lies. This is why within vulnerability lies real strength.

Relationships in the past were generally conditioned by culture and family tradition. People would be afraid to be who they really were and would just slip into gender stereotypes. They would then get stuck in roles where they could not fully express themselves or be who they truly were. The relationships were based on co-dependency, which would stifle creativity and lead to stagnant relationships that would only continue because they would feel “safer” and that they have some kind of stability.

Most people are still following these social roles. But we are now in a transition where many people have started, or are starting, a healing process. They have the desire to really know themselves and to be in contact with their natural divinity.

In order to create intimacy and to truly know someone you have to first know yourself and learn to recognise, heal and process your own emotions. Through this process we begin to see the natural divinity in others and are able to create sacred relationships.

In a sacred relationship one can relax in the presence of their partner to such an extent that they reveal their true selves.

Through being loved by someone you open yourself up and dare to share your most intimate emotions, you are healing the wounds and self-defence mechanisms which are creating the separation with your real divine self. This is the challenge and reward of real intimacy.

The human condition is a healing journey towards our divine nature and mastering of our own mind

Sacred loving relationships are probably the quickest, most effective way to heal ourselves. All intimate relationships will make your issues come to the surface as you will relax to some extent in the relationship and give yourself the chance to heal even if we have not yet understood how to process what is coming up. This is why deep relationships can be so traumatic for some people and why some will avoid them or only create superficial relationships.

To begin this journey we must understand that we create our own reality and it is our mind that is interpreting what we experience. Our conditioning and patterns are automatically inserted into that interpretation. Therefore painful or negative experiences with other people are a result of us attracting them as well as the way in which we interpret them. Once we understand this we can take responsibility for our emotional mind and we can begin to remove such negative interpretations of reality.

We will look at some principles below which can greatly help us to build and maintain a healthy relationship.

Take time getting to know each other and continue making time for it

The best relationships are the ones where partners share the same goals in life. If both people are looking in the same direction and share the same interests, their connection will be reinforced everyday. This is true for all kind of relationships but this is especially essential for an intimate relationship.

Before getting involved in a relationship, we should take time to get to know the other person and make sure that they want to have the same kind of lifestyle we want to have. Many people do not pay attention to that in the beginning of a relationship and let their emotions or physical attraction lead the relationship. They might discover after a few months or a few years that they do not share the same interests in life and the magic of the relationship might disappear, or their different views will create conflicts.

Sadly many couples never get to the point of sharing their deep emotions.

Therefore it is wise to create a friendship first until you really get to know the other person. If you can deeply share who you are before getting involved in a relationship, then it will be natural to continue doing so when you become more intimate.

Creating a long lasting, deep and meaningful relationship takes time. If we intend to create one then we must fully respect our desired partner. We must spend time getting to know them and understanding them.

In order to maintain this intimacy and continue sharing and growing together we need to continue creating high quality time together, and share on a deep level.

Humour

Humour is essential, especially when we are dealing with our deepest, most painful and most repressed beliefs and conditioning about life. Life is for enjoying and even though it can be hard it should be fun. Like Bill Hicks says:

“The World is like a ride in an amusement park, and when you choose to go on it you think it’s real, because that’s how powerful our minds are. And the ride goes up and down and round and round, and it has thrills and chills and is very brightly coloured, and it’s very loud. And it’s fun, for a while.

Some people have been on the ride for a long time, and they’ve begun to question, “Is this real, or is this just a ride?”, and other people have remembered, and they’ve come back to us and they say ‘Hey, don’t worry. Don’t be afraid, ever, because this is just a ride... And we can change it anytime we want. It’s only a choice. No effort, no work, no job, no savings of money. A choice, right now, between fear and love. The eyes of fear wants you to put bigger locks on your door; buy guns, close yourself off. The eyes of love, instead see all of us as one.’”

Communication

Most people have a very busy life and quickly fall in the habit of not making time to have true deep communication with their partner. In therapy for couples, usually people are asked to make at least one date a week together. During that date each of them will have a determined time to talk about what they feel while the other person is listening carefully and supporting the other.

We all know how important it is to communicate in order to understand other people. However in this context it is taken to another level. With the knowledge of how we add our patterns to our interpretations it is easy to misunderstand what someone is trying to say to us. For instance, if someone we’re to say, “I don’t like the way you cooked this rice” Someone with an ‘I’m not good enough,’ pattern could take this very badly. The other issue as shown in this example is the way we communicate criticisms to people. It is better to change any loaded words for neutral ones and to make sandwiches where the first and last statements are positive and full of gratitude and whilst middle one is the positive criticism. Thus we could say, “I am really grateful that you are cooking for us tonight. Would you like to try...next time?”

Taking responsibility for our emotions

As mentioned before it is important to own our emotions as we are responsible for their creation. It also benefits relationships as we’re not blaming the other person. It does, however, take a fair amount of emotional maturity and courage to be able to do this.

Making agreements and keeping them

Making win- win agreements is very important. Each person needs to build enough self esteem to be able to ask for what they want and at the same time respect their partners freedom to say yes or no. You can negotiate with your partner until both are happy with the situation. When you get use to it, negotiation can be a fun game.

When your partner gets what s/he is asking for, s/he will naturally be willing to give you what you want.

Building a trustful and intimate relationship is also about keeping the agreements you made. The more we keep our promises the more love and respect we will get from our partner and the more we can progress on our journey. It is also very important to say “I am sorry” when you make a mistake. This is obvious in theory yet quite challenging in practice. We need a lot of humility to be able to do this yet the results are tremendous. Being able to say sorry can instantly diffuse a tense situation and can help move past the emotions and into a discussion which helps to process what happened, why it happened and what can be done to heal each other and move past such issues.

Tell the truth as fast as you can

We all know how quickly a lie leads to another until you are trapped in a ridiculous situation or are forced to tell the truth with disastrous consequences. If you feel compelled to lie about something chances are there is a pattern at work. It is better to ask yourself why you feel the need to lie, do you feel guilty or bad about something?

No expectations or dependency

As soon as we start to have too many expectations in a relationship we set it up for failure. This is again about taking responsibility for our emotions, particularly our own happiness. We cannot expect the other person to look after us, provide for us, entertain us or anything else and doing so would only stunt our growth. If we truly want mastery we must not place unreasonable expectations on our partners.

Preserving your own space

Whilst sacred relationships are the most rewarding we can have we all need time alone to process our own issues, reflect and relax. Time away from our partner paradoxically improves how close we become and how much we respect and enjoy each other's company when we are together.

At the same time it is important to keep growing and to continue doing the activities that our needs and our intuition dictate, thus preserving our independence.

Balance between boundaries and intimacy

An important part of taking responsibility for ourselves and our lives is learning to set boundaries. For instance it can be fun to joke and tease but easy to step over certain lines if they are not clearly defined. It is important that these are made clear for the benefit of the relationship.

Express your love

We should always celebrate love and frequently remind our partner how much we love him/her. We all have wounds from our childhood that sometimes make us forget that we are loved or lead us to misinterpret our partner behaviour. Expressing our love and feelings is vital if we want to create more and more intimacy.

However, for some this can be very difficult and even painful due to the past hurts. To overcome this is important as without expressing love relationships tend to be more superficial, less intimate and thus less healing.

Ask for help when you need to

Due to previous experiences and patterns some people find it difficult to ask for help. Sacred relationships are the best place to overcome this as you can begin to ask for help from someone you know is there for you and loves you. This can help to build your confidence and self esteem and belief that you deserve to be helped.

It is also extremely important to know how to ask for external help when we need it, when the relationship is in crisis, when our past scripts stop us from fulfilling the above conditions or when we feel blocked.

See the divine in your partner

Everything is part of the Divine and thus everything is divine yet sometimes it can be hard to see in some places; i.e. sewers, shanty towns, landfill, and in some people; bullies, those with road rage, I'm sure you can think of other examples. To begin to see the Divine in everything it is easiest to begin with our closest relationship, our lover. From this we can expand into other things of natural beauty, animals, forests etc., until we can see everything as divine.

This also benefits our relationships in that we can forgive, trust and love more easily and more readily.

07.4.a) Examples of affirmations

"I, ___, communicate my truth with clarity and love."

"I, ___, love being with my partner, I love being alone."

"I, ___, am the only person responsible for my happiness."

"I, ___, am not responsible for my partners happiness."

- “I, ___, recognise my mistakes with humility.”
- “I, ___, listen to my partner and value his/her opinion.”
- “It is ok for me, ___, to show my vulnerability to my partner.”
- “When I, ___, show my vulnerability I receive love and support.”
- “When my partner shows his/her vulnerability, I lovingly support her/him.”
- “I, ___, love creating situations of co- operation.”
- “I, ___, deserve the relationship I dream of.”
- “I, ___, always see my partner’s divinity.”
- “My love is precious and is valued by my partner.”
- “I, ___, enjoy expressing my love to my partner.”
- “I, ___, enjoy the flow of love between us.”
- “I, ___, deserve my partner’s love, affection, and devotion.”

07.4.b) Examples exercises

Exercise to manifest the perfect partner

For this you merely have to write a list of all the qualities you want in a partner. Be as extreme and specific as you want. You then have to trust in the Universe to bring this person to you and have enough self love to allow this to happen. You should work with your self- esteem until you really feel you deserve the best relationship.

Breathing exercise for couples

Sit close in front of each other looking at each others eyes. As you breathe in, your partner breathes out. During the exhale, visualize that your energy is flowing from your crown chakra, at the top of your head through all your chakras until your first chakra, at the bottom of your spine and then flowing into your partners’ body from the bottom to the top of his spine. During the inhale, visualise that your partners’ energy is flowing from his crown chakra to his first chakra and then flowing into your spine from the bottom to the top. Through making a figure of eight, you are creating a circle of energy.

08. SPIRITUAL PURIFICATION

08.1. Emotional energy pollution by Leonard Orr

The common denominator of all the sources of human debilitation (which we call the biggies or human traumas, see section 04. *The nine traumas of human beings* page 33) is emotional energy pollution. We are inundated with energy and information that we cannot digest. This emotional energy pollution (E.E.P.) is not transmitted verbally nor rationally, but by the contact of one person's emotional body with another person's emotional body.

Emotional energy pollution is nonverbal. It is a basic undercurrent in all human interaction.

We not only feel anger, fear, depression and illness from other people, we can also feel peace, happiness and health. We automatically pick up excess energy impregnated with information that doesn't necessarily have any rational content.

E.E.P. is also called psychic dirt, the pain body, stress and tension, habits, unconscious beliefs and feelings, sin or just memories.

Sin is a meaningless word for most people. The Greek word for sin means to miss the mark. When you realize that the mark is the constant experience of Oneness, the word takes on rich meaning.

We absorb emotional energy pollution when we are sitting in a meeting, on a bus, train or plane, or when we go to the supermarket or pass people on the street. It can be felt and even measured somewhat by spiritually sensitive people. Most people are already inundated by so much E.E.P. that they don't feel much – they are already zombies. These people are the chief polluters.

But even relatively pure people who bathe twice per day, meditate, do spiritual purification with fire, breathing, good diet and exercise, also have some E.E.P. that we can feel.

When I met a 2000- year old man, his presence felt like a feather. We don't often meet people who are totally clear.

If you look at the human traumas, obviously only people who have survived old age and senility are basically clear and clean in their energy body. So we have to be victorious over the basic human condition to be actually spiritually enlightened. Otherwise, it is just a theory – a very valuable theory. But the theory of enlightenment has to be practiced and actualized.

Most people don't achieve much spiritually in this Life because they are overwhelmed by E.E.P.

Three of my best friends died in the last few years of being trapped in the guru syndrome. I am pointing out to you that E.E.P. is probably the greatest killer. E.E.P. kills more people than eating meat, believing that death is inevitable and even automobiles. Eating meat is the basic cause of heart disease and cancer and all kinds of victim consciousness. And E.E.P. even kills people who believe in and strive for physical immortality. This is true because our diet is largely controlled by E.E.P.

Emotional energy pollution is just energy that contains information. It doesn't matter if the information is good or bad. All information that is not the knowledge of the Tree of Life, is the fruit of the Tree of Knowledge of Good and Evil and kills people if they eat it. The Tree of Knowledge of Good and Evil is the mind. The fruit of this tree is our thoughts, beliefs and feelings.

The knowledge of the Tree of Life is the knowledge of the substantive qualities of Life Itself. These are the eternal qualities of our Divine Nature.

People who are trapped in their own thoughts, beliefs, doctrines and feelings in a way that cuts them off from the Tree of Life, must die. Death is inevitable for them, but for people who are entering the Tree of Life, death is optional.

Even the belief in physical immortality can kill us if we allow it to separate us from the Transcendental State. We have to Live in the Reality above the Mind – in the reality that is beyond reality and is the Source of Reality. Physical Immortality philosophy is not a substitute for Living in the Presence of God.

We don't have to do anything to be immortal. We are immortal by nature. We just have to remember this above all things: thoughts, beliefs, doctrines, memories, habits, attitudes and feelings. This is the Science of Life and Personal Aliveness.

“For God (Spirit, Energy, Being) so loved the earth, air, water and fire (the world), that He gave us His Natural Divinity (His son) that whoever knows (believes in Him), his/her Divine Nature will not perish, but have Everlasting Life.”

Our Divine Nature is Energy, thought and Form – the Holy Trinity, with nothing added.

Our body is created by Thought and maintained by following the rules built into its health and aliveness. The physical body is created and maintained by the Energy Body and the emotional body – mind. Our body is the effect of our mind. Our body-mind includes our conditioning and this is E.E.P. - it includes thoughts, feelings, beliefs and unconscious energy concentrations – energy colored by thoughts and feelings of other people whether it is conscious or unconscious. It is positive or negative mental mass floating in their aura and ours.

We can clean this stuff out of our aura with the basic spiritual purification practices of fasting, good diet, exercise (earth), conscious energy breathing (air), bathing twice per day (water purification), especially with the snorkel habit, and fire – sitting by an open flame.

These basic Spiritual Purification habits can clean the mind faster than the mind can clean the mind. Knowing this is the supreme wisdom of the mind. Winning the spiritual purification game is what keeps us alive and enables us to defeat death. This is the teaching of Babaji from the beginning of creation and will be until the end. These are the rules for an immortal body. Eventually the practices allow us to experience our body as points of light – a light body – seen and experienced as physical – a hologram that can be perceived and touched by others. We can realize the Ideal Divine Body.

When we are losing the spiritual purification game, we can see it through our symptoms – including stiffness; lack of flexibility in mind and body; feeling miserable, depressed or angry; and the guru belly phenomenon (see section 13.6.b) *The guru belly phenomenon* page 252). Our death urge can get out of control. We tend

to indulge in self- sabotaging behaviour, become non- functional and unproductive, sabotage relationships and our success in every area of our lives. We become zombies – walking dead people. The obvious solution for this condition is to do enough spiritual purification practices with earth, air, water and fire to get our joy of Life back.

The deathist state is accelerated to the extent that we neglect the practices.

Even though we do these practices, the guru syndrome can still kill us. When I work too much with other people, my guru belly exceeds 40 inches and the “noise” of others’ E.E.P. destroys my quality and joy of Life so much that I feel like dying.

Solitude works, especially when I do it with the earth, air, water and fire practices.

The E.E.P. includes birth trauma, infancy atrophy, parental disapproval, eating habits, the death urge, heavy feelings and foggy emotions we absorbed from our family and schoolmates, past life karma, senile behaviours, physical weakness, faulty religious perceptions and excess noise that cripples our productivity and makes us non- functional and lazy. It is both – mental and physical paralysis.

The best cure for this state is nothing, to do nothing but relax and wait on the Lord to enter our body and bring us back into abundant Aliveness and Health; and while we are waiting on the Lord, to sit or sleep with fire, bathe before sunrise and sunset, eat healthy food and fast, stay in good physical condition with hiking, manual labour or hatha yoga, and conscious energy breathing. Mantra japa also fuels all this with Divine Power and Love.

The guru syndrome can keep us from doing all this. And we have to teach our students to do it, as well as teaching them to unravel the death urge which they learned from their family tradition, past lives, cultural and religious conditioning, etc.

Babaji says very simply: “The wise do spiritual practices”, and Himself sets the example in all of His bodies on Earth.

The practices do work! Fasting and fire purification can liberate our breathing. And people who only know and practice Rebirthing – conscious energy breathing – discover sometimes that it no longer works. Obviously, these people have to learn and add the practices with earth, fire and water.

E.E.P. can be very dangerous. It has killed my friends. It could kill me if I am not aware of it and don’t watch it. It can make me very miserable, but the practices with earth, air, water and fire take it away. Earth, air, water and fire can clean the mind faster than the mind can clean the mind. This is the supreme wisdom of the mind. Jesus and all great saints died because of E.E.P. Even Babaji died of E.E.P. to teach us how it works.

Energy plus information is mental mass.

If you have an inch of dust on your floor, it won’t go away if you have beautiful thoughts about yourself or God. You have to get a broom and a dustpan and clean it up and throw it away. The same is true of E.E.P. We have to do the work and get rid of it. It takes as long as it takes.

I wish the problem would go away, but Babaji once told me that earth, air, water and fire is the eternal Sadhana. The problem of E.E.P. and cleansing it with spiritual purification is built into the nature of Energy, thought and Form.

It won't go away, just as the process of cleaning our homes, dishes, clothes, etc, doesn't go away.

Our Energy Body is invincible; it even survives death over and over. However, we have to take care of it, if we desire for it to keep the physical body in great shape.

There are two kinds of body types: the obese body and the stiff body. Without soaking in water, spending enough time with the fire and conscious energy breathing, even exercise can turn people into stiff zombies. People who depend on diet alone – even the best raw food diet – die because of lack of water, fire and air purification.

Breathing is the queen of yoga – *pranayama*.

Thinking is the king of yoga – meditation.

But even energy breathing and meditation together doesn't work without earth, fire and water. We have to consciously use all the four elements in balance.

Together they produce victory over the greatest danger in this world – E.E.P.

Comments from a rebirther to Leonard

Last year some friends who attended your seminar in Valencia sent us your article on E.E.P., and it was so clarifying for us. It was kind of a relief, in fact. My partner and I were a little bit worried about our "sensitivity", about not wanting to go to certain places or meet certain people because we felt terrible afterwards, and we were struggling with it (sometimes feeling guilty, sometimes wondering if we were becoming too picky, if we were making it up, sometimes feeling angry and sick of it!).

When we read your article we realized that we were not making it up, that it is something real, something that happens, and we liked the idea that being sensitive helps you to be constantly cleaning yourself, taking care of yourself, updating your energy so it is light and clean, all of which eventually helps you to move forward in your spiritual path.

We used to use breathing, water and some energy exercises to cleanse ourselves, which worked quite well, but now, thanks to my friend's determination (I must say) we have added the fire every night. (We have a fireplace at home!) We love it! I also find the affirmations on feeling ok and comfortable processing other people's energy very helpful.

I like what you say in your article about solitude too. I'm learning to enjoy solitude, and I see I need it so bad sometimes.

Thank you!

CPO

08.2. Spiritual Purification practices

“Spiritual practices with air, water, fire and earth are the secrets to everlasting life of health and youthfulness in the body “.

Leonard Orr.

Spiritual purification also includes mind mastery, Energy breathing and mastery on prosperity which are treated in different chapters (see respectively sections 03.4. *Spiritual psychology*, 03.2. *Breathing sessions, the energy cycle and freeing our breath* and section 10. *Prosperity consciousness*).

The goal of spiritual practices is to clean and balance our energy body. When our energy body is clean and balanced, the Life Energy can flow through us, which keep us healthy and blissful.

Imbalances in the energy body are the causes of all illnesses and emotional problems. Those imbalances occur first in our energetic body before they materialize in our physical body.

This is why it is so important to learn how to cleanse the energetic body as often as possible, and to keep it clean, not only to heal illness but also to prevent it and to conserve our life energy.

Our emotions, those of the people around us, and the surroundings where we find ourselves, also have a huge impact on us, and on the energy in our body. For example, if we spend time in a stressful place or situation, we will accumulate negative energy.

It is therefore important for us to learn to observe the cause- and- effect of different situations we find ourselves in, and that we become the “detectives” of our own lifestyle. If we develop this attitude, we will develop a natural tendency to look for whatever brings us happiness, health and fulfilment.

The practices with the four elements: air, fire, water and earth, helps us to avoid the build- up of tensions, blockages, pollution, etc.

It is only through practice that we will truly discover the effects of each element and will understand the secrets to health and wellbeing that they hold.

Sometimes effects are noticed immediately, other times it is necessary to practice for longer before we start to notice them, until the negative energies that stopped the flow of Life Energy are processed and removed.

It is always a wonderful surprise when a person allows themselves the necessary time and starts to experience the benefits of this practice since, once again, experience goes a lot farther than attempting it through words alone.

One of the big problems of our civilization is the attachment to theories and the lack of application of them in daily life. That habit of pursuing mainly the intellectual learning leads many people to resist these simple yet powerful practices. Once we have experienced them, however, they become easy and pleasurable.

We are not always able to change our habits with ease, and for this reason I recommend that you begin with that which is most achievable for you, or with that which you feel you need the most in this moment to make a positive change in your life.

Whatever you start with a healthy habit creates fertile ground for other healthy habits. For this reason, every time you make a healthy choice, you are making it easier on yourself for your next choices to also be healthy ones, until you reach a point in which you will be able to carry out things that may seem impossible right now.

“Earth, water, air and fire are my eternal friends and they support me with abundance.”

“God has given us earth, water, fire and air so that it may be easier to free ourselves from death”.

08.2.a) Love

Love is the basis of the Universe, without it life would not be possible. The cells of our body would not stay together if it weren't for love.

Loving ourselves, recognising our own natural Divinity, loving others and recognising their natural Divinity, these are the basic pillars of illumination.

We are all one. Love is a natural state that once again allows us to live the sensation of unity with the Big All, with all people and with everything that exists.

When you realise that we are all coming from the same Source and we are all one, you also realise that serving others (and yourself) is the most beautiful thing you can do. Babaji said: *“You must all do service to humanity, that is Kriya Yoga. The times now demand this of you in this world. In every way, in every manner possible, do good to others and make them happy - that is Kriya Yoga. To each individual and to every country, provide what they lack.”*

Every time we choose love, we come closer to Divinity.

Here are some **definitions of love**, compiled by Leonard Orr:

“Love is the immediate perception of the Infinite Being in the other”.

“Love is self-approval”.

“Love is the energy necessary to develop our true potential”.

“Love is the capacity to say “no” to others without losing their love”.

“Love is the capacity to receive a “no”, feel good with it and continue to feel love”.

“Love is the willingness to process the negative energy of others”.

“Love is making common sense agreements that are practical and responsible, and keeping those agreements”.

“Love is free but it must be earned every day”.

“Love is living without death (in Latin, amor means without death). Love means living more and dying less”.

“Love without truth is immorality”.

“Love is being profoundly sensitive to life”.

“Love is seeing God's gifts and generosity in all things”.

“Love is giving and receiving freely and cheerfully”.

“Honesty honours and respects love and the unity that exists, strengthening and expanding love”.

“Honouring the natural Divinity of another person makes us worthy of earning their love and loyalty”.

“Love is the celebration of our true nature coming together”.

It is a good idea to surround yourself with spiritual people and to meet with them regularly. The quality of our lives depends greatly on the people around us. For this reason it is wise to build your own spiritual community or to be in contact with one (also see 13.5. *Spiritual community and continuing training* page 247).

The one- year seminar, which also trains you to be a rebirther has been created partly to achieve this aim.

The interaction with people who are also committed to healing and spiritual development provides opportunities and spaces for mutual support.

On the other hand, it is of immense value to be in contact with saintly people. When you know a person from whom you can learn a lot, it is advisable to spend as much time as you can with her/him.

“The more love I, ___, give, the more love I receive”

“The more love I, ___, receive, the more love I give”

”I, ___, recognize my divine essence and that of others”

”I, ___, deserve to receive love”

“Love remains in my life”

08.2.b) Air

We have talked in length about the air element and Energy breathing, its practice and benefits in the sections 03.2. *Breathing sessions, the energy cycle and freeing our breathing mechanism* page 20 and 03.3. *Breathing exercises* page 22

08.2.c) Water

Everyone has experienced how relaxing and inspirational bathing is. Hot water is a great gift of present civilization.

Water not only cleanses our body, it also regenerates and transforms the negative energies that we accumulate during the day. After a mere shower we feel renovated, but bathing is even better. This is why children love water and we intuitively bathe them every day, leaving them for a long time in the bathwater.

Most successful people continue this healthy habit as adults and take a leisurely bath before their evening meal.

I usually have my best ideas and create the easiest and most pleasurable ways to work while in the bathtub! If I am exhausted or feeling negative, I dive into a bath and do breathing exercises until I have recovered my vitality.

Bathing twice a day is the easiest and most pleasurable way to cleanse the energetic body. Many yogis, in fact, bathe before sunrise and sunset.

When you have carried out 10 dry breathing sessions, have freed your respiratory mechanism and then carried out some sessions in water with a professional next to you, you can, if you wish, practice Rebirthing sessions alone in your bathtub.

Sessions in hot water in which breathing occurs underwater through a snorkel, tend to make natal and pre-natal memories surface and integrate. Sessions in fresh or cold water help to process and integrate the death urge.

Drinking enough good quality water is also very important.

At least 70% of our body is made up of water, so it makes sense that the quality of the water we drink should have a huge impact on our health. The healthiest water is fresh spring water. It is a good investment for your health to have a machine (usually they work with carbon filters) which filter your drinking water and the water you bathe in.

We now know that water has a memory, and in fact that is what homeopathy is based on.

In his book *Your body many cries for water*, Masaru Emoto shows photos of the shapes water takes according to the message we have given it through our intention, sometimes simply by writing a word on the bottle. The word "love" produces very beautiful shapes and harmonious crystallizations in the water, while the word "hate" produces totally chaotic shapes. This can give you an idea of the impact of energies on your body and mind, as well as the impact of your own emotions and thoughts on your mental and physical health.

It is a recognised fact that many elderly people actually die of dehydration, which gives them all kinds of symptoms. In his book: "Your body, many cries for water", doctor F. Batmanghelidj says: "*you are not ill, you are thirsty*", and he reports many cases of illnesses, from benign to very serious, which have been cured simply by drinking lots of water every day.

Another practice which is hugely beneficial to your health is colonic irrigation or hydrotherapy. In one single session, about 40 litres of water pass through your colon and intestines, unblocking them. Once your colon is cleansed, your whole body functions a lot better.

In Russia, when a patient arrives in hospital, they often carry out a colonic irrigation, because they have realized that the treatment they receive afterwards will be a lot more effective, and the patient will recover much faster.

In the Essenian Gospel of Peace, Jesus offers various different practices with the angels of fire, of earth, of air and of water. He also describes how to carry out colonic irrigations.

An even more accessible option is to carry out enemas at home, with water at body temperature. Enema bags are sold in pharmacies. It is not advisable to carry them out more often than once a month if you are in good health.

"God has given us hot water for it to be used and enjoyed for pleasure and for spiritual purification. It works!"

"Taking a bath twice daily cleanses my energetic body and my soul".

08.2.d) Fire

Fire is usually the element that most fascinates us, and its presence is always purifying and relaxing. Spiritual civilizations have always fostered contact with fire, and Indian yogis, who know its power well, build sacred places for it.

When I heard about the power of fire for the first time, it seemed logical, but somehow I took it very much as a metaphor. When I went to the United States to work with Leonard Orr, and I slept next to the fire for six months, I discovered its huge healing powers, its power to cleanse the chakras and the body's energy, as well as to unblock the breathing mechanism.

You really do discover the secrets of fire by spending time alone with it.

According to Leonard Orr, spending time with fire is the quickest way out of depression, of processing death urges, of healing our body and even of losing weight if we need to.

In the same way that fire transforms wood into ashes through a mysterious process, it also burns our emotional pollution and our mental noise, bringing us peace.

A fireplace in the house, or having a safe location to make a fire in the garden, allows you to cleanse your energy and develop your life urge.

However, since fire is the most dangerous of elements, its use demands responsibility and special precautionary measures for safety's sake.

Although the ideal is to burn wood, lighting up candles also purifies. The important thing is to be close (although not too close!) to a lit flame.

In order to discover how many candles you need, I suggest you carry out the following meditation:

Candle meditation:

Place 12 candles before you. Light one up and meditate on how you feel.

Light another and continue to meditate.

Continue lighting up candles, one after the other, until you notice a change and an improvement in your energetic body.

That is the number of candles and the amount of fire that you need at that moment to purify yourself. Sometimes you may feel better very quickly with few candles, and other times you may need to light all 12 candles and stay with them for a quite a while before you feel better.

Looking at the Sun is also a very interesting practice. It should be done at sunrise and sunset, in order for it not to be dangerous, it is a good idea to start with just a few seconds at a time, increasing the length of time progressively and very gradually. Through the retina, the body absorbs the energy of the Sun, which can provide a lot of healing energy to body and soul.

Through our skin we also absorb the Sun's energy, and so sunbathing for 10 minutes a day is an excellent practice, as long as it is done when the Sun is not at its strongest: before 10 in the morning, for example, or after 6 in the evening, depending on your location and time of the year.

“Revering God, the source of fire, through fire itself, has a healing power which is as important as food.” Leonard Orr.

08.2.e) Earth

Purification with the earth element includes various practices. In this section, I will explain further the last three ones on the following list, as I consider their explanation to be more necessary.

- Frequent contact with nature.
- Walking barefoot/earthing
- Following a daily exercise programme.
- Service to others (karma yoga) and working in something that is really productive and that makes you happy.
- Mastery over sleep.
- Massages and therapies with hands.
- Music, especially percussion.
- Having a good diet.
- Fasting.
- Rest.

Diet

It is important to follow a balanced vegetarian diet.

Eating animals is exercising violence and supporting death instead of life. This, quite logically, cannot bring health to us.

The most healthy and long- living peoples in the world are vegetarian, such as the Vilca Bombais (Ecuador), the Abkhazes (Pakistani mountains), and the Hunzas (Black Sea).

More and more doctors and nutritionists support vegetarian diets.

There are many scientific studies that prove that heart disease, cancer, and degenerative illnesses in general are directly linked with eating meat. The risk of falling ill decreases even more with a vegan diet, that is, with no animal products of any kind, which means not consuming milk, eggs, yogurts, etc.

Nowadays a lot of processed food is consumed, and unfortunately it is readily available to us all the time, especially if we live in a city. Processed foods have lost almost all their nutritional value and, on top of that, are addictive.

It is easy to understand that whatever nature provides is healthiest, and what Divinity has set out for us already has all the enzymes, minerals, vitamins and macro-nutrients that we need.

In this day and age, pollution in food is a serious problem, and for this reason it is safer to eat organic.

Our way of feeding ourselves and what we fancy eating is largely conditioned by our emotions and memories of the past. For example, not having breastfed, or not for

long enough, can create emotional patterns towards food which can lead us to developing addictions. On the other hand, it is frequent for children to accept food as a substitute for love; or on the contrary, to reject food as they do not receive love. In other cases, we have been forced to eat or to finish our plate of food. All these emotions registered in the cells condition us and can prevent us from carrying out the changes we would desire towards a more healthy and conscious way of eating. This is why it is important, while we improve our diet, to observe and process our emotions, since as we get rid of feeding- emotional habits, our body starts to demand healthier food.

Fasting and resting

Fasting for one day a week is a good habit, because for that one day you give your body and organs a rest. During a fast, your body does not have to work on the process of digestion, and so it uses the extra energy to carry out other cleansing tasks, to repair tissues, etc.

It is good to make the most of that day to rest completely and be with the elements. In this way the healing is a lot more powerful. Resting is important, since in our stressful society many people use their reserve energies, making huge efforts and not respecting what their body and soul are asking for.

Total rest allows you to reconnect with your inner being and be in the presence of God. This is a good trick towards success, since the best ideas and divine inspiration often come when you are relaxed and surrendered. It is also a good idea to carry out a 3- day fast for each seasonal change.

Fasting, as well as purifying ourselves, helps us become more aware of our addiction patterns towards food, while it helps us to process the causes behind them.

During a fast, “symptoms” may appear such as dizziness or headaches, weakness, nausea, etc, which are signs of your body cleansing. In these cases, again, the best thing to do is rest.

It is advisable not to carry out prolonged fasts until you have developed the habit of fasting one day a week, so that you can integrate what you feel successfully.

Some people have developed the capacity to live on prana, which means they do not eat food, feeding directly from Universal Energy. A high level of preparation is required for this, because without it this practice can be dangerous. Obviously, such people have reached a level of mastery and can maintain their bodies in a healthy state and weight.

Sleeping

The place where we sleep is very important for our health. It is probably best to sleep in nature, in contact with the earth when the conditions and weather allows it.

The problem with mattresses is that they absorb energy. As we relax during our sleep, we release E.E.P. Therefore it is better to sleep on a yoga mat or a camping mat that you can hang out outside everyday to remove EEP and refresh it.

Following a daily exercise programme

It is important to follow a daily exercise programme, even if it is just a walk in the morning. The best moment to do exercise is probably in the morning after your bath and before your breakfast. You can learn yoga, tai chi or any practice that inspires you and bring you more health, peace, flexibility and strength, and include it in your daily routine. The practice of the five Tibetan rites described in *Fountain of youth* by Peter Kelder is also an excellent rejuvenation practice.

09. PHYSICAL IMMORTALITY

“All healings are only temporary until we heal death.”

Leonard Orr.

Leonard Orr was passionate about physical immortality long before he discovered Rebirthing. He also worked with and overcame his death urge previously. He says that otherwise he would have never been able to discover Rebirthing.

I believe that all the powerful healing techniques were originally based on Physical Immortality. Chinese medicine for example comes from Daoism (also called Taoism in occident); the original daoist were said to be immortals or, at least, were actively pursuing immortality.

When people take techniques out of their context, they lose much of their essence and healing power.

Even though Rebirthing is always a powerful healing tool, the effects multiply when the person is working on overcoming their death urge (see section 04.6. *Subconscious death urge* page 49).

“I, ___, am alive, and therefore my life urge is stronger than my death urge.”

“As I continue to strengthen my life urges and weaken my death urges, I will live with ever more health and youth.”

“I, ___, no longer fear death. Death is my friend and servant.”

“I, ___, am immortal here and now.”

“The death urge no longer bothers me nor upsets me. As I heal my emotional mind, I feel the happiness of life and continue choosing life.”

Physical immortality has three components: philosophy, psychology and physiology.

09.1. Philosophy

Probably the most limiting thought on our planet is “death is unavoidable”. This belief creates a state of discouragement that leads people to not take charge of their life and think/feel like victims. This stops them, in great measure, from developing their creative potential because they think that they are only here in passing and will die anyway. This thought is at the origin of seeing oneself as a victim, of believing in scarcity, of thinking God is bad, etc.

The idea of the eternity of the soul is nowadays accepted more and more. However, most people still live seeing the world of matter as separate from Divinity, and their body as separate from their soul, instead of recognising that they are a divine manifestation.

Thinking that death is beyond our control only creates fear, mistrust, unhappiness and war. Thinking and meditating about Divinity and the immortality of your body, although you may not necessarily wish to be immortal, cannot hurt in any way, it can only free you.

The philosophy of immortality is a series of ideas that you can think or meditate about, while it reconnects you with trusting life, with passion for it. This helps the Divine manifest more fully in you, transforming your way of seeing the world and of being it.

Mental illumination includes knowing that thought is creative and that Energy transforms into what it think about. When we know that our thoughts create our reality, then we know that death is optional.

Incorporating the philosophy of physical immortality into your way of thinking means recognising the divinity of your body, and therefore becoming aware of the possibility of renovation and immortality. For this, it is necessary to dedicate time to it, go to seminars about it, read immortalist literature, meet other immortalists and share ideas and practice with them.

“It is fine to love death and be free of it; we are responsible for our own life, death and health.”

09.2. Psychology

Practicing the psychology of physical immortality means healing and uprooting the death urge, and redirecting all your emotions towards life and Divinity. It means reaching emotional illumination. For this to happen, intellectual knowledge has to be integrated at the emotional level. This means we need to change every negative thought for a positive one.

We have about fifty thousand thoughts per day. As soon as we achieve mastery over them we will be able to achieve mastery of our body also. It is a great goal and a wonderful path to follow towards more health, peace, happiness, freedom and divine ecstasy.

In order to cancel your death urge, find out what the “tradition” in your family is surrounding death. Observe how old your great- grandparents, grandparents, parents or relatives were when they died, and why they did. You will realise that there tend to be scripts that repeat themselves. If you are aware of the script and make the necessary changes in your mind and lifestyle, you can no longer be a victim of your family’s tradition. Also, observing your negative thoughts and feelings about life, you can process and transform them.

Practicing the psychology of physical immortality brings a lot of happiness, a great deal of energy and good quality of life, but in itself it is not enough to lead to immortality of the body. Because we need to take care of our body for it to remain young and healthy as we walk our path, the practice of spiritual purification is also necessary.

“I, ____, am no longer a victim of death. Death is my friend and servant. I no longer fear death. Death is optional. I am now free of the family traditions surrounding death.”

“The issue of death has vanished from my mind and my body. I have freed myself from death.”

09.3. Physiology

The physiology of physical immortality means achieving mastery over the physical body.

The supreme wisdom of the mind is the practical knowledge of the four elements. That is, to know how air, earth, fire and water act upon our energetic body, our mind and our physical body.

We become masters and scientists of our health and body, observing and studying the relationships of cause and effect through our practice and in our daily lives.

To have control over our physical body means knowing how to cure our ailments and also how to prevent them. It implies loving our body and knowing how to care for it. In the same way that we must learn to keep our mind and emotions in harmony with Divinity, processing whatever is not in tune with It, we also need to learn to maintain our body in its purest state. Imbalances and illness are always due to allowing our body to become polluted, whether by disharmonious thoughts or emotions, an unhealthy diet, electromagnetic pollution or emotional pollution from the people around us.

According to Leonard Orr, immortal yogis learn to de-materialize and re-materialize their bodies within their first 300 years of life. Mastery over the physical body also includes the possibilities of resurrection, ascension of the body, ubiquity and more.

In *Life and Teachings of the Masters of the Far East* by Spalding, and in *Autobiography of a Yogi* by Yogananda, the experiences of immortal masters are described.

09.4. The body meditation by Leonard Orr

It is wonderful to have a physical body!

It is marvellous to be and feel a part of the physical universe. The human body is the highest expression of God in the Universe. The body is made liquids, gases and solids. It is amazing and beautiful! We can walk, run, and dance. We have systems like the respiratory, nervous, circulatory, digestive, skeletal system, a healing system, etc! We have a sexual system capable of intense pleasure! We have sight, hearing, touch, taste, smell, and speech! The human body is brilliantly designed. It functions very efficiently in its infinite complexity! It can heal itself! It already does, every day, and is patterned for Life! It is designed for continual renewal and rejuvenation when it receives proper attention and support. God loves our body as well as our soul.

In this body we also find our mind and our emotions. Between our thoughts is Infinite Spirit: “the Energy” or “Life itself – Eternal Life”. We are spirit, mind and body. We are energy, thought and form. We are being, feelings, and matter. We are earth, air, water, and fire intelligently interacting! We exist in a medium of love.

The physical body is created and sustained by our chakras – spinning wheels of energy. It is sometimes called the “rainbow body” by people who can fully see the aura. Our body is composed of cells and atoms. Every atom is a chakra – a wheel of Energy. All our organs and systems are governed by chakras.

There are yogis, like Agastya and Thirumoolar, who have maintained their physical bodies on Earth in health and youthfulness for over a hundred million years. How?! They say it is easy if we follow the simple rules which God, our Creator, has established for healthy and successful living. Advanced yogis can do anything. They can dematerialize and fly through the universe at the speed of thought, levitate, and pass through walls. We have enormous Divine potential which we are now waking up to! We have only been living in the “death dream” for about 5000 years.

The *Shiva Purana* says that salvation of spirit, mind **and** body is achieved through perfect Love and perfect knowledge. Jesus taught Repentance – the science of changing our mind, our emotional mind and consequently our actions, and achieving oneness with God – Energy. There is no salvation without conquering sin and without keeping the commandments of Jesus and the Father. The good news is that they are easy and pleasurable to keep and yield a rich life! The continual rejuvenation of the body and Eternal Life is achieved through spiritual practices. The whole law is to love our neighbour as ourselves – kindness and respect.

Divine Energy is the source of our salvation. We receive it primarily through the Seven Vehicles of Grace: 1) Meditation, thinking and study; 2) Water – drinking it and bathing twice per day; 3) Earth – nutrition, fasting, exercise and career; 4) Air – Conscious Energy Breathing; 5) Fire purification; 6) Love – harmonious relationships; and 7) Rest – pure relaxation and peace. These, briefly, are the rules of personal mastery and peace. They rejuvenate, balance and maintain our chakras and they are pleasurable to do! We have a loving Creator who has made salvation easy. All the immortal yogis I have met have mastered their mind and body with these practices for

hundreds or thousands of years. I have never heard of anyone achieving actual Eternal Life of spirit, mind **and** body without these practices! They are the **basic rules** established by our Creator to make salvation natural and easy. They work now – they have always worked and always will! They are built into human Divine Nature.

When we actually **use** these practices, we experience their Divine effects, causing a total transformation in the most profound ways. We then have the holy breath of life – the daily power of rebirth, rejuvenation and regeneration, the true spiritual knowledge of baptism and scientific spiritual truth. But these practices are empty and meaningless without daily use. Then we are some place far less than heaven. Physical death is not the automatic door to heaven. It may be a revolving door back to the womb. Death is the same as sleep! Floating in our feelings. Being in a body in the physical world is a privilege.

We can raise our body into the conscious life of the Eternal Spirit – **If we love our body only a fraction as much as our Creator does, we can keep it forever!** Physical immortality is our birth right. The human physical body was built to last forever. Negative thoughts, emotions, poor diet and a degraded, ignorant, disrespectful lifestyle destroys it very efficiently as we have all witnessed by the death of others. Death is no accident. Everyone creates his/her own death. But it is optional, which we can realize when we use these spiritual practices! It is actually easier and more pleasurable to create our own peace, success, aliveness and Eternal Life. Neglect of the practices creates misery and lust for death. The body is perishable, the word is eternal, we have to consciously merge our body with our words. We can create Heaven on Earth as we become masters.

We have to heal the death urge, which we learned from our family and cultural traditions and honour our natural divinity that we inherited as children of God. Human beings must recognize a force in the universe that supersedes and reigns over the material- physical world. Our spiritual nature has to become our focus – as the Source of our Life, our reality and everything we create. *“The God of all grace, who has called us to His eternal glory, will Himself restore us, confirm, strengthen and establish us”*. But not unless we cooperate and do the right spiritual practices. Even the Father does the practices when He takes a human body.

Our mind and body become the servants of our spirit – our being.

The following 3 pages are affirmations designed to destroy the unconscious Death Urge and liberate our minds from deathist mentality. They are just basic and wholesome thoughts about our divine nature! Feel free to make 100 copies and share them with everyone. The more people there are, thinking about the mastery of the mind and body, the easier it is for us all. We all enjoy (or suffer from) the collective consciousness! We are in this together!! Forever!! It may just take some of us longer to choose life over death. Let's choose **life** together **now!** Please master each affirmation and enjoy Eternal Life!

09.4.a) Rejuvenation affirmations from Rebirthing in the New Age by Sondra Ray and Leonard Orr.

Affirmations of aliveness and enrichment

- 1- My mind is centred in Infinite Intelligence that knows my good; I, ____, am one with the creative power that is materializing all my desires.
- 2- All the cells of my body are daily bathed in the perfection of my divine being.
- 3- I, ____, now have enough time, energy, wisdom and money to accomplish all of my desires.
- 4- I, ____, am always in the right place at the right time, successfully engaged in the right activity.
- 5- I, ____, now receive assistance and cooperation from people.
- 6- My days are filled with mental and physical pleasures.
- 7- I, ____, now give and receive love freely. Spiritual practices renew and purify my love.
- 8- The more I, ____, win the better I feel about letting others win; the better I feel about letting others win, the more I win; therefore I win all the time.
- 9- I, ____, daily make valuable contributions to the aliveness of myself, of others, and of humanity.
- 10- I, ____, no longer have to ask permission to do the things I know should be done.
- 11- I, ____, now feel exhilarated and wonderful all the time.
- 12- I, ____, do not have to suffer to get happiness.
- 13- My goodness keeps hanging around. Just because something is good it does not mean that it has to go away.
- 14- All good things never end, they just keep getting richer.
- 15- I, ____, now enjoy accepting the good so that I can get more.
- 16- The more satisfied I, ____, become with the present situation, the more satisfaction I obtain.
- 17- I, ____, now feel sweet, joyous peace. I enjoy doing spiritual purification practices.
- 18- I, ____, have the right to indulge in laziness so long as it is pleasurable.
- 19- I, ____, am an ever- flowing spring of aliveness. God is the ground of my being.

Youthing affirmations

- 1- I, ____, am alive now, therefore my life urges are stronger than my death urges; as long as I continue strengthening my life urges and weakening my death urges, I will go on living in health and youthfulness.
- 2- Life is eternal, I, ____, am life; my mind is the thinking quality of life itself and is eternal; my physical body, as matter and Energy, is also eternal; therefore my living flesh has a natural tendency to live forever in perfect health and youthfulness.
- 3- My physical body is a safe and pleasurable place for me to be; the entire universe exists for the purpose of supporting my physical body and providing a pleasurable place for me to express myself.

- 4- All the cells of my body are daily bathed in the perfection of my divine being.
- 5- I, ___, am commissioned by the Infinite One (or God) to assist in the scheme of creation.
- 6- I, ___, am cooperating in the evolution of life, and in so doing my soul and body and their infinite possibilities are progressing in proportion to my desire to use all my powers and possibilities in spirit and in truth. My spiritual purification practices are working.
- 7- My physical organism is my natural universe, over which I, ___, alone rule. It is my material cloak, or garment, through which I will manifest the powers of divine nature. It is my fundamental servant. Although perishable, it is eternally renewable.
- 8- I, ___, am progressing rapidly towards the conscious subjugation of matter and the complete lordship over all basic elements of life, which exist only by my permission as peaceful and obedient servants.
- 9- All the cells tissues and organs in my body are now youthening according to my desires.
- 10- The divine alchemist within is transforming the appearance of my body to express its eternal youthfulness.
- 11- My body is youthening; it daily expresses more health and strength.
- 12- I, ___, am now starting the youthening process; each birthday I will become a year younger.
- 13- I, ___, have eternal life – my body eternally renews itself as long as I like.
- 14- I, ___, am cooperating in the progressive evolution of creation; the entire universe supports and assists my life and goals. My soul and body with their infinite possibilities are progressing in accordance with my desires. I now use all of my powers and possibilities in spirit and in truth.
- 15- My physical body is my most valuable possession.
- 16- The more I, ___, am good to myself the more I enrich my aliveness.
- 17- I, ___, do not give my body a chance to self- destruct.
- 18- Each one of my cells grows in perfect youth, becoming more alive and energetic every day. Each cell replaces itself with a finer, purer, more perfect cell.
- 19- The only germs that can harm me are the germs of bad ideas.
- 20- My body is not one with pain; I, ___, can therefore let go of pain any time I want.
- 21- My body is my loving servant; it is trying to teach me to give up false ideas so I, ___, can enjoy eternal life and all its pleasures.
- 22- I, ___, am naturally divine. I have the ability to substitute health for sickness.

Health and body consciousness affirmations

- 1- I, ___, now feel exhilarated and wonderful all the time. I enjoy spiritual purification.
- 2- My skin is becoming beautiful and my oil glands function perfectly. In fact my skin is getting younger. My earth, air, water, and fire practices are working.
- 3- Infinite Intelligence is healing my body.
- 4- My mother and my partner now like my body.
- 5- My body is highly pleasurable to men and women

- 6- The purpose of my bloodstream is to clean out my body and keep it in perfect health.
 - 7- I, ____, don't have to have a headache to make ____ wrong.
 - 8- Tension is no longer a problem of mine. Tension, stress, and pain now serve me.
 - 9- I, ____, am now willing to drop my tensions and my feelings of helplessness and live in the glory of my natural divinity. I can be relaxed and work relaxed.
 - 10- I, ____, have the right and ability to live without tension and pain; I am loved by all.
 - 11- I, ____, like myself even though I am tense; therefore I have no need to be tense.
 - 12- My body will function perfectly with any amount of sleep.
 - 13- I, ____, no longer need pain to get attention.
 - 14- My perfect weight is ____ and cells in excess will be washed out by my bloodstream and excretory systems.
 - 15- My body is my servant, which is getting me my perfect weight.
 - 16- I, ____, am filling my body with pleasure to experience out pain.
 - 17- My body is now bathed in the perfection of my divine being.
 - 18- I, ____, rejoice in God's healing power in my body.
 - 19- My body is not one with pain; therefore I, ____, can let go of the pain anytime I want.
 - 20- My body is a loving servant, which is trying to teach me to give up false ideas so I, ____, can enjoy eternal life and all its pleasures.
 - 21- Perfect vitality is the ground of my being and is manifesting in my physical body.
 - 22- The Intelligence of pure spirit is expanding in perfect order in my mind and body.
 - 23- As God, I, ____, have the ability to substitute health for sickness.
 - 24- My mind is thoroughly permeated with the recognition of it's own life- giving power and thus does the work of substituting health for sickness..
 - 25- My mind is tuned into the mind of ____, and therefore I can assist in healing ____.
- That perfection is being communicated to both of us and enriches us.

09.5. The immortal yogis by Leonard Orr

09.5.a) The truth about immortal yogi masters by Leonard Orr

There are many immortal yogis in this world. I have met only eight of them, but I plan to meet a lot more because they are the most interesting people on the planet. We can all become immortal yogis and experience the eternal life of spirit, mind and body.

The main thing I have learned from them is that mastering the mind and body is easier than running a successful business or raising children through college. And it takes the same kind of focus and discipline. Now is the easiest time to become immortal.

After watching people work with this idea of physical immortality for almost 50 years, I have noticed that we seem to have two alternatives.

One, we can wait until our parents die and deal with the full force of the unconscious death urge in our family traditions and struggle with it then. Then may be too late.

Or two, we can integrate the affirmations, philosophies, and personal spiritual purification practices that are known to bring success to people with this goal. These ideas expand the pleasure of human existence infinitely and bring personal mastery of mind and body. However, we have to master each idea through extensive meditation on each one until it is fully integrated into our consciousness. This can be done by autosuggestion and conscious reasoning with the emotional response technique (see section 11.8.a) page 204). Do it now that it has your attention.

Specifically, write a page of each affirmation every day for 21 days. As you move down the page with the affirmation, write out all the thoughts and feelings that the affirmation stimulates. Then transform any negative thoughts into positive thoughts. This is, at least, a 3 years course. If you do it with these high quality ideas you will be glad that you did.

This accomplishment will be more valuable than a college degree or a PhD. In addition to this, we must master a conscious relationship to earth, air, water and fire. These are the basic elements of the physical body and the physical universe. They are forever interpenetrating each other in a intelligent way.

Basic spiritual purification practices clean and balance the Energy Body which intelligently creates and maintain the physical body as well as keeps the mind in peace and bliss.

A good vegetarian diet, regular fasting, and a personal exercise program are basic earth spiritual purification practices. Fasting is very healing and powerful.

Learning conscious breathing from a good Rebirthing breathworker gives most people mastery of air purification. Intuitive Energy breathing is a powerful and simple healing tool.

Bathing twice per day and being careful about the quality of our drinking water are basic water purification practices. We can soak away our pains, diseases and troubles.

Sitting regularly, even daily, with an open flame also cleans and balances the energy body. Fire can dissolve extra inches off the waistline as it cleans the solar plexus. And fire can heal the death urge and other persistent negative emotions. Fire is very magical.

Spiritual purification is simple and actually pleasurable. It is the only way that I have experienced that renews our Life Energy in a way that can yield a practical experience of Eternal Life. It is the secret of immortal yogis. We have to deal successfully and harmoniously with our mind and our relationships. However, a practical knowledge of our Energy Body seems to be the missing factor in all branches of religion as well as science. These affirmations are all wholesome ideas for the purpose of building a healthy mind and body.

Physical immortality cannot be achieved in the sense that immortality never ends. Body- Mind rejuvenation and renewal can be achieved, and it is an eternal process of becoming more and more alive and able. This is our natural birth right as children of God.

The results of the spiritual purification practices and philosophy embodied in the affirmations, and healing the death urge can be measured both objectively and subjectively.

This is the best time in human history to achieve personal practical mastery. We are entering the Age of Truth when everyone will take responsibility for themselves, their enlightenment, and our quality of life.

The energy Body is invincible. It can even survive death.

Most people die at home, not because their home is unsafe, but because their mind is unsafe. They die or kill themselves wherever they are. Everyone creates their own death.

An unsafe mind is one that contains the unconscious death urge. It will remain unsafe until the unconscious death urge is made conscious and released. This seems to take a good deal of mental work. We can create personal mastery and physical immortality.

We have to uproot the mental weeds from our garden of memory – the unconscious mind – and burn them. And we have to plant, nourish, and care for the wholesome thoughts.

Here is a basic collection of wholesome seeds. It is up to us to master them. When we have instant recall, we have started the process. How many deathist thoughts can you recall instantly? Our mind can be the source of happiness, success, and Eternal Life.

09.5.b) Victory affirmations by Leonard Orr

Our gift to you – for your personal health, aliveness, truth, simplicity and Love.

Write or speak aloud each of the following affirmations three times, then meditate and share about each one of them with your family and friends. You can meditate and think about each affirmation as long as you like – until they are working to liberate you from self- sabotage and the unconscious death urge.

- 1) We are living the victorious life on this planet in the kingdom of God now!
- 2) The cause of death is now lifted from my mind and my body. I, ____, am death- free.
- 3) The death urge is now banished from my friends and me, ____. We have achieved victory over death.
- 4) I, ____, am no longer a victim of death. Death is my friend and servant. The principle of death is the principle of renewal, change and regeneration. Death, rightly understood, supports Life. I no longer fear death. Death is optional. I am now free of my family beliefs and traditions around death.
- 5) The old enemy of mankind is now dead. The wicked witch is dead. Ding Dong!
- 6) Death is powerless when I, ____, free myself from my mental belief in it and when I don't give it Life Energy. Practicing the presence of God and the simple and pleasurable spiritual purification practices which God has given us, with mind, earth, air, water and fire, gives us victory over death. We now control death. Death does not control us.
- 7) It is ok with God if I, ____, master life and death. In fact, She/He recommends it and has done so for millions of years.
- 8) I, ____, can now trust God. She/He no longer kills people. God no longer kills children, parents, old people, young people or good or bad people. Everyone is responsible for their own death by their own thoughts and lifestyle.
- 9) My family is now free of death. My son is now free of death. My daughter now is free of death. My dear wife/husband now is free of death. My sister/brother are now free of death. My mother and father are free to choose. We all can be free of death.
- 10) It is ok with Jesus if I, ____, also conquer death. My victory over death is becoming a practical reality for me!
- 11) I, ____, am no longer afraid of people because I have totally conquered the death urge in them. I have conquered death for them and in them. I see and know the Truth. Liberating people from death is becoming easier and easier.
- 12) We live now at the time in history when we are supposed to conquer death and live consciously with our Father within.
- 13) Everyone in my circle of influence has conquered death. We enjoy living the victorious life in harmony with our thoughts, feelings and body. They support each other.
- 14) The unconscious death urge is no longer unconscious and has stopped being the cause of death for me and everyone now. We are realizing full aliveness.
- 15) My oneness with God – Life – gives me victory over everything, including death.
- 16) God in me gives me health, success, love, eternal life, peace, power, happiness, victory over death and victory over the unconscious death urge in mankind.

17) Mastering death and the death urge is a piece of cake. I, ____, enjoy doing it for myself and others. The immortal yoga is possible and simple for anyone who wishes a state of perpetual success and happiness.

18) Processing the death urge for others is pleasurable (or at least interesting) in my body. I, ____, do it joyfully and fearlessly – without discomfort nor symptoms of any kind.

19) The Bible teaches that when we conquer death, God will live with us in a physical body. The Bible says that “*God is not willing for any to perish, but that all should come to a knowledge of repentance*”. Repentance is the science of changing our mind – healing our emotional mind and erroneous thinking.

20) It is ok to love death and to be free of it. We are in charge of our death and health. We use death for healing in the regeneration of our body for perpetual Life!

21) When a large community of people is immersed in immortal mentality, it can expand rapidly, like a nuclear explosion, bringing a state of enlightenment, love and happiness.

22) I, ____, can heal death and the death urge in others without any harm to myself. Spiritual purification with mantra, earth, air, water and fire makes it easy.

23) Love has the power to conquer all, even death. Jay Maha Maya Ki Jai!

24) The death urge no longer bothers me, ____, nor drags me down. As I heal my emotional mind, I feel the joy of life and continually choose life.

25) The good news of salvation is my natural divinity – that I, ____, am a daughter/son of God. I achieve total salvation of spirit, mind **and** body through healing my emotional mind and activating my spiritual power with a good diet, exercises, herbal therapy, massage, daily conscious Energy breathing, fire and water purification, intuitive love and participation in the community.

26) God loves it when I, ____, am victorious. God loves me for no reason. Loving me is Her/His nature. She/He just loves me always and in all ways.

27) It doesn't hurt anything or anybody to heal death. It doesn't hurt me in any way to heal death.

28) All my chakras have the power to heal death in myself and in others without any pain or discomfort. Praise God for **Aum Namaha Shivaia**. The name of God is powerful.

29) I, ____, am highly pleasing to myself without death. I am highly pleasing to others without death. I am highly pleasing to myself in the presence of people without death.

30) I, ____, am safe without death. I am safe when I heal the death urge.

31) Through God, death can no longer touch me, ____.

32) It is ok to be totally healed and death free.

33) I, ____, give attention to my body. It is the holy temple of God. Symptoms are the sermons of God/Life in this temple/church. When I meditate on them, I discover the appropriate methods to heal them. I am free to use traditional, new or alternative methods of healing when I receive an ok from God.

34) Now that I, ____, have healed death, I have time to heal everything else. I am free of all urgency and scarcity.

35) Rebirthing Breathwork heals the death urge and gives people total liberation, when it includes the Elements.

36) Healing the death urge makes it easier for me, ____, to tune into Infinite Intelligence in a practical way – every day! It is ok for me to be successful in every way.

- 37) I, ____, am filled with life. My mind and body are so filled with eternal life that they chase away death, failure and disease everywhere I go.
- 38) I, ____, am living in the power of God today – the abundant life which Jesus and all immortal masters promise by their example. I am now an immortal master and I love to practice yoga – the science of life.
- 39) Earth, air, water and fire are my eternal friends and support me, ____, abundantly.
- 40) The light of God in me, ____, is stronger than death and frees other people from death automatically, when I share these ideas with them.
- 41) God has given us earth, water, air and fire to make it easier to be death free.
- 42) The purpose of Rebirthing Breathwork is to connect us with God and free us from death through the holy breath (Spirit) of life. The purpose of Jesus was and is to free us from death. The purpose of the church is to free us from death. The purpose of the civilization is to free us from death.
- 43) It is ok to use earth, air, water, and fire in abundance for our good and for the good of others. I, ____, love doing the practices and being nourished by them! Spiritual purification practices are all disciplines of pleasure.
- 44) The eternal lifestyle of spiritual purification is the most wholesome and pleasurable and fulfilling one there is!
- 45) God has given us hot water to use and enjoy for pleasure and spiritual liberation. It works!
- 46) The peace of God in me, ____, has freed me from death. Now I freely share it to free others.
- 47) Physical Immortality is my birth right for being a daughter/son of God. Physical immortality is easy and natural!
- 48) My healing is happening fast enough for me, ____, to benefit and I enjoy healing others. Now I can heal others without harm or discomfort to myself – only the pleasurable sensations of energy release, richer peace and bliss, success and joy.
- 49) Victory over death is fun. I, ____, am happy, creative, productive, goal- oriented, and a full participant in the physical universe. **I love life!** I enjoy participating in our democracy.
- 50) Living in victory over death is fun. I, ____, am successfully unravelling the birth-death cycle.
- 51) We are naturally victorious beings!
- 52) When we find God within and have achieved victory over death, it is safe for God to have a body in the open and to play with us. And it is safe for us to visit Her/Him whenever we like.
- 53) Love in several European languages – *amour* – means “without death”, to Live without death.
- 54) I, ____, am a conscious participant in my community and politics.
- 55) I, ____, am now improving my diet and getting plenty of good water and exercise.
- 56) I, ____, am mastering my ability to breathe Energy as well as air.
- 57) Bathing twice per day cleans and balances my energy body, my soul, mental body, emotional body and physical body. Thank you, God, for indoor plumbing and warm water!

58) Daily worship of God – the source of the fire – through fire is a healing power as important as food.

59) I, ___, understand loving service and how easy it is to play and win the money game to support living fully! I have a successful and satisfying career.

60) I, ___, am alive now, therefore my life urge is stronger than my death urge. As long as I continue strengthening my life urge and weakening my death urge, I will go on living in increasing health and youthfulness forever.

61) Spirit energy is eternal. I, ___, am spirit energy! Thinking is eternal. I am the thinker! My body as matter and energy is also eternal, therefore my living flesh has a natural tendency to **live forever** in perfect health and youthfulness.

62) I, ___, am safe and immortal **right now!** I am free to choose life thoughts every moment.

63) Death has no power except what I give to it in my own mind. The power of life and death is controlled by my spirit and mind. Everyone has the same power.

64) Death is optional and voluntary for everyone, but to realize our power over death, we have to learn and practice the basic rules for the health and aliveness of our body and mind.

65) Jai Maha Maya Ki Jai! (Victory to the Energy Body!)

66) Jai Maha Mriten Jai! (Supreme Victory over Death!)

67) Bhole Baba Ki Jay! (Victory to the Simple Father/the One Source)

68) **Aum Namaha Shivaiya!** (Infinite Being, Infinite Manifestation, Infinite Intelligence!)

69) I, ___, am the source of money. We can create any kind of money system we like.

70) Death and taxes are no longer necessary.

71) Local, state and national governments have the right and duty to print the money for their budgets out of the authority of the people and to print an appropriate amount for every individual regularly, based upon our productivity.

72) The more willing I, ___, am to prosper others, the more willing other people are to prosper me.

73) I, ___, have the right and duty to print as much money for myself as I like and I honour this right for others.

74) As a child of God, I, ___, am an inheritor and equal owner of the world and the universe and its riches.

75) Physical immortality means to incorporate the body into the conscious life of the eternal Spirit.

It is good to work with these affirmations daily until we have instant recall of all of them. We can replace our death urge with them. Each one becomes an angel of God that protects us and guides us into mastery.

Read each one on tape/CD three times in all three persons (I, You, He/She) so that you hear each one nine times as you listen to the tape/CD. You can listen to them every day and become the architect and engineer of your life and your own personal aliveness! Repetition and conscious reasoning are the power of the mind. You are a beautiful divine being of God and have a beautiful healthy Life now!

09.6. Babaji

“Babaji is the eternal manifestation of God in human form. Babaji is Lord Shiva himself. Babaji is God the Father. Baba means father. Ji means supreme. There is always one Babaji.”

Leonard Orr (Physical Immortality).

Leonard Orr reports that in november 1977 Babaji suddenly appeared in front of him out of nowhere in physical form. It gave him an experience of bliss which remained with him for one week afterwards. A few months later he was guided to meet Babaji in Haidakhan, India, and recognised him. Leonard says that, in the discovery years of Rebirthing, he has been guided by Babaji without knowing it. When he finally met him in flesh, Babaji asked him: “How much do you like the breathing technique I have been teaching you?”

In *Breaking the death habit*, Leonard reports:

“Before I met Babaji in the flesh, I had figured out that breathing in cooperation with the mind was the key to the health of the body and the mind. I concluded that the Breath of Life could be “the fountain of Youth”, and, therefore, the key to eternal life of the body as well as the mind. Since Babaji has mastered the eternal life of the spirit, mind and body, his body though thousands of years old, has the appearance and integrity of a young man. So, one day in January 1978, I mustered enough courage to test my conclusions with Babaji. It took courage on my part, because if anyone on Earth could invalidate my cherished logic, it would be him. I had tested my ideas upon thousands of the world’s greatest minds, but he was the first genuine immortal I had met.

I said: “Does Rebirthing produce Mritenjaya?” (which means victory over death). He said: “Rebirthing produces Mahamritenjaya” (which means supreme victory over death). I said: “You mean, since prana is eternal, the body filled with prana is eternal?” He said: “Of course” and walked away as if the conversation were mundane. To me, the confirmation of my ideas from an actual immortal was a big deal. But to him, I concluded, it has been simple and obvious for thousands of years. To him, it was a stupid question.”

Babaji also taught Leonard, by example, the spiritual purification practices which are essential for immortal mastery. He once told him that Rebirthing was the new kriya yoga.

Babaji was a yogi master who conquered death in his first life time. He can materialize and dematerialize his body. He can guide the aging and youthening process in any direction. He also has the ability to materialize several bodies at the same time.

Haidakhan Baba and the Mahavatar Babaji described by *Paramhansa Yogananda* in his book *Autobiography of a Yogi* are some of the numerous bodies he can materialize.

Babaji is recorded in a number of books and has been witnessed by many local people in Haidakhan throughout the centuries. Several unusual events such as changing

form, appearing simultaneously in different places and miraculous incidents of healing the sick and dying have been recorded. There are tales of His appearances in Nepal also.

In 1970 Babaji appeared in the historic holy cave situated at the foot of Kumaon Mount Adi Kailash at Haidakhan. He materialised as a youth of eighteen or twenty years. Babaji spent most of this manifestation, of fourteen years (1970- 84) at Haidakhan where He established a beautiful spiritual ashram and built nine temples on the bank of the River Gautami Ganga. There are many books written in Hindi about His previous incarnation "Old Herakhan baba", from 1800 to 1922. In 1922, He desmaterialized His body at the confluence of the Rivers Kali and Gori disappearing in a ball of light. This event too was witnessed by several devotees. Several Tibetan lamas, who came to visit Him, recognised Him as Lama Baba who had lived in Tibet centuries ago.

Thousands of people from various countries continue to receive Babaji's blessings by being mystically inspired to come to the spiritual path through extraordinary events, dreams and visions. Many spiritual centres dedicated to Babaji have been established the world over.

He has proclaimed that He has come to revive the eternal religion - The Sanatan Dharma - and to reform the very mentality of man, laying stress on three basic precepts of Dharma (inherent quality): **Truth, Simplicity and Love.**

Babaji emphasised selfless service to humanity as the highest form of Karma Yoga.

***"Remember, nothing can be achieved without perseverance in your discipline.
Eliminate your low self- esteem, your ego, your idleness, your inability to respond
to opportunity, your own denial of your spiritual heritage and your potential.
Eliminate the envy and jealousy of others who distract you from your purpose.
Eliminate the resistance to necessary changes, the reluctance to break a pattern
of behaviour that prolongs suffering and the lack of faith in the Divine.
Would you, who proclaim you love me, recognize and love me if I come to you in
a different form which you have not known before?
If you love me why do you then have doubt and fear in you heart?
Blessed are they who recognize with their hearts.
I shall help them overcome their fear.
Religions and sects may calculate their greatness by the number of their believers
and devotees.
But Truth will still be Truth if not a single person believes it.
For Truth does not depend on the approval or the acceptance of people
or this system."***

Babaji.

09.7. The Two Trees by Leonard Orr

There is new hope. A new Nostradamus book has been found. It says that when the true meaning of the garden trees is revealed, the age of Truth will come...

In the garden of eden with Adam and Eve there were two special trees. Do you remember what they are called? The tree of temptation was called the tree of the knowledge of good and evil. The Bible says that if Adam and Eve ate the fruit of this tree they would surely die.

Understanding the true meaning of this story is a matter of life and death. And yet I have never in my life heard a sermon in any church that explained the true meaning of this story. Here is the true meaning of these trees and if you honour this meaning and practice these simple truths, you will have the secret to Life, to success, and to personal mastery.

The name of the second tree is the tree of life. To eat of this tree the Bible says, gives us everlasting life. Since Adam, very very few people have discovered the meaning of this tree. The tree of the knowledge of good and evil is the mind. It is the fruit of this tree that produces death in our thoughts, beliefs, and feelings. When we get trapped in our thoughts, beliefs, and feelings, we die. We cut ourselves – our mind and body – off from the Source.

The tree of life is life itself – the space between our thoughts, beliefs, and feelings. The tree of life is the Energy evenly distributed throughout time and space. It is the Eternal Spirit, God, Infinite Being. It is life itself.

To eat of the tree of life is to live in the reality beyond the mind, which is the Source of the mind and all things. It is the thinker. To bring our mind into harmony with our divine nature is eternal life. Learning to live with spirit power instead of mind power or physical power. Absolute power is perfect rest. When people are stuck in their mind," the Spirit no longer strives with them."

To eat of the tree of knowledge is to be dependent upon the mind and external reality.

To eat of the tree of life is to be dependent only upon Infinite Eternal Spirit. We have to live in Spirit which is love, simplicity, and truth. We have to learn how to get our strength and power and peace and rest from Spirit rather than forcing it with the mind and physical power. This doesn't mean being lazy and sitting around meditating on a mantra. It means using the mantra to motivate ourselves to move, and love, and be of service. Not just running around doing nothing, but intelligent action grounded in wisdom and joyous, creative artistic self expression. We can find ways of serving God, ourselves, others, and the planet in eco- friendly ways that are designed to support high quality life for everyone.

Since Pure life exists in the space between all our thoughts and we have over 50,000 thoughts per day, we are involuntarily visiting our Source over 50,000 times per day. But most people don't realize that this space is the Tree of Life. They are not aware of their Divine Nature and do not build it into their self- esteem nor listen to it. The ultimate True Religion is Silence. In Perfect Silence there can be no argument;

no doctrinal differences. There is only unity and Oneness. This Oneness can resolve all conflicts. Oneness can stop all wars.

Everything that exists is created by mind. But we are the Source of mind and all thoughts, doctrines, beliefs, and feelings. They all are optional and subject to choice. The purpose of conflicts is to expand our communication and raise us into higher truth until we dwell in truth, simplicity and love which is knowledge of life itself. When we master our relationship to the tree of the knowledge of good and evil and the tree of life we become the masters of our own eternal life.

However, in order to eat of the tree of life, we have to get past the flaming sword and get back into the garden. The flaming sword is the symbol for spiritual purification. What is this? Simple spiritual practices with earth, air, water, and fire do the job.

In addition to these simple practices, we have to watch the quality of those 50,000 thoughts per day and have harmony in all our relationships, in other words, to live in love all the time.

Meditating on the names of God continually is the basic form of prayer which pulls the presence of God into our lives and raises the quality of our live into the presence of God.

Think spiritual community!

Each of the above simple practices is scientific and self- validating and yields a life of pleasure and inspiration, even bliss.

10. PROSPERITY CONSCIOUSNESS

We received different conditioning about prosperity from our family, culture and religious influences. The consumption and materialistic society we live in is constantly trying to sell to us, through publicity for example, the idea that to reach happiness we must have an abundance of money and material possessions. On the other hand, religions often associate spiritual life with renouncement and vows of poverty. We then have our own family patterns about prosperity, money and material possessions.

Each of us has to overcome the negative conditioning we received and find our own definition of prosperity.

The concept of prosperity should not be disassociated with real happiness and freedom. Prosperity is about living a life you love and creating enough prosperity in order to achieve your goals. It can include having a lot of money and material possessions or not.

Prosperity consciousness is our natural state of being, of connection with the Infinite Being, with our inner selves and with humanity. The aim that drives divine manifestation of the Universe's goods and riches is to be able to express our Divinity more fully in the world, for the good of all beings.

For example, if you live in an eco village where all your needs are covered by your work and the community, you might not have the need for money, but you might feel fulfilled and live in abundance. However if your dream is to serve people by open a big chain of organic shops you will need money to achieve it.

Leaving behind poverty conscience and (re)learning prosperity involves overcoming the fear of scarcity, substituting an attitude of survival for complete trust in the Universe. It is allowing Divinity to care for us, support us and guide us in our creativity in order to serve others and offer them quality services.

To live in poverty consciousness is the same thing as ignoring our own creative power. This is reinforced by our common social conscience and may also affect people with a lot of money.

The mistaken idea that life is a hard battle makes people hold on to the belief that work is hard and that we need to "earn our living by the sweat of our brow". This belief is caused by traumatic experiences like, for example, births in hospitals, and is reinforced often by people's personal lie. Since it is a very frequent belief in our society, few people are brave enough to question it.

Money in itself is only a way to exchange riches, that is, ideas, goods and services.

A person's prosperity conscience does not depend on the amount of money s/he has, but on her/his connection with the source of life and her/his trust in it.

Fostering thoughts and feelings of prosperity involves opening the door to natural abundance, while having thoughts- feelings of scarcity means closing the door to prosperity.

Unfortunately, most people have jobs for which they feel no real motivation, and only remain in these jobs because they believe that it is necessary for their survival and financial stability. Working only for money creates unhappiness and frustration, even spending money can become boring if it has not been earned with love.

True stability resides in developing your divine capabilities to create abundance.

Providing the means to find true motivation within oneself and reaching the point of materializing it at work can be a huge challenge for many people, a challenge which often requires a transition period, a time to completely reconsider their lives.

During this phase, the support of a rebirther or a prosperity consultant is often of great help, in order to overcome fears, resistances and limiting beliefs. Making this change is a source of happiness and fulfilment which will be acquired forever, because once the mind has expanded it can never go back to its previous size.

When people work in something they are passionate about, they are actually “play- working”. When someone enjoys “play- working”, it is a lot easier to serve others and create more prosperity for oneself and at the same time for all, since one will have access to large amounts of enthusiasm, energy, happiness and health.

A truly prosperous person is someone who has discovered their divine motivation and has managed to transform that into their business. This is divine economy: it offers happiness to people, diminishes the number of unnecessarily boring and competitive businesses, increases the diversity and prosperity of local communities and also of world markets. This knowledge is the solution to unemployment.

From my point of view, prosperity also cannot be disassociated with ecology and responsible living. A person who is making money through work which participates in the destruction of the ecology of the planet is creating scarcity; and therefore cannot have a real prosperity consciousness.

It is highly recommended you receive the *Prosperity consciousness consultation* by Leonard Orr several times from a rebirther who has experience delivering it. It will improve your prosperity as well as your abilities to plan and enjoy work. Afterwards you will also be able to give it to your clients or get some great inspirations to teach them prosperity consciousness.

10.1. Creative thinking exercises that produce success

(from *The prosperity consciousness consultation* by Leonard Orr)

Express your prosperity consciousness in action by creating goals for yourself, both easy goals and more challenging ones. Get a pen and paper and complete each exercise before reading the next.

- List five financial goals for this year
- List ten to twenty of your favourite pleasures
- Pick out your favourite pleasure and spend two minutes listing ten to twenty ideas on how you can make money while engaged in your favourite pleasure.
- The following is an exercise that, when practiced daily, will build a millionaire mentality. List ten to twenty enjoyable way of serving people that will increase your personal cash flow by the end of the day. In addition to doing this exercise right now, do it every morning until your money problems have disappeared. Be sure to execute the ideas that are the most profitable and the most fun. As your creative imagination and intuition develop, the ones that are more fun will also be the most profitable!

- Personal product exercise:

- 1) Express you product or service in one word only
- 2) Write down the price for one deliverable unit of your product
- 3) Write down the name of you next customer

If you do not have a real product, a real price, and a real customer, you are out of business.

Our personal cash flow is increased by serving more people in ways they are willing to pay for.

10.2. Prosperity affirmations (from *The prosperity consciousness consultation* by Leonard Orr)

- 1- I, ___, deserve to be prosperous.
- 2- I, ___, have great worth just for being myself.
- 3- I, ___, am loved just for being myself.
- 4- I, ___, forgive myself, my parents, and others for past errors.
- 5- Prosperity is my natural state of being.
- 6- Prosperity enables me, ___, to fully express my creative potential.
- 7- Fully expressing my creative potential enables me, ___, to be prosperous.
- 8- I, ___, am the master of money. It serves my growth, happiness, and creative expression.
- 9- I, ___, use money to fully express my spirituality in the world.
- 10- Money helps me, ___, to help others.
- 11- There is enough for everyone, including me, ___.
- 12- The world is an abundant place, flowing with love.
- 13- My prosperity prospers others; their prosperity prospers me.
- 14- The more I, ___, give, the more I receive.
- 15- I, ___, am willing to receive all I need.
- 16- Everything I, ___, need is available from the Infinite Source of all.
- 17- I, ___, am willing to receive money abundantly, as an expression of people's love and support.
- 18- I, ___, love working and serving people.
- 19- I, ___, express my love and my creativity in my work.
- 20- People love paying me, ___, when I deliver valuable ideas, goods and services to them.
- 21- I, ___, enjoy making money doing what I enjoy.
- 22- I, ___, easily attract money and prosperity by my self- acceptance and self- confidence.
- 23- My creative imagination and my connection with the Universal Mind is an unlimited source of money making ideas.
- 24- I, ___, am willing to receive money while enjoying myself and letting life be easy.
- 25- The only difference between a millionaire and me, ___, is that while he is working on his second million...I am working on my first.

11. GUIDING A REBIRTHING SESSION

11.1. Preparing for a session

It is better when possible to have a room just for Rebirthing. Some rebirthers like to attend to their clients in a health centre, renting a room there. I personally prefer to use a room in my house, which is the Rebirthing and meditation room. In any case, you need to be in a place where nobody will interrupt the process.

Be aware that most of the time sessions last between two and two and a half hours (you need time for the consultation part and your client will breathe during at least one hour). I usually plan 3 hours between the start of a session and another except when I know that the client need to breathe much longer (a few people sometimes need four hours to complete an energy cycle)

It is usually not a good idea to do a session on a bed because there is so much E.E.P. in them. I have made exceptions when there is no other solution but even in a hotel room, I prefer to rebirth someone on the floor, on a camping mat, or on a carpet or blankets; I notice that the energy flows much better that way.

It is also better to have the person coming to you instead of going to their house; by coming to you they reaffirm their intention to make changes in their life and get out of their comfort zone. When there is no other alternative than going to their house, it is better not to rebirth the person in the room where they sleep. I have made exceptions when the person was sick and could not move from her bed.

What your client will lay on is also very important. The best choice is probably a camping mat because it absorbs less energy and you can move it and hang it outside easily.

It is always a good idea to open the window before and after the session, so that the air is circulating in the room, clearing the E.E.P. that might has been released and your client can breathe fresh air.

When the atmosphere in the room is very heavy, I sometimes burn *papier d'arménie*, use a ionizer (especially in cities) or incense. But I always make sure that the smoke and the smell of the incense is gone when the client start the session, as it would not be healthy for his lungs.

I like to sit on the floor and realised that most people do not have any problem sitting on the floor, so we usually start the session facing each other sitting on cousins.

Some rebirthers prefer to use chairs. I personally only use chairs when my clients need to use one.

Most of the time, after the consultation, your client will be breathing lying down. The best place for you to sit is more or less at the level of his heart chakra and at a respectable distance. I you sit too close, your client might not have enough energetic space; if you sit too far away, s/he might not feel supported enough and you will not be able to guide him/her so efficiently. A good distance might be the distance from which you can touch their shoulder stretching you arm if you need to.

Sometimes you can even lay down on your side (when you feel it will not lead to misunderstanding and the trust space has been built with your client). By doing so, you align your chakras with your client's chakras and help the energy to flow faster.

I personally very rarely do it and only when the person has a quite clear energy or when s/he needs a special healing and I feel comfortable enough with her/him.

The temperature of the room should be as comfortable as possible. It is especially difficult to relax and surrender when it is cold so you should always make sure you have enough blankets.

Some people have so much tension, low energy, or release so much E.E.P. in some sessions that you might feel drained, tense or overwhelmed afterwards. It is then a good idea to have a shower. If you practice spiritual purification and bathe twice a day you will process everything much better and your presence will be so clear that your clients will connect with the Energy faster.

11.2. Preparing your clients for their first session

Before the first session, you have to explain to your client what an energy cycle is and talk about what s/he might experience. This knowledge is very important so the person will be more able to see that it is a healing, accept what is happening and relax into it.

You should explain:

- Why people have an inhibited breathing mechanism (also see section 03.2. *Breathing sessions, the energy cycle and freeing our breath* page 20)

- Most people have an amazing healing experience even in the first session. When that does not happen it usually means that the person's breathing mechanism is really blocked but that s/he will develop the ability to unblock it and flow with the Energy in latest sessions.

- When a person starts breathing Energy, the Energy will create a healing and cleaning process; in this process some tensions, unresolved memories and emotions, toxins and chemicals stuck in the body might come to the surface in order to heal.

- The Energy will process whatever is rising until it is released and transformed; and that the only thing they have to do is to keep on breathing, and relax into the process.

- They should keep on breathing until they are completely relaxed and all the sensations have been integrated, which ensure that the energy cycle is finished.

- You will guide their breathing rhythm to help them connect with the Energy and make the process more easy and pleasurable and also maybe give them some instructions in order to process their mind and surrender to the process.

- You will allow them to rest for 10 to 15 minutes after the session (and that they can forget about the time), and then come back to do the sharing part.

- They might have tensions, tetany or uncomfortable feelings and sensations that means they are releasing a lot and that as a result the healing will be very deep. If it happens they should just relax, trust and surrender as much as possible until it disappear.

- They might have anaesthesia (I explain what it is), and that in that case they will have to change their posture in order to overcome it and not fall asleep.

- They will probably feel an amazing relaxation and peace at the end of the session.

When a person is afraid, I usually say that nothing that s/he not ready to process will come up because our body and the Energy are very wise and will only release what is closer to the surface; and that we will first breathe into the fear until it is transformed. I also tell her that if s/he is afraid of breathing s/he is probably afraid of many things in life, as we breathe the way we live, and that by overcoming this fear, many beneficial changes will occur.

I personally prefer to have a conversation with my client, so I can intuitively find the words which will reach that specific person. I find out that it helps to create a safety space for the client. But you can also read the following page to your client as Leonard suggests in *The story of Rebirthing breathwork* (in the section *Preparation for your first session*) and have a conversation about it:

Conscious Breathing is very simple, easy, and pleasurable to do. This fact is disarming because it is also very powerful.

People sometimes have intense physiological sensations and sometimes emotional transformations during their very first session. Therefore, I like to give people special preparation for their first session. It is best for them to think about these thoughts a few minutes before their first session:

1- The sensations are not caused by the breathing, nor is the emotional transformation. People notice it after their first session, but there is no way they can know it in the middle of their first session unless somebody tells them that it may happen.

2- The sensations and transformation are caused by releasing body memories and tension and stress stored in our organism as a result of living for many years with inhibited breathing

3- The gentle connected breathing, which people do during their breathing session, induces relaxation. Since the relaxation is deeper than people usually feel because their breathing is inhibited most of the time, it permits layers of tension and suppressed feelings to surface and be released. These feelings coming out of the mind and body are what cause the physiological sensations and, to the extent that the relaxation is not complete, we partially recognise the emotional feelings that we are releasing.

4- People realize this after their first session because at the end of the breathing and relaxation cycle, people are very relaxed. Usually, after their very first session, people say: "I am more relaxed than I have been in many years." And sometimes they say: "I am more relaxed than I can remember feeling. I feel peace that passes all understanding. I feel this peace in my body as well as in my soul and mind."

5- It is important for people to have this knowledge before their first session because when the physical sensations become intense, it may cause fear. Actually, to the extent that the fear causes people to restrict their breathing and to tighten their body, the sensations become more intense because one of the biggest sources of the sensations is fear.

6- The more efficiently a person breathes when they have the sensations, the easier it is for the sensations and the stored tension to be released.

7- So if a person makes the erroneous conclusion during their first session that the breathing causes the sensations, then they will naturally become afraid of the breathing and this makes their session more difficult.

8- With this knowledge, the person doing their first session is more likely to cooperate with the instructions of their breathing guide and move through the in-

tense sensations or feelings more quickly and easily than if they did not have this knowledge.

Therefore I always give this knowledge to people just before their first session. It is good to have you clients read this page aloud to you before their first session and discuss it thoroughly.

Some people have discomfort or pain during their first session. I like to share with people my basic definition of pain:

1- Pain is the effort to clinging to a negative thought

2- The ultimate negative thought is something like: "The pain will never go away" or "the pain may be causing irreparable damage".

11.3 Guiding the breath during a Rebirthing session

“My love is enough to rebirth any person.”

The person is rebirthing themselves in your presence. The main work of a rebirther is to be present and develop ‘energetic listening’ and to hold a safe space for the person to relax and surrender on a deeper level. The other basic task of a rebirther is to teach the person to breathe Energy as well as air, thus one has to guide and correct the breathing until the Energy is flowing smoothly. We may also have to guide the person’s attitude and use spiritual psychology tools in order to help a person surrender to the Energy and continue breathing through the symptoms and experiences until integration.

When the person is flowing with the energy cycle there is nothing to do apart from being present, allowing the Divine Energy to do all the work. A good professional is very aware of what they are doing and knows not to interfere with the process of the person and their energy cycle. The rebirther should only guide the person when the Energy is not flowing and encourage the person to keep on breathing, and trust the process when she stops breathing or make too many pauses. When the latter happens it is sometimes necessary to let the person talk or ask a few questions about what is happening. This will help to release emotions and fear and will help the rebirthee to continue breathing afterward.

You might not always recognize when the Energy is flowing, especially as a beginner; in this case you can ask the person to tell you briefly how they feel and then keep on breathing. That way you can guide them better.

It is good to teach the 20 connected breaths exercise before the first session. They then will be able to practice it on their own every day. While they are doing this it gives you the chance to start inspecting their breathing capacity and any deviations in the breathing. This can give you some clues into the person consciousness and how they will need to be guided in future sessions.

When the person is lying down and beginning to breathe it is important to be very precise with the guidance. The first thing to observe is where the person is breathing. Is it more in the chest or the abdomen? If they are not using both then you need to guide them to do this. For instance by saying ‘breathe more in your chest’, or ‘breathe more in your belly’. Then you should make sure they are connecting the inhale with the exhale and vice versa, make sure the exhale is relaxed and if not tell them to let go more while exhaling.

There are two ways to guide the breath; through words, or breathing near them so they can follow your rhythm. The latter is better when the person is in a deep state which you do not want to bring them back to their mind.

The person should be as relaxed as possible and should relax their belly whilst breathing. The exhale should happen on its own without effort. The exhale is symbolic of our capacity of surrender, acceptance, letting go and trusting in life and the universe, whilst the inhale represents our commitment to life and our active part in it. It also represents your life urge.

I want to emphasise how important it is to have your client breathing for at least one hour. Many years of Rebirthing have demonstrated that it takes at least one hour to complete an energy cycle, especially if the person is doing their first 10 sessions. Sometimes it can seem that the energy cycle is finished before an hour is up. In most of those cases the release has just started. It is always better to continue breathing at least for one hour and until all the sensations have been integrated.

I have noticed that some people have the tendency to breathe at the same time as their clients. This is not a good idea because you might start a energy cycle and your job is to take care of your client; also the rhythm that you client needs might be very different than yours. Therefore when you are guiding a person by breathing next to her, you should only do it for a little while and then stop.

On the other hand when a client is stuck in his process, the rebirther can often help breathe their tension away for them. It can be very useful, especially during their first sessions or in difficult moment; but I don't recommend you do it too much; the ultimate gift is to teach the person to do it by themselves.

Normally, after a little while of circular breathing and following the appropriate rhythm that the rebirther will indicate, the person will start to feel tingles and vibrations which, if s/he is relaxed and surrenders to the feelings, can spread very pleasantly over the whole body. What we call the energy cycle has begun.

The tingling usually concentrates on the parts of our body that need healing. Our being, with its innate wisdom, will make the most of this contact with the Energy or *prana*, in order to allow whatever needs healing to surface, so that it can be processed and integrated. With the help of the rebirther, the person will learn to breathe and overcome these "symptoms" in an easy and flowing way.

One of the basic ideas of creative psychology is that it is not necessary to suffer in order to release pain, emotional blockages or traumas from the past. The experiences of the energy cycle confirm this idea. Many people in this phase enter what we call automatic breathing, in which inhaling and exhaling seem to merge into one, and the notion of time is lost.

The "symptoms" that appear in order to be healed can be of many types: physical tensions, emotions of all types, shaking, feeling hot or cold, etc. Memories of birth can appear also, or of pre- natal times or childhood, as well as moments of great awareness, of opening- up of the conscience, illuminated ideas, etc. (see section 11.5. page 184)

As the cycle advances, the "symptoms" will be overcome, the rebirthee will recover her/his space and the breathing mechanism will slowly be released.

The cycle will be complete when the rebirthee is totally relaxed, having integrated all the feelings of discomfort or tension, achieving therefore a more flowing and open breath. The time required to complete an energy cycle is generally about one to one- and- a- half hours. In some cases, it can last up to 4 hours. It is essential to respect the correct development of the energy cycle, not to interrupt it, and to allow the necessary time for it to be completed, assuring in this way that the person has reached completion.

The freeing up of our breath always brings with it very pleasant sensations, a profound sense of well- being, and often experiences in which the consciousness opens

up and mystical experiences occur. In advanced phases, and sometimes also in the beginning, the whole energy cycle can become an experience of pure ecstasy.

The secret of the incredibly healing power of Rebirthing lies in completing the energy cycle, which is why it is so important to respect its timing.

11.3.a) High quality Rebirthing

Since Rebirthing was discovered, it has spread around the world, reaching thousands of people and creating many schools with different branches and practices. Unfortunately many of these schools do group Rebirthing with beginners, don't know the proper balance between nose and mouth Rebirthing, do not teach physical immortality and do not teach nor practice spiritual purification; and some rebirthers haven't overcome the obstetrician syndrome and don't know enough about the energy cycle to allow the necessary time to complete it.

In their first 10 Rebirthing sessions we should always teach people to breathe through the nose as much as possible and do individual sessions.

High quality Rebirthing is about creating a safe space with your clients, respecting their process and teaching them mastery over their mind, body and energetic body. You can only achieve this if you have had high quality sessions yourself, if you work on mastering your mind and know about spiritual purification (also consult the following sections: 13.1. *Certification programme*, 13.2. *Ethical code for rebirthers* and 13.3. *What is a good rebirther from Leonard Orr*, page 239-244).

It is important to emphasize that Rebirthing sessions are not intended to be a cathartic process with the sole aim of expressing emotions, nor should they be expressed through movement. Although there may occasionally be phases of emotional or bodily expressions, the aim is to integrate them by completing the energy cycle.

Movement can be of great help when anaesthesia is being processed, for example, but once this is overcome it will be a lot more productive to respect stillness in sessions. This process, although perhaps less spectacular, is very effective for the transformation and improvement of the person's life.

I remember that when I came back from a five months training with Leonard Orr, one of my rebirther friend asked me to give her a session. She had done a three years Rebirthing course, though never had a session through the nose and had done most of her sessions in group.

She had an amazing release during that session, after overcoming a lot of anaesthesia, and told me that she had never felt the Energy before. She was delighted. I could not believe she had never had this experience before. A few days later she called me and told me that she was processing a lot of anger towards the teacher she had had and that she had decided to go to Virginia and do a training with Leonard.

11.3.b) Nose and mouth breathing

A good rebirther has to know the proper balance between nose and mouth breathing. Once again, the best way is experience.

The nose has been specifically designed for breathing. In each orifice there is an

energetic channel called “nadi” or meridian which distributes Energy around the body. Breathing through the mouth causes repressed emotions and feelings to surface and, while breathing through the nose also does this, it has the added advantage of helping integrate these emotions. During the initial sessions it can sometimes be a less spectacular process, but it is a lot more effective. With practice, it quickly leads to deeper and more enriching experiences and to a reconnection with our body and soul.

If emotions surface and they are not integrated promptly, they can cause emotional instability and confusion in the mind. In fact, it is interesting to observe that studies in psychiatric hospitals have revealed that most patients breathe through their mouth in their daily lives, while the hospital staff breathes through the nose. Therefore, we should mainly breathe through the nose.

During their first 10 sessions, people should only breathe through their mouth when it is too difficult for them to breathe through their nose. When a person has a cold and their nose is blocked, they often have to breathe through the mouth. Even though it is more difficult for them, I ask them to breathe for short periods through their nose when it is possible, and we check several times during the sessions if the nose is becoming unblocked. Most of the time it does before the end of the session (often after getting worse for a while because the Energy makes the body purge the phlegm first); and even when it does not the person usually feels better after the session.

This is one of the reasons why I tell my clients to come even if they are sick; thus they will overcome the symptoms faster.

Some people who have done a lot of mouth Rebirthing are addicted to intense sensations and have lost their capacity to be more sensitive and connect with their emotions on a more subtle level. They should do at least 10 Rebirthing sessions through the nose, meditate on the Energy, develop the quality of their attention and observing their feelings.

I rebirthed several people with a deviation of the septum (nasal cartilage), always with very good results. Usually it is much more difficult for them to breathe through the nose during a session and they get frustrated or even sometimes have asphyxia sensations when they do so. They also often have burning sensations in their nostrils. I have them breathe through the mouth when the sensations are too much and after a while we go back to nose breathing. This way they can little by little integrate those sensations. It is about finding the appropriate balance between not avoiding the sensations but remaining gentle and kind with oneself at the same time. It might take them more than 10 sessions, but I notice that when they integrated the sensations the deviation of the septum improves or even disappears. I know that most of the doctors would say that this is impossible but I have seen it happening enough times to be clear about it.

I also rebirthed a man who was suffering from apnoea during the night and had four operations on his nose. None of them resolved his problems. He completely freed his nose and his breathing mechanism within his first 10 Rebirthing sessions, after overcoming a lot of emotional drama.

Once a cycle of 10 sessions has been completed, and the person has overcome the physiological and emotional drama, it is recommended to carry out some sessions underwater, breathing through a snorkel (see section 11.10. *Water Rebirthing* page

209). In that case most of the breathing is through the mouth.

At that point it is also a good idea to experiment with breathing through the mouth in dry sessions. But you should always start and finish a session breathing, for a few minutes though the nose, in order to integrate the feelings. In the same way, sessions in water should always start and finish with breathing through the nose, head above water.

11.3.c) Group Rebirthing

The sessions should always be one- to- one in order for the person who is breathing, or rebirthee, to feel that they are in a space of safety and to feel they have enough support that they can relax completely and have a deeper experience. This is especially important during the first 10 sessions.

In order to heal we need to open up little by little and allow ourselves to feel vulnerable, but at the same time safe. For example, in order to overcome something to do with our birth script, we need to allow ourselves, if that is what comes up, to feel like a baby.

For this reason, group sessions are not recommended, as they do not offer a quality Rebirthing experience.

When a person has done 10 high quality individual sessions, s/he can try group Rebirthing if s/he wants to experiment with it. Most people do not like it, however, and never repeat the experience if they have had high quality individual sessions before.

I only had one student who started to do group Rebirthing after training with me. She was addicted to emotional drama and she only overcame it partially during the year she trained. She did not give herself enough time to clear her energy body in order to be more open and sensitive. She was also addicted to receiving attention from other people and the group.

In any case, it is not ethical to propose group Rebirthing to someone who has not completed 10 individual sessions first.

It is impossible to properly guide more than one person at a time and give them the attention they deserve. Another problem is the E.E.P. you can absorb from other people. This simple fact makes it impossible to have a good energy cycle most of the time, except for those who have the lowest energy (or more polluted energy) of the group.

Leonard observed, as have I, that group rebirthers get their energy body very polluted and can become very sick spiritually, mentally and physically.

I have met some people who had done one Rebirthing session in a group and don't want to know about Rebirthing anymore. I have also been told: "you work with Rebirthing?! It is such a cathartic method!" When a person tells me something like that I explain to them that there are many schools where they do low quality work and that real Rebirthing has nothing to do with catharsis.

It is recommended for people who do group sessions, to do at least 10 individual high quality Rebirthing sessions with a good rebirther. For people who have done many group sessions and/or mouth sessions, it might take a while until they can open their breathing mechanism. The reason is that sometimes practising inappropriate ways of breathing actually strengthens their breathing deviations and their self de-

fence mechanisms. They may also have learnt poor breathing styles like; forcing the inhale, pushing the exhale, not observing and being in contact with their emotions, having specific expectations with the sessions and not allowing other things to come to the surface, being addicted to intense sensations, and not surrendering to the process.

Testimonial

I had my first Rebirthing session in group during a festival.

Everybody lied down in a circle and we started to breathe through the mouth.

A rebirther was guiding us and she told us to keep on breathing until the moment she tells us to stop.

I fell asleep in the middle of the session. I felt a lot of loneliness and at the end when she told us to stop breathing I felt overwhelming distress and emptiness. I could not stop crying.

Afterwards I could not understand what had happen; but I felt like my body was trying to release some kind of trauma and that I had to do a lot of work on myself.

I shared what had happen to me with someone who was in the festival and she told me that she was a rebirther and that it was much better to have individual Rebirthing sessions with someone who takes care of you and respects your timing.

I started to do some sessions with her. It is very different when you are supported in a loving and respectful way. I went through some powerful healings.

After doing ten dry sessions, I did a water session (I recommend it 100 %!), then I did the professional training with Fanny.

Now I can say with more discernment how important it is to create an exclusive and loving healing space. Nowadays everything goes very fast and we have the tendency to think that the more people there is the better. Maybe we need to feel that we are accompanied. By doing a training with a group you can fulfil the need to feel accompanied and create harmonious relationships. But it is better to join a training where the sessions are done individually in teams of two people and in different spaces.

Thus your process is a personal process and in my opinion it necessarily has to be so!

Nathalie

Other testimonial

During my first Rebirthing session, I felt uncomfortable and forced to breathe in a abrupt way. The person who was directing was talking to the group in a loud tone of voice, accompanied by the rhythm of a drum. That generated in me a general discomfort. I started to breathe. Nobody told me if I was doing it right or not. Some emotions linked to my brother's death appeared. I felt sad, confused, I felt rage and I didn't know how to channel it. I didn't want to continue so I stopped as soon as I could.

Francineth López

11.4. Breathing deviations

Most people have a combination of deviations from the breath; however each individual tends to have one deviation that is greater than the others. Following is a list of the deviations, their meaning and how to help correct them. This will initially help you to understand your clients. It includes ideas of what you could say to help them through the following situations however it is more important to follow your intuition to establish appropriate communication with each client.

Sometimes the client can follow the breathing instructions and correct the deviations very easily and instantly, opening his mind and body to the Divine Energy. Sometimes it happens by itself when the Energy takes over a little bit later in the session. Other times it will take the client a few sessions (in some cases many sessions) to overcome them. Therefore you should try to patiently guide your client several times during a session if it is necessary, but without insisting too much. Respecting the time and space is required for the Energy to open the rebirthee's breathing mechanism. When the Energy is flowing easily no guidance is needed anymore; you just become a witness of the divine healing. When it takes time for a person to overcome one or several deviations of the breath, the list below can help you to identify its emotional origin. You can then use this information to efficiently guide your client during the spiritual psychology consultations.

Even if one of our main goals as rebirthers is to teach people to complete a full energy cycle, there are circumstances where it is more important to talk than to breathe.

Forced inhale – struggling for survival, thinking life is a fight, scarcity pattern, ‘there is not enough, I have to struggle’, need to prove ourselves to others and life. This kind of breathing generally leads to tetany thus the rebirther has to guide the rebirthee to be more gentle and kind with themselves. For instance:

“Don’t force the inhale.”

“Be soft and gentle with yourself.”

“You are safe here with all your feelings.”

“Relax into your feelings.”

“Life can be pleasurable and easy.”

Superficial inhale – a person with a superficial inhale needs to reinforce their connection with life. Due to our current societal setup this is more common in women than men as they are not supported in taking the reins of their life.

The inhale is often inhibited by large tensions and emotional energetic pollution (E.E.P.).

Breathing too superficially is often a way to stay in the comfort zone and avoid starting a process. As a rebirther you need to find the right balance for each person in each moment; and teach them to breathe enough to move Energy but without making too much effort.

Sometimes people reduce the air which enters in their lungs in order to avoid uncomfortable feelings. You might have to explain to them that they need to leave their comfort zone in order to breathe in those feelings and overcome them. Having the person bend their knees and put their feet on the floor can be very helpful.

“Pull more on the inhale.”

“Breathe deeper.”

“You can achieve whatever you want.”

“You can choose life.”

“You deserve life and all the good inherent within it.”

Retained exhalation – is a very slow exhalation that is due to fear of death, holding on to the past, scarcity and the biggest is fear of losing control and disconnection from feelings. It is a resistance to feeling emotions.

“Concentrate on the inhale and allow the exhale to happen spontaneously.”

“Let go of the exhale.”

“You can relax.”

“You can let go of control.”

“Feeling is safe.”

“You can let go of the past with total security.”

Splintered exhale – this happens when the person has a lot of tension you just need to allow it to happen and it will disappear in a matter of time/sessions depending on the density of tension.

Forced exhale – is a way of trying to force out the past and a fear of feeling, guilt and undeserving and rejecting life. This generally leads to tetany.

“Relax the exhale.”

“Surrender.”

“You can accept your past.”

“You are innocent.”

“You deserve all the good.”

“Life is pleasurable.”

“You can forgive.”

Pausing after inhalation – fear of death, hesitation in letting go, not feeling safe, fear of not getting more, scarcity.

“Let go of the exhale sooner.”

“Connect the exhale with the inhale.”

“You can let go.”

“You can trust life.”

“You are one with the source of life.”

“You are part of the abundance.”

Pausing after exhalation – Death urge, I can't, I don't want to, it's not worth it, I don't deserve, resistance with life and opening oneself to life.

"Take the inhalation sooner."

"Connect the inhale with the exhale."

"You deserve life."

"You can surrender to life with passion."

"The more enthusiasm you put into the breath and life the more you will enjoy it."

Breathing only in the abdomen – retaining emotions, need for control, problems getting in contact with emotions. This is usually more common in men and yoga practitioners as in our current societal setup men are not supported and thus less able to express their emotions as they must appear to be 'strong'. You can get them to bring their knees up and put their feet on the floor, this lessens the pressure on the abdomen and makes it easier to breathe in the chest.

"Breathe more in your chest."

"It is safe to feel."

"You can let go of control."

"You can trust life."

"Trust your inner resources to successfully process your emotions."

"It is ok to feel vulnerable."

Breathing only in the chest – stuck in ones emotions, no strength to deal with them, not centred.

"Breathe deeper."

"Breathe in your abdomen."

"You can let go and let the Energy take over."

"You are safe."

"Watch your emotions with distance, without identifying yourself with them."

Breathing with a tense throat (with noise) – usually related to resentment, shame. Generally when this happens the neck, which is the bridge between the mind and body, is tense. Therefore it is often to do with repressing the emotions and being too much in one's mind. Sometimes it helps to ask the person to breathe (through the nose) with an open mouth as well as through the mouth for short periods of time.

"Relax your throat."

"Focus on the breathing and any feelings that come up."

"You can relax your mind you're safe here."

"You can let go of your thoughts and don't identify with your mind for a while. It is safe."

Breathing too rapidly – prevents one going deeper, can be an escape mechanism.

“You can take your time.”

“Pull more on the inhale.”

“Take your time on the inhale.”

“You’re safe with your feelings.”

“Allow yourself to go deeper in you process.”

“It’s safe to experience the Energy.”

“Breathing is safe. You can relax.”

In some cases, people can have moments in the sessions where they spontaneously breathe very rapidly only in their belly, or chest; then a big release happens in that part of their body. But it usually lasts only for short periods of time. You have to learn how to recognise when it is a spontaneous release and when the person has resistances to leave their comfort zone.

Breathing too slowly – common in spiritual people who do not have a strong commitment to life. It’s a way to disconnect from the body.

“Breathe faster.”

“It is ok to let go of control.”

“You are safe.”

Mechanical breathing – some people breathe in a very mechanical way and the Energy is not flowing. It is like nothing is happening and they might need more sessions before they can develop the ability to connect with the Energy and be in contact with their feelings. It is common in people who have done a lot of pranayama (yoga breathing exercises) in a mechanical way for a long time, sporty people, people who are too disciplined, or people who are very disconnected with their feelings (sometimes because they are afraid to feel and therefore they repressed their emotions; other times because the person has accumulated huge quantities of E.E.P.).

Guiding the breath can be very difficult because they might follow all your instructions precisely, but in a mechanical way. You need to help them get more in contact and be softer with themselves. (see section 11.5.c) *Emotions and memories* page 188)

Apnoea – it can happen that the person stops breathing for a while and seems to be in a deep trance. It usually occurs in the second half of the session or at the end. You should try prevent this from happening by insisting that the person keeps on breathing as soon as they stop or as soon as the rhythm slows. The person is entering a deep state of consciousness and is about to release a traumatic memory, usually related to the birth. It is much better to have them breathing consciously through it in order to release it more efficiently. That said, in rare occasions, the person might have an apnoea and will usually have a big release in the following breath.

Some people tend to want to control and direct the energy cycle, and the Energy Itself, instead of letting themselves go (for example trying to direct the Energy to the places in their body where they need a healing). This always interferes with the process.

In that case you need to explain to them that the Energy is infinitely wiser than we are, and knows what is best for us. When we let go of the egos interference, we allow a much deeper healing than our mind could even comprehend. All this allows us to recover more trust in life, and not be so controlling.

People can also experience resistances before or during the sessions (they might breathe more superficially, stop breathing, have anaesthesia, or tell you they feel it is too much effort). You can help them process their mind and make them realise that if they want to improve their life, they have to overcome their resistances and dare to go beyond their comfort zone.

11.4.a) Freeing the breathing mechanism

People often free their breathing mechanism during their first 10 Rebirthing sessions. For other people it might take a few years. In any case, Rebirthing is always a powerful healing tool; at any stage.

It is not an experience you can force. It can only happen naturally when you feel safe enough to release the tensions, emotions and memory which are inhibiting your breath; and give it the time it requires. Some people release their breathing mechanism mainly in one session, or in very few sessions. Others release it slower and bit by bit. It can happen during a session or during the daily life as a result of the sessions. During that process, a person can have the experience to have spontaneous Rebirthing experiences. The experience of releasing the breath is often described as: “being breathed by the breath itself” or “experiencing the inhale merging effortlessly with the exhale”. A person with a free breathing mechanism can: breathe effortlessly only in the chest; breathe effortlessly only in the belly; and breathe in both chest and belly at the same time.

It is wonderful to breathe freely. I remember the unpleasant feelings I had before I unblocked my breathing mechanism. I could almost never breathe fully without effort, and I even sometimes have pain in my lungs, like if needles were puncturing them. I now can breathe freely, pleasurably and deeply without effort most of the time. When it is not the case, I know that I accumulated some E.E.P. in my body and that I need to do a session and/or some spiritual purification. The intelligence of the body is truly amazing. I feel clearly that my breathing mechanism get blocked when I am in a public place for example. I usually get rid of it very quickly if I do not accumulate too much. Sometimes it happens alone when I spend time in solitude without having to do anything.

Before freeing our breath, most people's breathing tends towards exhalation, a reflection of beliefs and fears towards death. With a good rebirther you can learn the subtleties of a powerful inhalation, which reflects a joyful participation in life, and the subtleties of a relaxed exhalation, which reflects giving, letting go and accepting the Truth.

Testimonial from a student of the one year seminar in Madrid

In our support group in Madrid, we like to exchange emails and share experiences. This is what one of my students wrote:

Hi everybody,

It seems like the time slowed down and I couldn't wait until the next seminar to tell you about a few things. Does it ever happen to you that you suddenly realise that you have been breathing in a connected way for a while? It has been happening to me lately, especially when I am very relaxed. For example when I have been in the bathtub for more than half an hour leaving only my nose and my mouth outside of the water: I lose track of time and I breathe that way spontaneously. It also happens when I am in bed, just about to fall asleep. By the way, bathing is starting to feel each time more necessary to me...staying in the water has stopped being an obligation and now many times I don't even want to get out of the water at all! I even came to the point to sometimes fall asleep!

Big hug to everybody and thank you for "listening" to me.

Nuria

Another testimonial from the one year seminar

The release of my breathing mechanism happened in a very simple and easy way. In the morning I gave my partner his first Rebirthing session. Seeing that he was experiencing what I had tried many times to explain to him with words generated a feeling of wellbeing in me that lasted all day.

In the evening, while quietly lying in the sofa, I noticed how, in a very subtle way, one of my inhales started to become longer and longer. It seemed endless. I loved the feeling of it, it was like my chest was made out of cotton. With each breath I was taking my arms and my legs were relaxing completely. I was surprised that my body could administrate so much air. It made me much more aware of my breathing and with that awareness the feeling of pleasure was increasing even more.

I thought that if I could feel that way with only one breath, happiness was guaranteed!

With Love,

Ainhoa Becerril

Testimonial: From the abdomen to the chest, from the throat to the nose.

When I was a child, I loved to go to the park. Everyday I would go a little further in order to explore a little bit more. This explorer instinct is very alive inside me and has taken me to different countries, to meet new people, to learn therapies and, not long ago, to meet this woman wizard camouflaged in a feminine body named Fanny.

I am a yoga and meditation teacher. I have been practicing those techniques for 15 years. I have learned from different schools and masters. I also lived in one of those schools for 3 years, following a very strict discipline and practice. I am telling you this so you understand that my practice hasn't been the practice of an amateur. I really involved myself for many hours a day and for many years.

When I met Fanny, in my first session, she invited me journey into my heart and I got in contact with my emotions. Without knowing it, this is what I had desired for a long time. In that session I experienced more energy and love than I had in many years of practice; a load of cement which was blocking my heart smashed to pieces and disappeared. I was amazed with how much life had been given to me in only one session.

During the first 10 sessions I went through a little bit of everything: tetany, anaesthesia, childhood, past lives and step by step I was receiving a pleasant wind of healing; my life was and still is going through an intense but soft metamorphosis which fills all the areas: mind, spirit, heart and body, bringing the Divine into the matter and materializing the Spirit.

At some point during the first 10 sessions my breathing mechanism opened up; since then it feels like I have ten noses breathing at the same time. My intense yoga practice had never given me this. Now with less time of meditation I achieve much more; with much less breathing exercises I achieve much more. All this extra energy flows and heals all the areas in my life; some of them were depleted for many years.

I am not talking badly of Yoga as I have a lot to be thankful for; I am talking in favour of Rebirthing as a path which embraces everything with excellent results.

Raúl Bermejo

11.5. Healing symptoms and different manifestations during the Rebirthing process

11.5.a) Physical manifestations

In the first sessions it is very common to have strong physical sensations; we also call it physiological drama. The two most common are tetany (tension and cramping that focuses on the hands, arms, feet, legs and mouth) and anaesthesia (feeling sleepy during a session). Other sensations include: shaking, tensions, pins and needles, paralysis, feeling hot and cold, sweating, dizziness, heaviness in the chest (usually a birth memory being re-experienced before release), difficulty breathing, blocked nose, intense pleasure, “all body orgasms” and more.

It is common for people to experience symptoms of diseases they have or had in the past but are still not totally released from their mind and body (also see section 12. *The healing power of symptoms and illness* page 219). The symptoms tend to become more and more acute until they reach a peak and then release. They can also come and go during the session and be released bit by bit.

Through experience, I learned to honour and trust the Energy. For example I had several clients who had back problems but the Energy was going more to their hips in the sessions; and then the back pain disappeared. Talking with an osteopath friend I discovered that the pain they had in their back was due to a deviation in the hips.

Once, in Guinea Bissau, I rebirthed a person who had just got malaria (it was her sixth session) and within one hour of breathing she experienced all the symptoms that the doctor told her she would have in one week (weakness, dizziness, intense fever, shaking, migraine and intense pain). After the session she was completely healed.

When you understand the dynamic of the energy cycle, you feel confident when a client is having symptoms during the Rebirthing session because you know that it is the Energy making those symptoms come to the surface in order to heal them.

Sometimes the person continues releasing symptoms or having healing crises between a session and another. Usually the symptoms are slightly different or they can be more acute but last much less time. For example one of my clients who had chronic back pain had, between his third and fourth session, a very intense pain for less than one minute while he was standing up working in his bar and the pain suddenly disappeared in a massive release. His condition improved dramatically afterwards.

The manifestations during the sessions can also be intensely pleasurable. For some people it is difficult to relax in to the pleasurable feelings. Sometimes they feel that if they do so something terrible will happen. It is then important to repeat to them affirmations about it as well as getting them to work with them once at home. For example: “I deserve to feel pleasure”, “God wants me to feel pleasure”, “It is safe to have pleasurable feelings”, “I am innocent therefore I deserve to feel pleasure” etc.

Often people describe some of their sessions as an “all body orgasm” or “cosmic orgasm” which can sometimes bring up some sexual blockages. I once received an email from a woman who told me that during her first session she almost had an “all

body orgasm” but that she repressed it because she was feeling very ashamed about it. She told me that she was not attracted at all to the man who rebirthed her and that she found it very confusing. She wanted to know “if it was normal”. I told her that it is a common and innocent experience in Rebirthing; told her to work with affirmations about the innocence of her sexuality; look for a rebirther she would completely trust and feel comfortable and safe with, and to allow the “cosmic orgasm” to happen next time.

11.5.a)1. Tetany

Tetany is the physical manifestation of fear. It is common to have in the first two or three sessions. When a person has a lot of suppressed fear it can last for more than three sessions. It is connected to the fear we felt at birth. This is the reason why people who had a difficult birth are more likely to have tetany. It is worth working on the fear during the spiritual psychology consultation too. Tetany can also happen in later stages of Rebirthing when the person releases a deep memory or emotion. (also see section 11.5.d) *The energy release by Leonard Orr* page 190).

It is impossible to have tetany and relaxation at the same time. It is essential to get the person to relax into it, laughing is a great tool for this. If it persists you can enquire as to what the person is holding onto.

“You can relax your safe.”

“Let the Energy expand into all of your body.”

“Relax your breath.”

“Relax your exhale.”

“Be soft and gentle with yourself.”

“Be loving with yourself.”

Testimonial: Overcoming tetany

Tetany was blocking my process, or I should say the fear of loosing control over my hand muscles was paralysing me. Not being able to operate my own body was scarring me to a point that, even though I really wanted to overcome it, each time the tension was showing up, a big “I can’t do it” would take over and I would start to slow down the rhythm and breathe less in order to escape as soon as possible.

It was very frustrating because mentally I “knew” that if I continued breathing it would eventually go away, but that was not enough.

On the top of everything, each time I would escape the tension would get stronger, would stagnate and would come back again and again during the following days without being resolved. My “fighting self” really wanted to overcome it but this attitude of confrontation was not adequate at all.

I experienced tetany for more than 20 sessions, I would say because I never felt safe and confident enough to stop fighting against it.

It got resolved in a surprisingly easy way one day when, during the professional training with Fanny Van Laere, She asked me: “Do you trust the process?” and then she invited me to feel safe, to let go of the control and allow the Energy to do the work. It has been amazing. I understood, beyond the mind, that I could surrender and allow it to happen. Her words, attitude and presence guided me to find the self confidence I needed. It has been a huge learning experience!

Nuria Engelmo

11.5.a)2. Anaesthesia

There are three kinds of anaesthesia:

1) Chemical

This comes from any kind of drugs (medical or recreational) or anaesthetic you had in hospital. Through breathing the body gets the energy needed to release it. However to do this it must re- enter the blood stream, which causes sleepiness. So it is very important to get the person to continue breathing until they have processed it all and overcome the sleepiness.

2) Emotional

Each time the person is about to have an intense emotional experience they fall asleep. It is usually a self defence mechanism that we learnt as a child.

3) Physical tiredness

When the person is tired or has a tendency towards hyperactivity which represses emotion. In these cases their bodies are so used to running on adrenaline that when they finally get a chance to rest they go into a deep sleep.

Ways to overcome the anaesthesia

Bending the knees and putting the feet on the floor is generally the first method employed; it is grounding and increases the blood flow back to the body. Then opening the eyes and/or sitting up, then being on ones hands and knees. After that, standing up and then breathing while walking can be used.

The best way is to teach the person to move on their own accord when they begin to feel sleepy. When the anaesthesia is very strong, you can also let the person sleep for a while and then start the session over again.

I noticed that many beginners speak quietly to their clients when they have anaesthesia. Sometimes the client doesn't even hear them. You might have to speak loudly and even touch their shoulder if they are falling asleep or going unconscious. Sometimes the person is so unconscious and feels so heavy that they have difficulty moving. You might have to tell them: "it is better to sit up now" and help them with it.

11.5b) Hyperventilation

Rebirthing is obviously not a technique of hyperventilation, although there can be phases in which tensions are released and manifestations in the body happen that are generally associated with what doctors call hyperventilation. These tend to disappear quickly as the rebirthee integrates them and their deeper emotional causes.

The symptoms can be: Rapid and deep breathing, chest pain, dryness of the mouth, dizziness or light headedness, palpitation, weakness, tetany (especially in the hands and feet), tingling and numbness, blurred vision, confusion, tense feelings and anxiety.

During the late seventies, Leonard Orr was invited to the National Institute of Health in United State, to do a presentation called *New theory of hyperventilation*.

In Breath awareness he wrote: *"The new theory is that hyperventilation is the spontaneous cure for inhibited breathing and should be encouraged rather than discouraged. When it is treated as a normal energy release instead of a dangerous disease, it goes away as fast as it comes."*

I once rebirthed a person who was having a "hyperventilation crisis" at the end of a bikram yoga class. I am happy that the teacher was open enough to allow this to happen instead of calling an ambulance! The symptoms disappeared in only a few minutes and the person had an amazing release. I told the person to breathe slower and through the nose instead of the mouth, I also told her that she was safe, that I had experience with it and she could relax while breathing gently.

Hyperventilation is a healing crisis, in which the body is trying to get rid of all the accumulated tensions but people panic and do all kinds of things to repress the process. Most doctors do not know that because they have never had the experience of the energy cycle.

I also once had a young woman in sessions who was regularly going to the hospital because of hyperventilation and panic attacks. It had been going on for years.

She was very afraid in her first session because she started to have the same kind of symptoms: intense tingling, tetany and headache. But she learned to relax and breathe instead of being driven by fear and panic. After that first session she knew how to handle her "attacks" on her own and before completing the 10 sessions, the attacks and symptoms completely disappeared.

11.5.c) Emotions and memories

Rebirthing also leads us to an emotional transformation.

Some sessions can be very emotional, others more physical. Often people experience both things at the same time, but most of the physical symptoms are actually caused by repressed emotions and memories.

Once I had a student who had many sessions with tetany and was saying that all his sessions were very physical and that he had never felt anything emotional. He confessed months later that he did not believe me when I told him that he was repressing his emotions so much because of his birth trauma (He had a huge birth trauma. He was born with caesarean and the doctor cut his face by accident during the procedure). At some point during the one year seminar, he had a massive release with many baby memories. That was also the last time he had tetany.

Some people connect with strong emotions without knowing what they are about. It is actually more important to release them through breathing than to know what they are about. The understanding and memories might come later, sometimes through messages while dreaming other times the emotions come with very clear memories. The basic attitude is to observe what we feel during the sessions with love and detachment.

People can have a lot of emotional drama in their first sessions; and some of them get too involved with their emotions. When this happens I teach them the basic attitude of looking at their emotions with detachment, as if it is a movie, and continue focusing on the breath. When it is very intense and the person loses control, I usually ask them to open their eyes and to look at me. Then I tell them that they can observe with calm and detachment, that they are safe etc. (also see section 11.9. *Elements which favour the transformation process* page 207).

Crying during a session can be a huge release and we should let it happen when it is spontaneous, in that case it is good to let the person cry even if it interrupts the breathing rhythm. Other times the person is connecting with victim consciousness and creates more and more drama because they are feeding it with their thoughts. In those cases I tell them to observe their thoughts with detachment, to change them for positive thoughts and to keep on breathing. The same thing can happen with rage, sadness etc. If you cannot see the difference, after a few minutes you can ask the person why she is crying, sad or angry, and through her answers you will see if they are releasing an emotion or memory or if they are holding onto it.

Crying because of feeling deep gratitude or intense love, spontaneous forgiveness experiences and experiences of feeling one with everything are also common. On the other hand, some people repress their emotions so much that they say they cannot feel anything and the Energy is not flowing. It requires a lot of patience to work with them. I always tell them that it is impossible not to feel. Being alive is about feeling. However it is possible to disconnect from what one feels. I frequently ask them: "what do you feel now" and tell them to ask themselves these questions many times during their day: "What do I feel?", "How do I breathe?" When they answer: "Nothing", "nothing special" or "I do not know", I ask them if they feel rather happy or rather sad; rather relaxed or rather tense; rather calm or impatient.

It is then possible to start developing their awareness about how they feel and slowly overcome the unconscious self defence mechanisms in order to disconnect from their emotions and feel protected. As soon as they allow themselves to be in contact with their emotions and flow with them, the energy starts to flow in their body during the sessions.

When a person feels indifference it means that she is repressing a negative feeling or thought. I usually ask them if they have an idea about what it could be about and it often leads to a very enlightening conversation.

It can be very helpful to ask them to describe in detail what they feel (even if we are starting with light or superficial feelings), where in their body, give it a shape and a colour; and see how it evolves during the session. It is a way to train them to put their focus again on what they feel instead of on what they think. This technique can also be very helpful when a person seem to be stuck in pain or in an emotion.

Testimonial from a student from the one year seminar in her sixth session

I wanted to tell you about the session I had today, like David says, I am starting to open doors. I have been breathing for more than one hour, and I was still very mental, but I could disconnect from my mind for a while. The thing is that even though I couldn't say exactly what I saw, I localized a feeling. It was a room where suddenly a shadow swept by and I felt fear.

Now I can say that I feel like someone else, as if a new world has been opened for me. I realise that I have always had deep fears but was just pretending that they were not there. I have always sensed spirits and was afraid of them; but may be it is only the form I use to represent fear. In any case, I am starting to see why I had difficulties in letting go.

I have always thought that it was ok if my parents had often left me alone in my cot, and that I forgive them and that is it. But now I realise that when I was a baby I often had this fear I experienced for a moment during the session, it makes sense that I have been protecting myself so much.

With all that I have opposite feelings: I feel happy because I am following my process and I am able to surrender more; on the other hand I have some fear, but I really want to overcome it.

Emi

It is possible to have all kinds of pleasant and unpleasant memories during a breathing session: from our adult life, infancy memories, baby memories, prenatal memories, past lives memories, and life between lives memories. Once again it is usually important to keep on breathing when this is happening, especially when they are traumatic memories. In some cases the person needs to talk about them during the session (and not after) in order to be able to relax into it and release it. In those cases it is ok to interrupt the energy cycle and talk until the person feels better. After that

the person might feel complete (especially if it is towards the end of the session) or might need to continue breathing for some time.

During the session it is also possible to have visions, mystical experiences, receive messages and communicate with people (even people who died), connect with light beings, angels, have an out body experience, experience great awareness or opening- up of the conscience, have enlightened ideas, etc.

The out of body experiences often happen at the end of the session or during the time the person is resting.

When the person slows down the breathing or stops breathing during the session because of having a pleasurable out of body experience (you can see the bliss on their face), it is good to let them. After a short time you can softly ask them to go back to the breathing rhythm.

However, some people have the tendency to always have out of body experiences during the sessions (most of the time they breathe in a slow and controlled way) and have problems in being grounded in their life. In those cases, it is better to teach them how to stay in their body and breathe Energy. You might have to ask them to breathe more intensely, to open their eyes or even to sit up; and explain that if they want to transform their life, they need to learn how to bring the spiritual energies into their body.

11.5.d) The energy release from *Breath awareness* by Leonard Orr

At some point in conscious breathing there is a reconnection to Divine Energy and as a result you may experience vibrating and tingling in your body. It starts in different places in different people and, before the conscious breathing is complete, it is usually felt throughout the whole body. This Energy reconnects your body to the Universal Energy by vibrating out tension which is the manifestation of negative mental mass. Negative mental mass can be permanently dissolved by continuing to breathe in a regular rhythm while your body is vibrating and tingling – experiencing your reconnection with the Divine Energy.

Major points of release

- 1- Relaxation causes the inner and outer breath to merge and the breath opens.
- 2- When the breath opens, the merging of the inhale with the exhale brings about the experience of Infinite Being on the physical level.
- 3- This breathing cycle cleanses the mind and body; there isn't necessarily any tingling or vibrating with this cleansing process.
- 4- If there is resistance or fear, then the body will tingle and vibrate. The vibration is not the Energy but the resistance to the Energy. However, vibration is the cleaning process and should be welcomed. Resistance is negative thought previously impressed on the mind and body. At the completion of a breathing cycle resistance is dissolved and the person is breathing faster and there is no tingling. Understanding this is helpful for people learning to breathe, otherwise they will have no way of knowing that rapid breathing causes the tingling.

5- The truth is that rapid breathing is dissolving and pumping out tension and negative thought from the body and vibrating is incidental to the cleaning process.

6- After the cleansing, Divine Energy is coming in with every breath. There is no sensation, but the increase in vitality and health is evident in the body and one experiences bliss in the mind.

7- The energy release is actually dissolving resistance to Divine Energy. The energy release in the body is so dramatic that many people are afraid of the vibrating sensations and try to stop them. Since the Energy is your own life- force, you should not try to stop it. When you try to stop your own energy moving in your own body it causes tightness, cramping or temporal paralysis. Consider what your mind might go through at this point: the body is reconnected to the pleasure it felt when it was in the womb. The last time you experienced that much pleasure it led you to your birth and the resulting trauma. Therefore, you believe that something terrible will happen again. This is where the “pleasure precedes pain” philosophy started; that is, the bliss and pleasure of the womb led to the pain of the birth trauma. So the pleasure being experienced through the vibrations creates a fear of the “inevitable” (which never happens). In experiencing a pleasure for this time, we concern our minds with how we will eventually have to pay for the enjoyment, to the detriment of the pleasure. Therefore, you might try to suppress the vibrations to reject the sensation of your own life- force. If you try to stop these vibrations, however, a painful conflict will occur and you can paralyse yourself temporarily. Paralysis is caused by resisting yourself.

One part of your mind says: “I want to do this”, and another part says:” Hold it, maybe I don’t want to do this”. This conflict results in paralysis in the body. It is the same conflict we had at birth. “I want to get you out of the womb” and “I don’t want to leave”. The fear of irreparable damage is the idea: “If I go out of the womb, I will never get back in”. This fear of irreversible change is the origin of all fear (this is also the basis for the fear of death).

The paralysis usually lasts only for about ten to fifteen minutes although the fear is that it will be permanent and that it will cause irreparable damage. When it is over, you might think that the Energy caused the paralysis. But it was not the Energy that caused the paralysis! It is fear and resistance to the Energy that caused the paralysis. However if you believe in your mind that the vibrations, which were actually pleasurable, caused the pain, then you might keep resisting. When you felt pleasure and were afraid something terrible would happen, and something terrible did happen, you might conclude that you were right to try to stop it. You might think that, if you hadn’t stopped that Energy, something even worse might have happened. So the tendency is to keep resisting, and it gets worse. Each time it gets worse, you probably would conclude you did the right thing. You might want to say to yourself: “If it got worse when I tried to stop it, what would have happened if I hadn’t tried to stop it?”

Not everyone goes through this erroneous reasoning process, but the people who do continue to close down and go into fear until the pain becomes excruciating. When it reaches that point, they finally start to let go and follow the instructions of the breathing teacher. As they breathe more efficiently, the paralysis immediately lessens. However, as the paralysis releases, the vibrating or tingling resumes dramatically. This usually frightens them and they close down again. Some people experience

many such cycles until they can relax and breathe at a rhythmical speed. You can avoid all this if you will only let go of the experience of feeling your own life- force in your body.

Rhythmical breathing is pulling on the inhale and relaxing on the exhale in a continuous stream so that the inhale is connected to the exhale. The key is to relax into the tingling.

Rhythmical breathing empties the negative mental mass out of your body and enables you to incorporate the life energy into your body instead. If during the energy release you are willing to trust the instructions of the breathing teacher, in regard to your breathing, you can move through the energy release with a minimal amount of discomfort. Unfortunately, since the birth trauma is the original source of distrust, you might at this point enter into a period of distrusting your breathing guide and nothing that the guide does or says will seem correct. You may continue in the pain and if you are in pain you will blame the guide for the pain that you are causing yourself.

A negative thought stored in your body automatically resists the aliveness of Infinite Being. The presence of the teacher automatically lowers the resistance; the teacher can help alleviate your pain. Cooperation is the best thing you can do for yourself. Completion is when you become a good student and do it right.

People who become temporarily paralysed while breathing may be more fortunate than people who don't, because they learn two things: One, as soon as they get in touch with their fear of the symptoms and let go of that fear, the paralysis ceases and their body opens and feels pleasure; they learn that behind all pain and fear is pleasure which is God's love. Two, if they don't get in touch with the fear and verbalize it but relax into the symptoms and keep breathing, the paralysis goes away anyway. So they learn that healing is inevitable whether they understand or not!

Therefore conscious breathing is a model for all healing. The elements are as follows: relax into the symptoms so that you can get its message about your mind. Don't be afraid of it. Pain and fear are the effort involved in clinging to a negative thought. Behind all fear and pain is pleasure, which is the physical manifestation of the metaphysical love of God. All pain, all fear and all illness is resisting the pleasure of God's love and wisdom on some level.

Pleasure is natural. All else is unnatural...and ultimately self- destructive. If you don't relax into the pain and go through it to the pleasure that is behind it, life will become too much of an effort and you will love death more than life. Death is loving pain more than you love pleasure.

For people who don't experience the temporary paralysis, we can only assume they have mastered the pleasure- pain principle previously through some other means or that they may go through it in the future. The few people who are able to learn conscious breathing without paralysis also have the ability to let go completely. The ability to let go during the energy release is based on trust.

The energy release gives you a new body. You feel connected to your body in a wonderful way – sensually – abundant physical energy and a sense of safety and serenity spreads over you. When the Energy experience is complete, this serenity

becomes permanent. The primary thing that could interrupt it is the negative mental attitudes of other in your environment.

During energy cycles you need to trust that in the Universe there is no natural force that will hurt you. Trust that it is your own mind which creates what happens in your body, and that you can uncreate it. Trust that the tingling and vibrating is “God loving you at a cellular level”. Trust that the Energy sweeping through your body is restoring your primal ability to experience pleasure and serenity. Trust your breathing teacher who has taken hundreds of people through the experience and every one survived. If you survived your birth you will survive your rebirth!

11.6. Giving a spiritual psychology consultation

It is recommended you teach you client the 20 connected breath exercise in the first session.

While s/he is doing it, you can observe how s/he is breathing, which kind of deviations s/he may have and how big are his/her lungs. This will help you to guide him/her better during the breathing session and also give you some ideas about his/her emotional blockages and the way you will have to guide him/her with spiritual psychology.

You can teach him/her a new breathing exercise in each session, choosing first the ones s/he might need more depending of his/her situation.

General structure of a session:

- You can start with the 20 connected breath exercise and/or any breathing exercise.
- It is always a good idea to ask the rebirthee how s/he feels since the last session. If it is his/her first session you can ask what brings him/her to do a session and how is his/her life in general. This will give you indications on what you will have to work with in this session and in the future ones.
- If you gave him/her some tasks to do in the previous session (affirmations for example) you can review it with him/her (it is good to ask the client to always come with a note book).
- In case the person is stressed, has low energy or too much emotional energetic contamination, it might be a good idea to do the breathing session first and talk afterward.
- Spiritual psychology part: In each session you can talk with your client about something new and ask him about it (birth scenario, personal lie, death urge, inner child etc); or go deeper into a theme that you already talked about. For example you can explain what the birth scenario is, ask him about his birth and then help your client to find some affirmations. You can also do an exercise about their birth scenario.
- Breathing session
 - After the breathing session it is good to leave your client on his own for 10 to 15 minutes. This is usually a deep integration moment. Being alone also allows the person to be more independent and take more responsibility for their own process.
 - Your client tells you how his session was. It might be a good moment to find new affirmations. The memories and/or symptoms the person had during the session can guide you to decide what to do in the spiritual psychology part of the next session.

For example if your client is dealing with feelings of guilt, feelings of being unworthy etc. it might be a good moment to introduce him to the personal law and do an exercise about it with him.

- The person pays you. If you did not agree on a fix price it is the moment to negotiate and create a win- win situation.

It is a good idea, especially in your first year, to take notes after you give a session and keep a record of your clients.

The fourth session is usually very powerful because the person starts to go deeper into her/his process.

Listening and guiding

The rebirther needs to find a proper balance between listening and guiding; and somehow organise the time he has for the spiritual psychology consultation with his client.

It is important to listen to you clients with attention and love. Many times just by doing so, a healing is already taking place. However, some clients might talk too much, and they might not always talk about the most relevant things. Therefore you can guide the conversation by asking them questions about the important things. I sometimes even have to tell people that we will now go to specific themes, so that we can find out what their patterns are and how to overcome them. For example a person can talk to you for hours about all the problems she had in her life; but it will be much more efficient to find out which negative thoughts attracted those problems and what she is repeating in her life.

Other people might not talk much. Therefore you might have to ask them more questions and patiently gain their trust.

I have frequently had the experience of clients who almost do not talk or are very resistant to do so (I especially remember two teenagers with anorexia problems). In that case I usually ask a few questions and start the breathing session quite quickly. I also tend to ask them what they feel during the energy cycle. Most of them start to open up after the session.

11.7. Guiding a person through a cycle of 10 Rebirthing sessions

“Ten Rebirthing sessions don’t heal everything but they give us a healing tool that helps heal everything because breathing is essential to life.”

Leonard Orr.

Ten sessions is an approximate number. It is what most people need to open their breathing mechanism and be able to do sessions by themselves, but some people need to do more than 10 sessions.

Sometimes it is advisable to carry out a cycle of 10 sessions with a woman and another 10 with a man, so as to work on both the mother and the father figures.

11.7.a) The Goals of the First Ten Rebirthing Breathwork/Conscious Connected Intuitive Energy Breathing Sessions by Leonard Orr

- 1- Learn to breathe Energy (prana) as well as air.
- 2- Get past physiological drama.
- 3- Get past tetany (body cramping).
- 4- Get past psychological and emotional drama.
- 5- Merge inner and outer breath (learn to breathe from the breath itself).
- 6- Relive the moment of your first breath by releasing the breathing mechanism.
- 7- Heal the headwaters of your life spring—breath breathing the body.
- 8- Have a weekly support group/spiritual community.
- 9- Realize that the breath is harmless, that the mind is dangerous; learn to process the mind with affirmations and emotional response techniques.
- 10- Learn spiritual purification.
- 11- Learn proper nutrition. Practice vegetarianism.
- 12- Follow an exercise system.
- 13- Develop the snorkel habit (use a snorkel in a bath for up to—but not more than—20 minutes).
- 14- Realize the more you have healed your birth trauma and other inhibitors of happiness, the faster and the more your clients can heal.
- 15- Realize that healing yourself always comes first.
- 16- Avoid (and learn to process) Emotional and Energy Pollution (E.E.P.) from others, especially in public places.
- 17- Be able to breathe an hour without supervision.
- 18- Be aware of the spiritual costs of lifestyles and relationships.
- 19- Become aware of your natural divinity.
- 20- Become aware of spiritual, mental, and physical enlightenment. Spiritual enlightenment can occur in five- minute; whereas mental enlightenment takes 50- 100 years and physical enlightenment takes 500 or more years.
- 21- Raise kundalini Energy; breathe Divine Energy—the breath breathing you.

22- Become familiar with the Physical Immortality philosophy and affirmations, and the Owners Manual.

23- Become familiar with the Rebirthing literature: the Story of Rebirthing Breathwork, Breath Awareness book, the Healing Manual, the Healing Power of Birth and Rebirth.

24- Become familiar with the basic child birthing education.

I found out that it is not always possible to cover all those points in only ten sessions. So I always try to have my clients read books about Rebirthing during their process, that way they can integrate the information faster. I also sometimes give photocopies of interesting information. This is the main reason why I wrote *Rebirthing and Spiritual Purification*. It is a small book, easy to read, and that they can carry with them. It teaches them the fundamental themes. Many of my rebirther friends sell this book to their clients, or give it to them in their first session.

Teaching people spiritual enlightenment also means that you are teaching them how they create their reality and about the affirmation principles.

Not everybody has or takes the time to read all the books Leonard recommends in their first sessions. But you should certainly recommend them and tell them that they can order them on the RBI website.

On the other hand, some of the books Leonard recommends might not be available in your language, but you might find other very valuable books written by other rebirthers.

In your support group, you can also cover most of the subjects and open them up for discussion. If you still do not have a support group, you can have your clients join another rebirther's support group or a one year seminar group.

You will need to cover the issues your client needs the most and at the same time talk about the power of the mind, proper nutrition, E.E.P., death urge, physical immortality, spiritual purification, following an exercise system, affirmations, birth education, self esteem and relationships. In most cases I also work with the inner child because most of people need it. You will obviously spend more time on the subjects the person needs the most.

All those subjects are about life itself, so it is usually easy to flow with your client and introduce the themes in the sessions.

During the initial sessions, it is important to work on reinforcing your client's self esteem; this way the person creates a safe and relaxed place in their mind. This will help them heal faster.

An example of ten sessions with one of my clients

First session: We had a general discussion about her life (birth, brothers, childhood, relationship with parents and present life). I also initiate a small conversation about self love and our natural divinity. From what she said we discovered that she has always felt she is not worthy and still does. I explain to her the benefits of working with affirmations and she decides to work with: "I, ___, am worthy". During the

session she has a lot of tetany; she has a big release at the end. I give her my book *Rebirthing and Spiritual purification*.

Second session: We talk about her birth scenario and the consequences of being an unwanted child. I give her some basic birth education. The affirmation she likes the best and decide to work with is: "The Divine Mother wanted me to be born." There is already much less tetany now and the session is easier.

Third session: She tells me that during the week she realised this week how demanding she is and that she never feels happy about what she does. We have a talk about it and realise that her mother was very demanding. We work with the personal lie and I explain to her how to work with the tree columns. She decides to work with: "I am worthy and I love myself". There is almost no tetany in her session and it is very pleasurable.

Fourth session: She says she came with fear and resistances. Talking about it, we find out that she is afraid of happiness. We talk about death urge, E.E.P., spiritual purification and briefly physical immortality. I review with her the response columns she wrote and make a few suggestions. She has a very pleasurable session and feels very alive.

Fifth session: She had a small argument with her boyfriend. We talk about relationships and how to master the emotions. She had to overcome some anaesthesia and had to sit up. At some point she had a lovely release in her chest.

Sixth session: She tells me that she is sometimes depressed but now she copes better with it. We work with her inner child. She realised that the depressive moments are coming from her mother who has always been depressed. She has an amazing session. The Energy is flowing very easily now. We decide to work on healing the relationship with her mother in the next session.

Seventh session: We do the first completion letter with her mother. She reads it to me and a lot of emotions come out. She overcomes some rage and sadness related to the relationship with her mother during the energy cycle. She feels very peaceful at the end. I ask her to bring the second and third in the next session. She overcomes some anaesthesia in the session but is now able to do it by herself without me insisting.

Eighth session: She reads me the letters. She feels much more peace. Her session is very flowing and she ends up in bliss.

Ninth Session: we talk about how she feels being a woman. I ask her about her diet habits and we have a conversation about vegetarianism and exercise.

At that point she had released her breathing mechanism. So we decide that she would do her first session at home before the next session.

Tenth session. We do a water session. It is quite intense for her and she is very impressed by the release she goes through and the birth memories she has. We decide to do at least one more session in water, until she is ready to do it on her own. We do some prosperity consciousness exercises and talk more about immortality and spiritual purification.

11.7.b) Relationship between rebirther and rebirthee

Rebirthing is about helping people regain their power, acknowledging their divine nature and helping them to be the only authority in their life.

However, when people start their process, they still have to overcome the parental disapproval syndrome. If that syndrome is strong in them, they might project it onto you, searching for your approval and trying to develop a dependency pattern with you; or they might have rebellious feelings towards you and have resistances to follow your instructions during the breathing sessions and suggestions during the consultation part; they might also swing from a tendency to the other.

Teaching them about the parental disapproval syndrome, and having them reflect on what they are experiencing will help them to step into their power and stop projecting on other people (and on you). For this process it is necessary to review the relationship they had with their parents. The completion letters are often very helpful in the process.

However in the beginning of their process people need to know that they are doing things well and what you tell them can have a great influence on them. Therefore I am always very careful with the words I use. Disapproving of people is never a good option. We want to strengthened what they are doing well and show them what they can do better with love. For example during the breathing session I often say: “very good”, “you are breathing well”, and “you are breathing better”.

When there is a deviation to correct, I like to give direct and neutral instructions, for example: “try to breathe using the upper part of your nose and less with the throat”. As soon as the person is improving I say: “great” or “very good”. If they do not, I tell them to keep on trying, and if they cannot change it for now, to observe it with love. If they do not feel any pressure, they will improve faster.

Some professionals who have not overcome the obstetrician syndrome (see section 05.6.b) *The obstetrician syndrome* page 82) have the tendency to repeat it with their clients, by directing them too much and playing control games.

We all have to be aware of our patterns and work on them. I remember that as a beginner I was sometimes feeling that I wanted people to “hurry up” and was feeling like pushing my clients during the breathing session. I knew it was because of my hasty birth. I would then make the decision to detach myself from the situation and relax.

When people have done enough sessions to be able to breathe Energy and flow with it, they obviously need less instructions and support.

Part of the beauty of Rebirthing is that usually people only need to do ten sessions to be able to do sessions by themselves. Even if it takes them 30 sessions, having that goal in mind makes it easier for them to take responsibility of their own process.

The reason why therapy often does not work is because many therapists or psychologists have not resolved the dependency pattern with their clients. Often the economic factors can play a part: some people feel safer when they have the same clients coming to them for years, thus having an income guarantee. In order to feel happy and free we have to overcome the survival mentality and develop the prosperity consciousness.

When the sessions produce results (and Rebirthing is an amazing healing tool!), you do not have to worry about client numbers! The only things that can sabotage you are the scarcity consciousness and lack of self esteem, but as you know we have powerful tools to overcome them.

Since I started as a rebirther I have always had more clients than I can handle. Anybody who follows the instructions on how to build a clientele does (see section 13.4. *How to build a clientele* page 245).

Before giving people their first session, you can give them a free interview in order to tell them more about Rebirthing, let the person choose if they want to work with you and decide yourself if you want to work with them. If you decide you do not have enough experience to guide the person's process, you should refer them to another professional.

Once a person has had one session, it is better to ask her for a commitment for the ten session cycle. In that way your clients commit to themselves and their own process. This is very helpful especially when the person goes through resistance periods (most of the time they are repeating their birth scenario). It makes it easier for them if you talk about it.

The client has to feel safe in your presence in order to be able to relax and surrender during the session. Helping them to develop the ability to relax will take them to a deeper level of healing. Most people felt betrayed at birth and during their childhood from being hurt by their loved ones and by strangers. Therefore you have to help them build a deep sense of trust and safety from the beginning; it is especially important during the first sessions. The more relaxed you are, the more space you give to your client to relax.

Having them talk about their fear can help. Sense of humour is another way to help them relax. I often have them work with self esteem and/or with feeling safe and trusting life from the beginning (especially with affirmations). If they build more trust in life and feel more love for themselves, the processes will be easier and they will have more confidence in going deeper.

Sometimes a person may want to stop the process half way. From my experience it does not happen very often in Rebirthing because most people see the benefit from the first session. A few examples are: S/he might be afraid of changes; s/he is acting out the abandonment pattern; in cases of attempted abortion, your client might try to abort his process.

When your client wants to interrupt the cycle, your professional responsibility is to tell him why you think they want to do so. Your goal is obviously not to convince them to continue, but to make them aware of their patterns and at the same time making it clear you respect their power to choose. Often people understand their sabotage pattern and decide to overcome it; other times they do not; and in some cases it takes them time.

I once had a person who interrupted her process after four sessions. Their parents wanted to have a boy and she had always felt very masculine. It was clear that she was unconsciously afraid to connect more with her femininity. When I told her so, she denied it. She called me two years later and finished her process. In the mean time, she had travel to Mexico. During that trip she saw clearly her pattern and remembered what I had told her.

You might attract clients who have the same kind of patterns you have.

It is always a wonderful opportunity to heal yourself.

One of my students had many sessions before he could surrender and overcome tetany. He was uncomfortable and insecure when a rebirthee would process tetany. As a beginner most of his clients had a lot of tetany. He had to learn how to relax about it, in order to have his clients overcome the tetany faster and also attract other types of clients.

Between sessions, some clients might have the need to talk to you, especially people who have a disease or are working on overcoming an addiction.

In order not to be overwhelmed and conserve your intimacy, it can be a good idea to give them determined times for phone calls.

When your clients finish their process with you, you should always tell them about ways then can continue and deepen their process: you should recommend books, a One Year Seminar, inform them about trainings, and recommend them to become a RBI member. You can also recommend them to do ten more sessions with a rebirther of the opposite sex.

Also see section 13.2. *Ethical code for rebirthers* page 243

Testimonial: Guru for one day

Yesterday we started the 9 day Rebirthing and Spiritual training with Leonard Orr. Coming as an assistant to this training was a good excuse for me to go to India.

Today is the second day and we are doing the vision quest: fasting, silence and fire (being with your personal firepit). It is not contraindicated to write.

As usual in the morning, yesterday we did Rebirthing sessions. Leonard asked all the people who completed a cycle of 10 sessions to stand up, to be chosen by the people who hadn't.

The first person to chose was a man a little bit older than me with a briefcase. He had never heard of Rebirthing until 2 days ago. He was fascinated enough by Leonard's talk to go on this adventure. Shyly and following his intuition, as he told me later, he chose me.

We chose a beautiful place on the grass under the shade of two trees. After a small chat, he lay down and started to breathe. He connected with the Energy straight away. He felt and understood many things. He was feeling so much that my job was to try and make him talk less and simply live the experience. Suddenly he came out with: "Beatriz, what have you done to me? You are my guru!"

This executive who looked so serious with his brief case, after having done so much meditation and Vipassana, and searching so much, finally and when he was expecting it the least, had the experience of what freedom and Nirvana are, according to his own words. Afterwards he told me about his experience, he was still insisting that I was his guru, and Leonard the guru of his guru!!!

I could not convince him that it was nothing to do with me, that my work only consisted in guiding him in connecting with Divine Energy and that each person has to be his own guru (Leonard told him the same thing in the afternoon). However, I only have to wait until tomorrow, until he breathes with one of my colleagues in order for him to understand that it was not me and accept being a guru for just one day.

Beatriz fernández

11.8. Guiding your client with affirmations

***“You are a work in progress. The organization of the brain cells
that make up who you are is in constant flux.***

Forget the idea that the brain is static, rigid and fixed.

***On the contrary, our thoughts and experiences continually
remodel and reorganize our brain cells.”***

Joe Dispenza, *Develop your brain*.

An affirmation is a positive thought that is consciously chosen to integrate in the mind, with the aim of attaining a certain result. It is a reminder and an acceptance of people abilities, of who they really are. It is a force that helps us impulse our true essence in order to manifest the valuable qualities we possess, as well as to manifest the circumstances we need for our happiness and self-expression.

Our mind is infinitely powerful, as it creates and manifests everything we believe in. Since our mind is that powerful, we can make our life, and live it in our shoes, be in hell or heaven. In order to create heaven, we need to foster thoughts of self-esteem, love, trust, respect and ethics. The feelings, perceptions, actions and circumstances a person attracts will respond to these thoughts. We can become the gardener of our mind and our reality.

Through repeating affirmations, we give our mind an idea to act upon, and are thus reprogramming it. In this way we can replace old thoughts that did not support our life nor our vital energy.

Transformation does not occur with the passing of time, but rather through the evolution of our thoughts.

We can say that, actually, a negative thought or a negative belief is always the denial of our own divinity, of the divinity of others, or of the Universe. When we go “against the current” of the natural laws of the Universe, we create all kinds of upsets, problems, illnesses, and accidents. The science of changing our thinking not only includes the programming of our mind to achieve the goals you wish for, but also aims to integrate the most elevated thoughts we can find. These are always thoughts that are in harmony with the welfare of all beings (including us), since real and lasting happiness is actually only possible when we support the Divinity in all.

Many religions use the repetition of affirmations or mantras, because they know of their power. In fact, the word “mantra” means: thought that frees.

Working with affirmations means choosing the thoughts themselves and using them again and again, as many times as is necessary until they produce results. Some words will have a higher emotional charge for us than others according to our personal story and what we need to create in our life. Thus it is important to choose wisely the words that make up these affirmations.

You should only suggest affirmations to your clients and then have them choose the ones they resonate with, enabling them to choose their own words and teaching them to create their own affirmations.

**Through creative thoughts and energetic breathing,
you breathe life into a new reality.**

11.8.a) Different ways of working with affirmations

It is usually best to express the affirmations in the present tense as the present is the only time that exists (yesterday was today and tomorrow will be now as well). The present is therefore the moment of power.

We do not use affirmations simply to “convince ourselves mentally” but to reprogram our subconscious. It is therefore necessary to be aware, to observe and accept what we feel, because every block or resistance contains a lesson, a message and an amount of bound energy that we can liberate.

You can read a list of affirmation everyday. You can give lists of affirmations to your clients. You could start for example giving them a photocopy of the section 03.4.b) *Affirmations for a better life* page 27. However, the rest of the time it is more effective to focus on one, maximum two, affirmations. You have to do this until you get the desired results. For example, you can write them twenty times a day for at least three weeks. Three weeks is an average time for our mind to integrate a thought, but some thoughts might take much longer or much less.

Some affirmations make us connect with feelings of well- being or relief, in which case repeating them strengthens such feelings. There are many ways to work with them: thinking them, repeating them out loud, writing them down, saying them to another person or a group, recording them to listen to later, singing them, and in any other way that your creativity and inspiration can imagine.

Other affirmations have the power to unearth our resistances and limiting thoughts. It is wonderful to become aware of a self- sabotaging belief, because if you have the capacity to bring it to your awareness, you also have the capacity to change it. Here is a great opportunity to practice observation, acceptance and transformation through integration.

In many cases, it is a good idea to work with a column of answers; it helps to write down the negative thoughts and feelings that the affirmations stimulate, and then change them for positive thoughts.

The Column response technique (also called emotional response technique)

Take a piece of paper and make three columns. First fill out the first and second columns. In the first column write the affirmation you want to work with. In the second write your mental, emotional or even physical response. For example:

For me, Peter, it is okay to feel vulnerable	Vulnerability feels dangerous
For me, Peter, it is okay to feel vulnerable	I have a knot in my stomach
For me, Peter, it is okay to feel vulnerable	I feel embarrassed and uncomfortable
For me, Peter, it is okay to feel vulnerable	A man can't feel vulnerable.
For me, Peter, it is okay to feel vulnerable	I have to look like a strong person
For me, Peter, it is okay to feel vulnerable	My friends will disapprove

Then use the third column to turn the limiting thoughts upside- down. For example, if you have written "A man can't feel vulnerable" you can try "The more I accept my vulnerability the more human I am and therefore the more manly I am." Or, for example, if you have written "I am afraid of becoming a weak person." you can turn it upside- down with "I trust that in accepting my vulnerability will come into my real strength."

Often during sessions I ask my clients to close their eyes and repeat an affirmation several times. Then I ask them what they felt. This way I can find out which are the best affirmations for them (by observing and hearing about their emotional responses) and also teach them about the response column. I can then teach them to do the same when writing it.

Transition affirmations (or affirmations in stages)

When a person has difficulties in believing the affirmation they are working with, they may need one or more transition affirmations.

They can find it in the third column. For example if they repeatedly feel "I am scared of other people disapproving of me" they can work with "Other people's disapproval doesn't affect me any more. I now approve of myself". Or "I attract people into my life who approve of me." When they have integrated the emotions related to these new decisions and attitudes they can return to the original affirmation. This is a way to work bit by bit.

It is a good idea to ask your client to do their affirmations in a notebook and bring it to the sessions. You can then check that they are doing them the right way and help them to find transition affirmations. Looking at the response column can also bring some conversations up that might be very beneficial for the person's process.

A person who works with self esteem might have to work first with: "All my feelings are ok"; then: "I am willing to accept myself"; then: "I accept myself the way I am", then: "I am willing to love myself"; before they can finally work with: "I love myself".

Affirmations with a negation

Sometimes a transition affirmation needs to contain the word "no", because in some cases it is not enough to positively affirm the opposite in order to cancel out conditioning or an unconscious command. For example: "I, ___, am not affected by other peoples disapproval anymore".

Once we have overcome these we can return to a positive affirmation.

Dual affirmations

The dual affirmations are for the integration of two poles.

For example:

“The more I accept my vulnerability, the stronger I am.”

“I am always surrounded by lovely people” and “I now enjoy very much being alone.”

11.9. Elements which favour the transformation process

There are keys in our attitude which help us to change our patterns in a more efficient, easy and fast way. They also favour the positive development of the energy cycle. We learn to use them in the breathing sessions, sometimes through our own intuition, and other times through the suggestions of a breathing professional, or even through things we read. These are universal keys that are often taught in meditation, as they are fundamental pillars of health and happiness. As a result of practicing them in the breathing sessions and of experiencing their results, we will be able to use them into our daily lives, and in this way lay the foundations of a healthy and happy life.

The more we develop these qualities, the more powerful and healing our breathing cycles become, and the easier the integration process is.

You can teach your clients to change their attitude through observation, acceptance, integration and taking responsibility for their process. Some of your clients might need to develop more observation; whilst others might need to focus on acceptance and detachment for example.

Developing our conscience through:

Observation

It is about developing our attentiveness and observing everything we feel and think, in detail. This process allows us to become aware of the scripts and thoughts that limit us, with the aim of changing them, and at the same time it allows us to enjoy pleasurable sensations much more. The more attentive and concentrated we become, the more we develop our capacity to breathe Energy.

With practice, I have discovered that the Energy really stays in our bodies when we put our attention on it. As we develop our capacity to observe and concentrate, and through this to conserve the prana, we increase our capacity to manifest what we wish, while we integrate things more easily and quickly.

Acceptance

We are of course referring to a constructive acceptance, not to resignation. Fighting against things does nothing but feed them. When we relax and accept whatever we are feeling at that moment in a detached and loving way (without identifying ourselves with it), we are facilitating completion.

Detachment helps us have a more global, coherent and objective view (without judgment), while attachment, or identification, makes us “get lost in the movie” and prevent us from taking control for real.

A deep acceptance arises from trusting life, the Universe and our natural ability to adapt to change and to the unknown from a position of enjoyment. It is very important to relax and surrender, especially when we exhale. In this way we let go

of resistance and tension. Inhaling is active, strengthening our urge to live. When we inhale we connect with the Energy, when we exhale we surrender to it, letting it take action and heal us.

Integration

Happiness is not an emotion, but rather the integration of all emotions. It is our natural state of being. Therefore, if what you observe and accept is a denial of reality, this will disappear and give way to reality. For example, if a person wants to learn to dance and knows someone who dances very well, s/he can take it as an inspiration to learn. But if s/he does not trust in her/his ability to learn, or has low self-esteem, s/he can even feel jealousy or envy. Here we can see that jealousy- envy are a deviation or corruption of the original feeling, which was inspiration. When we observe jealousy and accept them, we can realise that what is actually happening is that we do not trust our inner resources, and as we connect with ourselves and trust again, jealousy will turn into inspiration.

We can say that the same thing happens with love and hate, sadness and happiness, mistrust and trust, resentment and gratitude, etc.

It is of course part of the learning process in the sessions to develop these changes in attitude, and this leads on to a powerful process of transformation in our lives.

Integration and transformation are often preceded by the response column, which is the ego appearing through a set of answers. It is a process of un- doing: the ego dissolves and Divinity is strengthened.

Taking responsibility for your process

Each person is responsible for her own life, as well as her healing process and health. Our best teacher is within ourselves. Processing ignorance and strengthening our practical knowledge depend solely on us, through the power of our intention and the decisions we make.

Once we have evacuated the feelings of guilt from our mind, we can also accept the responsibility of facing up to the mistakes committed through ignorance.

Trusting in our natural divinity, and our inner resources, we can make our process much easier and flow more smoothly.

11.10. Water Rebirthing

Once a person has done at least 8 dry Rebirthing sessions (usually it is 10), have a good intuitive understanding of the connected breathing rhythm and have overcome the physiological and emotional drama, s/he can start to do sessions in water.

The sessions in water are usually more intense than the dry sessions because the water is an additional source of prana and often makes deep memories come to the surface. Sometimes layers of tensions and tetany can appear even if the person overcame them in dry sessions. The person should take the amount of guided water sessions needed in order to release them, until she can have a relaxed session and therefore is able to continue on at home.

It is recommended to do the first Rebirthing sessions in warm water. Warm water Rebirthing has a tendency to regress people to birth memories and prenatal states of consciousness.

The person should always start the session breathing through the nose for a few minutes. She can then use a snorkel (and nose clips if needed) and breathe under water lying on her side (in the foetus position) or face down.

It is also possible to do it facing up, allowing the water to cover as much of the face as possible; the head can be tilted back, exposing only the nose.

Doing a session in a bathtub is usually easy and comfortable, when the tub is big enough. When doing a session in a pool, the rebirther has to go in the water with the client and hold him in a comfortable position.

Most of the session can be done breathing under water, or parts of it underwater and the rest head above water. It should always finish with at least a few minutes of nose breathing, head above water, in order to integrate the experience.

When the person is comfortable with warm water Rebirthing and is able to easily complete the energy cycles, she can start with cold water sessions. Once again, it is recommended she does sessions with a professional until she can easily integrate and complete the cycles. Afterwards most people like to do sessions everyday while doing water purification in their in their bathtub.

Cold water Rebirthing has a tendency to get people in touch with places where they are holding tension or pain. It can also help them to heal the death urge and experiences related to death. Cold water sessions only require the water to be below body temperature, when the person has integrated the feelings and can relax, we can slowly and gradually reduce the temperature.

When doing cold water Rebirthing in the sea, a lake, a river or a swimming pool, the person should enter the water gradually. She should put in one foot and breathe until there is no more cold or unpleasant feelings, then do the same with the other foot, and continue doing so which each part of her body, slowly advancing into the water. If the person does not reach the point of full immersion in the water, it does not matter. We have to do as many sessions as necessary before it is completely comfortable.

11.11. Rebirthing a pregnant woman (also see section 05.8. Birth education, page 91)

It is wonderful to rebirth a pregnant woman. It is a very good preparation for the labour. By overcoming part of her own birth trauma, the future mother is more unlikely to reproduce it and is more prepared for a gentle birth.

Ideally both parents should start doing Rebirthing before the conception. But it is still very beneficial for them to do their first 10 sessions during the pregnancy. Even when there is no time to do a complete cycle of ten sessions, the mother can still benefit greatly from a few sessions. I once rebirthed a woman in Guinea Bissau at the end of her pregnancy, a few days before she gave birth. We only had the opportunity to do one session but she had a wonderful experience and she felt much more relaxed and prepared for the birth. She told me afterwards that the gentle connected breathing through the nose had helped her a lot during labour.

You have to be very gentle with pregnant women. Most of them do not have tetany or tension because their body is full of life and energy.

Sometimes people think that it might be dangerous to do Rebirthing during the pregnancy, because they think that the mother might relive some traumas and that it can affect the baby. However Rebirthing is a soft technique which on the contrary will benefit both the mother and the baby. The truth is that all the unresolved issues the mother has are already affecting the baby in some way and can negatively influence the birth. It is then much wiser to resolve them before hand.

Most Pregnant women feel that the baby loves it when they are breathing in a session and is enjoying the Energy. Most of the babies start to move in a pleasurable way during the energy cycle and the communication with the mother gets deeper. When there is an intimate connection with the mother, I often touch the baby through their belly during the session. Most babies knock softly as an answer.

Frequently pregnant women feel that they can not breathe properly because their breathing mechanism is inhibited and they have less space to breathe with the baby.

A few years ago I started to rebirth a woman who was 7 months pregnant and who was breathing only in her abdomen. Her breathing mechanism was inhibited in her chest. I knew that we would not have time to do ten sessions but I saw clearly that even a few sessions could help her greatly. I was surprised that the baby did not move at all during the session. I realised that she had to resolve a lot of repressed emotions and that was probably the reason the baby was so quiet. So we started to work with her personal lie. She told me that her baby was rarely moving and that she was worrying about it. During the second session she started to release her breathing mechanism and felt much better. The baby started to move much more, especially during the night. She could not get much sleep the first nights but was happy that she could finally feel her baby! The moment of the birth was getting closer and the baby was not getting into position. Because it was probably going to be a breech birth, the doctor recommended a caesarean. I was not surprised that the baby was not getting in position for the birth because she was reflecting Maria's fear of facing her own repressed emotions.

Unfortunately we did not have time for more sessions, thus I am sure that the baby would have taken the right position by herself if Maria would have integrated more of her suppressed feelings. Maria was clear that she wanted a natural birth. As a doula I knew that it is ok to have a breech birth, but at the end this is what happened:

Testimonial

In December 2007, I was seven months pregnant. I was really well physically but the logistical preparation of the labour was exhausting me and I was having trouble finding a connection with myself and with the baby.

We wanted our daughter (Mar) to be born at home but I was not getting enough support and I was starting to feel tense. I was worrying that I was growing apart from myself.

That month, I received an email from Fanny who was asking for my classes. I don't remember who proposed to do an exchange, but I remember that I was aware that our meeting was not casual. She was bringing me the opportunity to be with myself, with calmness, during those Rebirthing sessions that I started without really knowing what it was exactly. I had to discover the deeper meaning of our meeting little by little during the days leading up to my daughter's birth.

During our first meeting we spoke with a notepad in hand. Fanny wrote several things and drew a picture of connected breathing. In the course of the sessions I also wrote affirmations which now I do not remember but which made their effect then and helped me to connect with the strength within me despite the difficult family and social context I was in.

Then I lied down on the floor and she started to guide me with a soft, accompanying and non-invasive voice. This voice would irritate me when my desire was to stop the cycle but was also helping me to continue. This determination to persevere, not to escape from the physical and emotional unease, helped to give my daughter a home birth.

The first sensations were acute and clear. A huge pain in the posterior part of the cranium, constant like tongs, appeared suddenly and disappeared before the end of the session. I was born with forceps and I have a phobia to hospitals as a result.

From the second session I remember a lot of pressure in the chest and resistances to maintaining the breathing rhythm. I didn't want to go deep into what was starting to open in front of me. Ways of escape showed up in the following sessions: I would fall asleep; I would get obsessed with food; I would really want to eat something fried. That obsession would stop when I would stop breathing.

We didn't have time to do more than five sessions. The doctors announced that we would have to do a caesarean during week 37 because our daughter was not getting in position for birth. We found an angel in Girona, 700 km from home who was willing to support us in a home birth and knew natural ways to help the baby move into the right position.

We decided to go there. We tried everything to get the baby in position: moxas, acupuncture, and the Mahomet posture for more than 3 hours without any result.

The midwives were tired, my husband serene and nervous at the same time, and I was sore.

In that moment I asked for a pause and I came back to myself. I applied all the Alexander technique I know, I affirmed myself in my intention, I started to breathe and I asked them to do a last attempt. At some point the midwife held the baby's feet and Mar started to turn inside my belly... the dizziness was really intense. The feelings of nausea, resistances, of not being able to do it but wanting to do it came back...and there was Fanny's voice, in the background: "You can trust, trust, trust..." In a few minutes Mar had made the turn and was in position for the birth. She was ready. Her heart was quiet. Mine too. The meeting with Fanny and Rebirthing made it possible for me to have the fortitude and the trust to see what was coming towards me, to let it enter, to defeat the resistances and to overcome it. It completed a circle which was present again the night that Mar was born, at home, accompanied by all of us and by the trust in life. I am so thankful.

María de Marcos

11.12. Rebirthing children

When it comes to rebirthing children, you should always try to rebirth the parents or at least one of them first. Children usually absorb their parents EEP and problems. Thus by Rebirthing the parents, the child's problems often disappear.

It is better to teach them the 20 connected breaths first. You can do it often with them and at some point try to have them continue breathing for longer; then the Energy cycle will probably happen by itself.

Most children love Rebirthing. They might have resistances at the beginning but once they completed an energy cycle they love it. Their energy cycles also usually last at least one hour or more.

It is possible to rebirth children at any age. As soon as they are old enough to follow your instructions, you can guide their breathing rhythm. You should just be more flexible and allow them to do what they want. If they do not want to lie down you can have them breathe while playing or doing some movements. They normally follow their intuition so you should let them take the reins of the session.

I taught connected breathing to my nephew for the first time when he was three years old. He had slightly hurt one of his fingers and started to cry. I told him that if he breathed the way I was, he would not feel the pain anymore. It worked. It then became a game between us and we would play breathing very often. When he got older I started to give him what we called mini sessions, because he only need 5 to ten minutes to get into bliss. He loved the tingling sensations in his hands.

My nephew had quite a difficult birth. His sister's birth was much gentler. I noticed that from the first time she did 20 connected breaths, she would not have any specific sensations and just felt good. He had to go through much more sensations. But he has always loved it and when he was seven he taught the twenty connected breaths to one of his schoolmates who had asthma.

When children are too young to follow your instructions, they might follow your rhythm by imitation. You need to create an atmosphere where they will relax enough to go into a spontaneous Rebirthing process.

Babies often regress often to their birth when they bathe or just when they relax. If they had a difficult birth they might start screaming, crying and go through a lot of anger. The problem is that they often hold their breath and get stuck in the memories for a while. Rebirthing a baby can be quite difficult because you can not guide their breath. Massaging them softly can activate their breathing mechanism, so then can breathe away the pain. By doing so they usually take a breath more often, have a release after a while and completely bliss out.

Babies are very sensitive to the Energy (and children in general), so often being in the presence of someone who practices Rebirthing and Spiritual Purification makes them relax enough to go through a healing process. The presence of a clear person is the key to infant Rebirthing.

In Breath awareness, Leonard Orr writes:

"Rebirthing infants is not easy. In addition to the regular intuitive talent of the

rebirther, the baby is totally dependent. Rebirthing them in water takes total concentration. If the rebirther gets spaced out the baby could drown.

Holding the child so that the breathing mechanism is free, supporting the head, doing the right kind of body movement, to facilitate breathing and letting go all take intuition and experience. Perhaps most important is the presence of the rebirther. If the rebirther hasn't worked out enough of their own birth trauma, it just might not work. Infants are wide open and process whatever is in their environment. To accurately read the behaviour of infants is a fine art."

Leonard also wrote *The healing power of birth and rebirth* where he describes how he rebirthed both his children.

Testimonial from a Rebirther: Rebirthing my five years young daughter

Since I started teaching Matilde the 20 connected breaths she had problems taking in air. Lately she started contracting so much that I had a talk with her and told her about her birth and how I felt it could be affecting her breathing. I also explained to her the better and more relaxed she breathes the more her life would benefit and less angry she would feel. So she showed some interest and we made an agreement about starting real Rebirthing sessions.

Last Thursday I gave her the first session; it lasted about 25/30 minutes and her breathing was really stressed. As I am her mom I had to be very careful so that she wouldn't feel she was doing it all wrong. She really has trouble getting it. She was born with forceps and the umbilical cord was cut 5 to 10 minutes after she was born. She was very angry when she got out!!! Very angry - no crying but very angry!

Even though Thursday's breathing session was tough and I didn't get her to fully relax. I could see the colors of her face change while she was breathing and suddenly she was about to cry, she stopped and wined: "mommy the umbilical cord is being cut". I told her to keep breathing, she did and a little bit later she said: "It is gone now" and smiled. We continued the exercise. She got distracted a lot and then she got more relaxed and fully energized so she decided that it was time to stop. Looks happy! (I think I succeeded in making sure she did not feel any disapproval)

So when I put her to bed I asked her if she had a vision and she said: "I could see with my eyes closed".

"What did you see?"

"My umbilical cord being cut"

"Where were you?" She did not answer

"Who was cutting it?"

"A man, his hand were very sticky, they looked funny".

"Did he have gloves on?"

"Yes, that was it but they were sticky".

"What color were you?"

"You see, when I was a baby I couldn't see in colors just yet. So I don't know. That last bit totally convinced me that she really got in touch with her memories.

Though, I still have to teach her how to breathe!!! Unbelievable!!!

"A few days after this she added: "Mom, I really didn't like having my umbilical cord cut, I felt like I had no mother or father, I felt abandoned" (I didn't even know she knew this word already!)

I rebirthed her twice after that, she gradually became better at breathing but she really does not want to go very far and finally asked me to rebirth her again after her 6th birthday :) ...I agreed to that.

With so much love

Teresa Aguiar

Testimonial: Extract from the road to prana

I cannot let the opportunity pass without sharing the first time that I breathed underwater.

To start with I will say that feeling my nose blocked distresses me somewhat. When breathing underwater you need a nose plug on while you inhale and exhale through the mouth using a snorkel. In less than five minutes I had an anxiety attack, which made me swallow water, and while this happened I remembered the birth of my son who is now 13 years old. What was remarkable was that I experienced it in first and second person, that is, as if I were seeing him being born and at the same as if I were him. I experienced his distress and helplessness.

His birth lasted 48 hours and started due to a colic that his mother suffered. The amniotic bag burst, he came out with his umbilical cord wrapped around his neck and he swallowed liquid and blood (as I swallowed water during the session) and when he was born he was such a deep purple it looked like gangrene. When they cut the cord he took 45 seconds to breathe. This filled me with panic. Hearing him cry out was like the doors of heaven opening up.

This story I am telling in just a few lines I experienced over 48 hours, 13 years ago, and I re-lived it in a few minutes in that session underwater.

When I shared the experience with Leonard, he answered that not only had I healed the distress and fear that I felt during those moments, but also the experience of my son. This means that your work not only has consequences in your own life, but also affects those around you, especially your children.

This reminds me of a saying in Ayurvedic medicine: "To heal a sick child, you first have to heal the parents".

I do not know if this is true or not, but Christian, my son, has a clearer look in his eyes, and the victimised attitude that he had always shown previously is but a vague memory. Not only that, he seems happier and warmer in his relationships.

Fran Ortega

Testimonial from a rebirther: Children rebirth

My passion for working with children and adolescents is due to the beauty of their transformation processes, watching the weight and tension they come in with and how light they feel after a session inspires me.

To breathe and work with co-creative thoughts with children and adolescents is especially delicate as it involves the families' dynamics.

The first session can involve the presence of one or both parents, whom must have had at least 10 individual sessions and be familiar with the power of the conscientious co-creative thought, if the child approves that idea. I'm very reluctant about working with a child or adolescent whose parents, at least one, do not practice breathwork.

Usually children and adolescents are introduced to Rebirthing by the parents who present the children/adolescents as being a problem or being in a difficult situation. It is important to receive the young client in a gentle and enfolding way, demystifying that anything could be wrong with his being. I usually invite the young client to participate and share their point of view. After 2 or 3 sessions, I might ask questions like: how do you feel about what's being said, do you believe this to be true? From that I lightly explore the image he has about himself, about the situation, about his relationship with his family and school.

My approach to Rebirthing depends on the young client's sharing, as I ask the parents what kind of birth the youngster had and with that answer show the child/adolescent how his feelings and attitudes are related to what he experienced at birth.

Still in the presence of the child/adolescent I ask the parents about his pre-natal experience, I investigate all possible traumas that might have occurred during pregnancy and infancy. This requires extreme courage from the parent's side as they have to be exposed and very honest in front of their son/daughter. I try to obtain information about all kinds of feelings the parents had towards the pregnancy; was it a planned and wanted, how the relationship between the father and mother was at that time and at present, and how was the family relationship with the closest relatives.

After that I finish my engagement with the child/adolescent by explaining what kind of work will be done during the next 10 sessions and the sort of involvement needed from his parents. I make a compromise to always give the parents feedback from the sessions or about any matter that comes out during a session in the child's/adolescent's presence and at any moment the young client needs help to bring a subject up with his parents. It is fundamental that the child/adolescent feels he is the one who is the client, not his parents, and that all his issues are being protected and taken care of. None the less, with children over 8 or adolescent cases I strongly encourage one or two other sessions with the parent's present.

With children under eight I recommend the parents presence, at least one parental figure, in all the sessions.

During this first session the child/adolescent decides whether he wants to go through with the program or not and his will is always respected.

Whatever the age is the sessions must be conducted in a playful way, with lightness in order not to stress and increase the pressure and obligation felt on their daily lives. The idea is to recover and develop freedom.

The child/adolescent breathes and shares as long as they want to. There is no minimal amount of time for the breathing. They are quick to develop associations, having insights and becoming conscious about their co-creative ability, understanding their own personal history and how behaviour patterns are created and repeated through their lives, especially those whom carry the thought that they have to be extra-responsible. Language is vital here. Communication skills must be directed towards the kind of speech used by the child, in particular the adolescent; it makes resonance and empathy more harmonious.

Many of the adolescents I work with easily become centred and grounded, they seem to know exactly what to study for each test and essay. However, children as well as adolescents question the purpose of studying, like they weren't involved within the process. A great reorientation to the core being of the young person is needed in order for to school become pertinent. From a very young age the child is directed to do something, especially study, without it being an extension of who he is. To worsen this situation evaluation and labels that frequently arise from it often annihilates what is left of his being. It's urgent to recover and protect the children's identity and spirit.

Salomé Santos

11.13. Rebirthing you friends and relatives

In the first Rebirthing training I received, we were taught that a rebirther should not give sessions to his friends and relatives. I was happy to find out when I met Leonard Orr that he disagrees with that. You can rebirth your friends and relatives whether they are beginners or not.

I have rebirthed many of my friends and family members with very good results. Some of them, like my mother, would have never done Rebirthing sessions if it was not with me. So it was really worth it and it enriched my relationship with all of them.

In some cases it might be preferable to refer the person to another professional, for example when the person would not feel comfortable with you or would not follow your instructions; when the relationship is in crisis and you feel that you need exterior help; if you are not detached enough and might take things personally.

My partner and I rebirth each other from time to time and it really helps to build more intimacy in our relationship.

12. THE HEALING POWER OF SYMPTOMS AND DISEASES

“An illness or a symptom is your body and spirit trying to heal you mind or your mind and spirit trying to heal your body.”

Leonard Orr.

Our body is very wise. It is our temple. It's way to communicate to us that there is something wrong in the way we think, feel, act or with our lifestyle, is by manifesting symptoms. In order to have and maintain health we have to be open, listen to the messages and be ready to make the changes necessary. Symptoms are a healing crisis.

Any person can do Rebirthing. People who have an illness benefit a lot from Rebirthing. As a rebirther you have to make sure that the breath is gentle and the person integrates all the feelings and sensations.

Many beginners are afraid to rebirth someone who has a disease. If you do not feel confident with rebirthing someone who has health problems you should refer them to another professional. When you have more experience and you see the magic of energy breathing happening all the time it will be much easier to trust the process.

On the other hand I once had a student whose first client was an 18 year old girl with cancer and he did an amazing job; within her first 10 sessions all the symptoms disappeared.

Even though healing all kinds of diseases often happens with Rebirthing, rebirthers cannot predict anything. Rebirthers do not diagnose, treat or heal any diseases and do not practice medicine. As rebirthers we are teaching the ability to breathe Energy, as well as other skills.

Many rebirthers I know, including myself, have seen all kinds of symptoms disappear with Rebirthing, even some symptoms which had been said to be “incurable” to the patient.

In such cases it is also essential to work on the emotional issues and habits that created the disease. Nowadays pollution in the environment, food, cosmetics etc. are a major source of diseases. Therefore detoxifying and improving the diet and lifestyle are an important part of the healing process.

It is important for everybody to practice spiritual purification, but even more for people who have severe health problems. The cleaner their energy body, the faster their body will be able to heal. Physical immortality philosophy is also very important to weaken the death urge. Healing is only possible when the person wants to live.

Rebirthing is compatible with any treatment the person might have chosen to receive. Sadly most people do not do enough research on the disease they have and the ways to heal it; they usually accept the treatment their local doctor recommends, or the most popular one, which is not always the best. Some treatments carry many complications which are worse than the original symptoms.

I like to inform my clients about other possibilities, or motivate them to do more research, so they can at least have the choice. Sometimes the traditional treatments of our occidental society work really well, other times they are really dangerous and natural or alternative treatments are much more efficient. Personally, as long as the situation allows it, I would always try natural treatments first.

It is recommendable for people to take as many sessions as necessary with a rebirther until they learn how to heal their symptoms; after doing the first 10 Rebirthing sessions they can practice on their own and keep on getting sessions from their rebirther in order to get appropriate support.

You will get some valuable information reading Leonard Orr's book: The healing manual.

For the emotional causes of diseases and symptoms, I recommend you to study at least one of these books (if not all of them):

Your body speaks your mind by Deb Shapiro

Your body's telling you: Love yourself by Lise Bourbeau

The Healing power of illness by Thorwald Dethlefsen and Rüdiger Dahlke M. D.

Heal Your Body A- Z by Louise Hay

During my first years as a rebirther I was always consulting the symptoms my clients had (even small symptoms) with at least one of these books; and I was always travelling with *Heal Your Body* from Louise Hay because it is a small and easy book to carry. I still do so, and do some research when one of my clients has a symptom or disease I am not very familiar with. You should also ask for support and advice from other experienced rebirthers who had previous clients with the same illness or symptom your client has.

It is not recommended you take more than one client a week that has severe health problems. It is usually very draining. It is well known that doctors usually die of the same disease that was their speciality. It is due to receiving the same kind of emotional energy pollution again and again from their patients and regularly getting in tune with or empathising with the same emotional patterns of a specific disease. Leonard Orr knows a rebirther who healed herself from asthma, became a rebirther specialized in asthma, and at some point relearned the symptoms from her clients.

Covering all of the known diseases would required writing another book all together, so included are some of the most common diseases and symptoms.

12.1. Headaches and migraines

These are caused by deprivation of oxygen at birth; most of the time due to the premature cutting of the umbilical cord. Unfortunately this practice is still popular in many hospitals.

It is common for migraine sufferers to have a headache during a Rebirthing session and to overcome it before the end.

As the persons heal their birth trauma, those symptoms will disappear from their life.

12.2 Common cold and flu

Common cold and flu are one of the effects of birth trauma. In order to heal them you have to heal the birth memories stuck in your mind and body which are causing them. That can take a few years.

Each summer, during the trainings in Spain with Leonard Orr, we ask the participants if they healed common cold and flu, and how long it took them. Most people heal it in their second or third year of practicing Rebirthing. I myself used to have a cold several times a year and the flu at least once a year. It completely disappeared in my second year of practice. Last time I had the flu I was preparing myself to stay in bed for 4 or 5 days, as I usually did. On the first day I had fever and intense pain in my body. A rebirther told me to do a session in cold water (I had done many cold water sessions before). Breathing in cold water sounded completely crazy in that situation but I had had enough amazing releases and healing experiences at that point to trust the process. I had also worked enough with my mind to efficiently overcome the belief that cold water would make it worse (and assume that my mother was wrong!). Within a hour breathing session I breathed away all the symptoms and never had flu again. That was 13 years ago.

12.3. Depression

Depression is usually due to emotional repression learned in early childhood. Very often children are not allowed to express their emotions and very rapidly learn to repress them in order to keep their parent's love.

Not being in contact with one's emotion makes us unclear about who we are as adults and disables us to build a strong self esteem.

Children who had very repressive parents can suffer chronic depression when adults. Chronically depressed people usually lose enthusiasm for life because they do not really live the life they want or feel free enough to express themselves the way they really are. The problem is that most of the time they do not know what they want and/or they do not believe they can change and reach their goals.

The lack of support and love in our childhood as well as the fear of loneliness and abandonment are usually so painful for the children that they become expert in not feeling them. Eventually those feelings come back at some point in life and create a punctual depression when a loss of a loved one happens, a sentimental loss, or a career disappointment for example.

In both cases (chronic depression and punctual depression), healing the inner child, the death urge and self-esteem will give very good results; then when the person starts to know what she wants, work on reaching new goals.

It is also possible to have depression because of emotional energetic pollution. Each time I spend too much time working with people or in public places, I notice that I lose enthusiasm for life. Usually it goes away while doing spiritual purification.

12.4. Back pain

The basic cause of back pain is emotional energy pollution. When our chakras receive more E.E.P. than they can process, we start to accumulate it in our body. It can be our own emotional blockages or others. For example, I noticed that when I spend too much time in a supermarket with a lot of people, I usually have lower back pain. It is due to the fact that most people accumulate a lot of E.E.P. in their solar plexus. This is too much for my solar plexus to process and the energy gets temporary blocked in that area, causing pain in the back at the same level of the chakra. It usually only takes me a few minutes of Energy breathing in my bath to remove it or a few minutes by the fire.

It is interesting to observe where the pain is and to which chakra it corresponds. I remember having an intense tension and pain in my upper back, at the heart level, after an unhappy love affair, when I was feeling that I had a broken heart. I felt the same kind of tension once after I felt betrayal by a friend.

When there is an accumulation of stuck energy the pain becomes chronic. It can be from E.E.P. received every day, for example from other people at work or your own emotional stress and patterns which block your energy, or both.

The first 10 Rebirthing sessions are usually very efficient at eliminating chronic back pain. Then if the person practices spiritual purification they will eliminate the tension before they can collect pain again.

12.5. Asthma

Very often people who have asthma felt emotionally abandoned at birth and when they were babies, or in early childhood. They were asked to be independent too soon. It is usually related to the bondage with the mother: the child feels that s/he was separated too soon and cannot breathe well by her/himself. It can also be related to birth trauma and the premature cut of the umbilical cord and/or the separation from the mother at birth.

There is usually a deep fear of not getting enough love, which makes the exhale difficult as the person is unconsciously trying to retain the energy and has difficulty in letting go of it. This lack of love and bondage at an early age usually make the baby develop a death urge or suicidal urge. It is therefore important for the client to get as much support as possible. It is always a good idea to have the people they share their life with Rebirthed as well; and recommend them to maintain close communication with their doctor (may be also a psychologist).

During the Rebirthing sessions it is important to let the person use their pills and respirator equipment until all the symptoms disappear.

In *Your body speaks your mind*, Deb Shapiro writes: "*Asthma attacks may be triggered by events that highlight the loneliness of breathing independently and that create a separation from mother, such as the birth of a younger sibling, graduation from school, leaving home, or getting married. The asthma attack is like a suppressed cry of longing to return to the womb.*"

As well as the breathing sessions, working with healing the inner baby is very helpful and can help clients with asthma overcome victim consciousness. Working with overcoming the death urge is also essential.

Anne Marie de Vinci is a rebirther and doctor in France. She has worked with asthmatic patients and has numerous records of cases. In one of the RBI newsletters (conscious connection) she wrote:

"I can say that, as of today, there has not been any failure using the practice of Rebirthing with asthmatics. All people did achieve a permanent result on the management of their asthma. On the other hand, the time required to bring about that result is very variable: from a few months to two years, with regular sessions.

The time necessary is not related to the type of asthma and/or its severity. Asthma is related to fundamental peri- natal fears (insecurity, manipulation). The time necessary to heal depends on the anchorage of the person's fear.

People who have an old asthma which is not active can have the same symptoms as a person who has had severe asthma all their life. Asthma can be reactivated after giving birth or after a shock: death of a loved one or separation.

There are also links with basic triggers: not directly allergy stimuli, but what started the sensibility to allergy stimuli in the first place: vaccinations, especially DTPAB. [This is a French combination of vaccination].

On the 136 cases I have worked with, 93 show clearly that the first asthma crisis occurred after injection. For half of the 43 remaining, there was no way to check! Many cases of asthma are accompanied with other pathologies, in particular eczema and dairy intolerance. This large proportion raises questions.

I am not an official scientific investigator, but, as a Rebirther, I can see clearly in asthmatics:

1- The conflicting breathing pattern

2- An intense state of regression to infancy or primal feelings

3- A difficulty to reach affective autonomy, as well as psycho- emotional autonomy."

It is Anne Marie's opinion that being a rebirther is not enough in order to rebirth someone with severe asthma. However Leonard Orr thinks that she is only expressing the fear of the medical profession. Thousands of people have healed asthma with Rebirthing and nobody has ever died in a Rebirthing session.

Rebirthers experience tells us that even if an asthma attack occurs during a session, the person can learn to breathe through it. At some point the person can overcome the attacks by themselves. Eventually it will be healed and not reoccur. However Leonard does not recommend working with asthmatic children until their parents have done ten Rebirthing sessions.

Testimonial of a first session from a person diagnosed with severe chronic asthma (from Rebirthing and Spiritual Purification by Fanny Van Laere)

It has been a liberating experience. I secreted lots of phlegm and toxins, which has left me feeling a lot better and in a much better mood, not as heavy and stiff as I was before. It has been a great relief and my breathing is a lot more relaxed. At one moment during the session I felt a lot of pressure around my nose, eyes and forehead, increasing more and more until a moment of climax, when I continued to breathe and then the whole facial area slowly relaxed. All this was accompanied by a certain sadness and especially helplessness. Afterwards I felt a lot better and the phlegm that choked my lungs and throat so much became a lot more fluid, and could come out without that ripping cough, so abrupt and severe. It has been quite a relaxing experience of unblocking and relief.

Anuska

Testimonial from a young Russian lady

My name is Julia, I am almost 23 years old and I am from Russia,. I had bronchial asthma for 14 years, since I was a little girl. The medication didn't help me and the doctors were saying that there was no more hope and that I would die soon. All possibilities seemed to be exhausted and I thought it would soon be the end of my life...but when I was 13 years old, I read a book called 'Breaking the death habit' from Leonard Orr and heard about Rebirthing. I started to think that I would be able to live, be healthy and breathe freely. It was wonderful!

In the middle of August 2003, Dan Brule from the USA came to my city to give a Rebirthing workshop. On the first day of the workshop, during my first Rebirthing session, I had a feeling of freedom and I realised that I could live without medications and breathe without tensions.

Now I'm almost 23 years old and I have been completely healthy for two years, thanks to Rebirthing. I love to continue Rebirthing myself.

Rebirthing and breathing is a gift from God and each of us has the ability to live and breathe freely! Each of us has the ability to be free from pain, any kind of suffering, be open to the world and have an open heart!

Now I'm healthy and alive, I work as an interpreter, and I'm learning Hindi, Spanish and of course doing Rebirthing!

Thank you Leonard and thank you Dan! Thanks to you two, I can now live and breathing freely! Be happy and celebrate the miracle of life that is you! You are love and you are a manifestation of God! I love you all and I celebrate your unique being in my heart!

Thank you Fanny for giving me the possibility to share my experience with all.
Blessings and love,

Julia Demidova

Testimonial from a rebirther and one of his clients who had asthma

When Cristina came for her first session, she did not come seeking a cure for asthma, she did not even talk about it. She was simply not feeling very well and someone had recommended Rebirthing to her. She was taking a lot of drugs for her asthma.

During her first 3 sessions her breathing was inconsistent and chaotic for the first half an hour or so. She had the feeling that she could not get enough air. For me it was obvious that it was due to asthma.

During those sessions I gave her affirmations like: "I have all the air I need and it never ends" and "breathing is easy". I offered to open the window, despite the cold, but she always said no, recognising that it was a feeling and not a reality.

During the second half of those sessions her breathing was flowing with a constant rhythm and it was easy for her. She would then start to connect with her emotions.

In her first session we talked about her birth. She was born by caesarean. She felt great difficulties and limitations in her life. The first affirmation she decided to work with was: "I can do things on my own".

When she came to the third session she had stopped the drugs. We worked with the personal lie. I showed her how she had repressed her feelings towards some members of her family for some unpleasant situations they put her through. I gave her the book *The resurgence of the feminine* and pointed to some chapters that could interest her.

From that moment her openness to spiritual psychology increased and she started to work in a very effective way with the affirmations.

But you better read her testimonial.

Toni Verd

From Cristina Perea

I had lost motivation for almost everything for quite a while, feeling that I was living a life which was not right for me. I was feeling bad, sad and I was constantly blaming myself for my problems and other people's problems. I had the feeling that everything that was happening to me was negative. Those feelings started to have negative repercussions on my relationships, especially at work. I felt I was different and rejected by my colleagues. I lost motivation for what has always been my passion: teaching.

I was in an intimate relationship with a person who had consumed the little joy and energy I had left and I was putting distance from people who really loved me and anything which would make me happy.

Any situation would turn into a problem and distress. I also had chronic asthma since I was a teenager.

During my first session, I felt that something was being released. I did not know exactly what it was, but it felt good and I felt mentally and physically recharged. Even though I do not know how to explain it, I liked it.

As the sessions advanced, I started to notice that my perception of Life, and about my life, were changing. I started to exteriorize and acknowledge feelings and sensations which were asleep or that I thought were non-existent.

After the second or third session I accidentally, yet fortunately, forgot to take my drugs for asthma and I noticed that I was breathing much better. I did not need inhalators anymore or drugs; even when I got the flu. I was feeling like I could get enough air for the first time in many years.

During the first sessions, I participated in a seminar about birth scenario and I discovered many aspects related to my personality, the way I was interpreting reality and the respiratory disease I had. I became aware it was linked to my caesarean birth.

Little by little I put together enough courage to leave my partner. My colleagues stopped rejecting me and we started to share and laugh; my passion for teaching also returned. I felt loved, started to smile again and recovered the strength to get out of bed in the morning.

Through doing completion letters I forgave a few very important people in my life and I forgave myself for not doing it before. I now feel that, in an unconscious way, those people also forgave me. My mother stopped being a cold person, started to share emotions and be full of life. 34 years went by but now we talk and listen to each other. We stopped being strangers.

Now I can say, with certainty, that through learning to breathe in a conscious way, I released negative emotions and I overcame asthma.

12.6. Cancer

The main causes of cancer are bad diet, eating meat and repressed resentment and anger.

In *Healing cancer from inside out*, Mike Anderson explains how cancer can be reversed naturally through diet and lifestyle changes. He details how high acidity, low nutrient and oxygen levels, high blood sugar, high cholesterol levels and high hormonal levels all “feed” cancer cells. He also explains how to change that environment in order to rebuild your immune system, while simultaneously changing the basic biochemistry of your body so it can fight cancer.

Most people with cancer repressed feelings of bitterness and resentment coming from their childhood. It is important to work with parental figures and get in contact with the feelings that have been repressed before doing a forgiveness process.

In most cases, people need to follow a treatment while they learn to change their lifestyle and heal the causes of the cancer.

In *Secrets of youthing* Leonard Orr tells us how he overcame cancer and other terminal diseases with Rebirthing, spiritual purification, changing his diet and using

the herbs of Hoxsey Therapy. One of the books he recommends is *You don't have to die* by Harry Hoxsey.

I know many people who healed cancer through Rebirthing, Spiritual Purification and changing their habits, especially the diet.

Sadly, I also know people that died from cancer. In all the cases that I know, even though some of them did at least ten Rebirthing sessions, none of them were really willing to change their lifestyle and habits and do serious work on healing their death urge. However in all the cases it improved the quality of their life, reduced the pain, and they lived longer than the doctors predicted they would.

I am always surprised when a person who has cancer is not willing to go to one of the best clinics in the world. Sometimes it seems like people prefer to die than leave their “safe” environment. Our body is our most valuable possession and everybody deserves to give him/herself the best treatments available, and for long enough to achieve the desired result.

The best clinics in the world are probably:

Hoxsey Clinic (Mexico)

Hippocrates Health Institute - Brian Clement, Ph.D. (Florida)

Ann Wigmore Foundation (New Mexico)

Tree of Life Rejuvenation Center (Arizona)

Oasis of Healing (Arizona)

Gerson Institute (Mexico)

My experience rebirthing someone with lymphatic cancer

In 1999 I had a client in Madrid with lymphatic cancer. The disease started 2 years earlier. She then had a Rebirthing session with a fellow rebirther who told her that she had a lot of repressed anger. She told him that it was not true and that she was “the kindest person he could imagine”. At that time she did not realise that her anger was so repressed that she was completely unaware of it. She did not come back to complete the sessions.

After chemotherapy the cancer went into remission and she healed. But two years later the cancer came back. At the same time she was going through very difficult moments with her husband and she started to feel an overwhelming amount of rage and anger. She then remembered what the rebirther had told her and contacted him. He was not working in the same city anymore so he referred her to me.

From her birth scenario, it was obvious that there was a lot of anger and pain. Her mother became pregnant when she was 17, the father was a black student who was travelling and went back to his country without knowing about the pregnancy. The grand parents decided it was better to hide the pregnancy, send their daughter to Paris, and abandon the baby there after the birth. It was during Franco's reign, and it was a shame for them to have an unmarried pregnant daughter, and on the top of that, from a black man.

Six months later, the mother repented, and went back to Paris to reclaim her daughter. Years later she married a white Spanish man, had children with him and my client was raised by her grand parents. When I first asked her if she had resentment towards her grand parents, she said: “of course not!” I then asked her to repeat: “I, ____, forgive my grand parents for abandoning me when I was a baby”. By saying it she realised that she was angry but was very afraid to feel it.

The doctors were telling her she had to do chemotherapy again and she was very resistant to it because of the symptoms and pain it gave to her two years ago. We decided to do 2 sessions a week and ask the doctor if they could wait one week before starting chemotherapy. The doctor agreed. After the first week her condition was a little better, so he agreed to wait another week, and the same thing happened over and over again until she had improved so much that the doctor said she did not need the chemotherapy anymore. It had receded that much in only 2 months. During the first sessions we worked with observing the emotions whilst being detached from them and feeling safe with them. She had huge releases during the breathing sessions. We also worked a lot with self love as her self esteem was very low. Then I had her share more about her grand parents and what happened. She did not want to write the completion letters on her own so we did them verbally together. At that point she still had tumours in her abdomen. I remember that the first time she talked about it she started to feel that the tumours were very painful, as if someone was kicking her in her belly. She told me she was very afraid. After doing the whole completion process we both decided that speaking to her grand parents about what happened was an important step in her recovery.

However she was very afraid to do so. She finally told them that she knew that they had decided to abandon her (they had never told her; she knew it because her auntie had told her). Their first reaction was to deny everything and ask her how she could be so mean to the people that raised her. After that meeting she called me to get some support because she was feeling that she had hurt them and was desperate. However two days later her grand parents went to see her and told her that she was right and asked for forgiveness. They all ended up crying and holding each other. That was a very big emotional transformation for her.

After that process, she went to a centre specialized in cancer where she ate a special diet, did a lot of fasting and learned meditation and visualization. She continued Rebirthing herself on a regular basis.

Now it has been more than 10 years, the cancer never came back and she is a happier person.

12.7. Epilepsy

It could be caused by birth trauma or previous injuries on the head. Usually epileptic people are unable to express their fears and insecurity and are extremely self critical. Therefore overcoming the “inner tyrant” and increasing their self love is important.

Very often epileptic people have mystical visions before a seizure but are afraid of it. The repression of the vision and the feelings due to the fear lead to a seizure.

Through Rebirthing, the person learns to relax in the symptoms and eventually to breathe them away.

12.8. Aids

Even though Rebirthers are not doctors, many of them have seen people completely overcome AIDS symptoms and even rid their body of the HIV virus.

Leonard Orr thinks that AIDS is a combination of at least 7 factors:

- 1- Birth trauma and maybe prenatal and infancy trauma
- 2- Parental disapproval syndrome
- 3- Toilet training and the dirty diaper syndrome
- 4- Misuse of the mind and body with negative thoughts and overactive sex life, and/or sexual guilt
- 5- Unconscious death urge
- 6- Karma from past lives
- 7- Lack of simple daily spiritual practices with earth, air, water, fire and mind

Having a healthy diet is also vital.

As a rebirther you need to get your client work with all those aspects. Sometimes only healing one or a few of them completely heals the symptoms but of course it is better to work with all of them.

For example in his book *Wild fermentation* Sandor Ellix Katz explains how he survived AIDS overcoming all the symptoms and maintains his health by eating fermented food.

12.9. Overweight

Gaining weight is like building a barrier that protects from other peoples expectations. It can be related to feelings of shame and humiliation coming from childhood, difficulties with saying no, and fear of intimacy and sex.

Most people with weight problems learned when they were children to be nice all the time. They need to improve their self- worth and feel that they deserve to receive love.

Addiction to food, like the other addictions, is a way to repress emotions and childhood memories and traumas. Once again, working with healing childhood and rescuing the inner child is the way to permanently overcome it.

Energetic emotional pollution can also make people gain weight. Spending time with the fire is the most efficient way to burn off E.E.P.

12.10. Heart problems

People can learn to breathe away heart conditions with soft and relaxed breathing, but a change in the diet, especially refraining from eating meat, high cholesterol foods and foods that causes inflammation are vital

The DVD *Eating* from Mike Anderson contains interviews from the world's leading authorities on heart disease reversal. Dr. Esselstyn tells us how he directed the longest and most successful heart disease reversal program. This program is based on the Rave diet, which is a plant-based diet.

People with heart problems usually closed themselves to love and to their need for love. They isolate themselves from love in order to protect themselves from "having their heart broken". It is due to past traumas, repressing the pain and hurt from the past and refusing to forgive.

12.11. Addictions

There is an infinite list of possible addictions. We all are addicted to some extent and the consumption society we live in favours it. Overcoming our addictions is part of our health and spiritual journey.

We can be addicted to work, coffee, sugar, shopping, sex, tobacco, money, eating, not eating, exercising etc. Those compulsive behaviours are a way to avoid feelings, especially helplessness and hopelessness from our childhood.

In order to overcome an addiction we have to face the part of ourselves we were denying and have the courage to solve the emotional problem. Observing when the person has the cravings is very helpful to identify what emotion she is trying to avoid.

When the addiction is strong and disables the person's normal life it is important to get support from specialists.

Rebirthing helps a lot with drug and alcohol addiction but people also need to go to a rehabilitation centre.

I have rebirthed people who were heroin addicts and it really helped them to detoxify their body and make the decision to go to a centre. Those people recovered faster compared to other drug addicts and were able to start a new life more easily.

I also rebirthed people after they went through the rehabilitation and it helped them to start their new life.

Testimonial: Voyage to the edge of death

I was 32 years old, and my life had been losing meaning. I had no idea what I wanted, I had no will to live. After 15 years of drug consumption, I had turned into a real junkie, and I thought that death was my most realistic destiny. For a few years I did not take on any healthy responsibilities: not with hygiene, nor food, I had no commitment towards anything... In spite of it all, within me was a small instinct of light that was “waiting” for more favourable conditions.

All my attempts to kick the habit had failed, because I actually didn’t think it was possible, and did not even want to believe it: my choice was to live without any responsibility until death. I suffered in solitude and did not even stop suffering when I was high. My distress was total and constant. My curiosity for philosophy, and in fact for anything, came to be nil. All I cared about was not being without my dose, no matter the cost... I no longer respected my life, I no longer respected anything. I had lost all values and ethics. Only very occasionally did I confess to myself that I wanted to end that lifestyle... something within me knew that I had to “let go” and “trust”.

One day someone mentioned “Rebirthing”, and suddenly I recovered some curiosity and interest... it was one of those flashes of light, of hope. It was Fanny, and she got straight to the point... She simply said that I could trust Rebirthing to quit drugs, and we arranged a first session for a couple a weeks later. The calm and trust with which she encouraged me made me believe, made me have faith. Two days later I started taking steps in a new direction, steps I had never taken: to open up the way, to ask for help, to break the loneliness, to want to change. A few days later I quit drugs.

When I saw Fanny again after two weeks, what they say is the worst part had passed: the physical withdrawal syndrome. But I was exhausted, in pain, scared, ashamed and sad. All my pains and all my distress were appearing in my body and my conscience. A month earlier I had broken three ribs and they still hurt.

The first session was incredible. I secreted lots of sweat and snot, but, more remarkably, I connected with my body and with a past curiosity for techniques of meditation and expansion of conscience. I could feel the energy channels that went through my whole body started to unblock. I felt most intensely, with an almost painful heat, my chest, the back of my neck and another point on the roof of my mouth. I visualized moments in the past when I had started to connect with my body and my spirituality. I also visualized many trivial situations with people who were not important to me, and I felt ashamed that this should come to my mind at this moment. When the session finished and I got up, I could not believe it. As I moved to sit up I felt a slight “crack” in my ribs, and the pain had disappeared. I was not tired, I had strength. I felt confused but happy and, also, very thankful for this experience that had made me reconnect with that “luminous” side, and also to recognise or detect a certain filth in my thoughts and in my energetic channels and centres which, by the way, I had never felt so clearly.

Until then, they had been but drawings and theories, at that moment I had actually felt them.

In the second and third sessions there were less thoughts to be ashamed of, I still secreted snot... but each time I felt more and more energy through out my body, and my perception of myself was clearer. I even felt a huge and lasting pleasure (when I let myself go to the resistances that I had to tetany), like an orgasm. I started to visualize myself as someone important who had a mission in life, in society: I had to share my knowledge; I had to help people be happy.

I visualized myself as a successful person, with an important message to give about health and life. I felt gratitude and commitment towards Fanny and "Rebirthing" like I had never felt before. I felt humble and at the same time important, and I could feel that everything in my life would be a lot easier after that experience. Also, for the first time ever, I had the certainty and the trust that this could be the end of drugs in my life, for good, and so it was.

Then I started going to seminars about spiritual psychology to learn the theory of it. Slowly I completed my cycle of 10 sessions, and studied the subject in more depth. Some friends felt curious and tried it. Every session I had was calmer, less polluted by people with whom I only had superficial relationships, and I could visualize people who were closer and more important to me. Sometimes I hardly remembered anything when the session ended, sometimes I would get a very loud buzzing in my ears. I felt really good, very alive. I could feel a new path opening up. I felt hope.

Anonymous

Testimonial: A new life

I remember the connection I had with life when I was a child. I was a rebel child. When I was five, we moved to Austria. I don't know what happened with my father but he started to beat my mother. Because I was trying to protect her he started to hit me too.

One day when I was five years old while I was playing in the schoolyard my mother came with my little sister and a suitcase in her arms. She told me that she was going back to Spain because she could not handle it any longer. I understood and I thought it was the correct thing for her to do. I stayed with my grand parents.

When I was 8 my father hung himself and I was the one who found his body. I have to be realistic, at that moment I felt a release. It was the end of the abuse. It surprised me because I was indifferent to his death, or I thought I was. At that time I was already smoking and drinking alcohol.

When I was 16 I went back to Spain and lived with my mother. I dabbled with all kind of drugs. I was not aware that I was doing that because of my father. Now I can see the link.

In my late twenties I started to have lung problems.

I tried to detox several times but I was doing it for others, not because I really wanted to, but then I had several overdoses.

I reached rock bottom and I had to go to a detox centre. It went quite well but I relapsed and had to start all over again. I needed two months to recover from the relapse, but it made me see the damage that the drug had done to me. From that moment I started to follow the instructions of the therapists.

Then I learned about someone who had been in a similar situation and had done Rebirthing. The truth is that I didn't believe in this kind of thing but something inside me told me that I had to try it. I went to a talk Fanny was giving in Barcelona. The explanations she gave blew my mind. I joined the one year seminar and the truth is that it has been unbelievable.

During my first session I felt that I still had drugs in my body and that they were getting cleaned. It is amazing what one can achieve just by breathing.

After each seminar, on my way home (I had to travel 300 kms) I could see how my thoughts were getting clearer and I could begin to take the reins of my life again.

In one of the sessions I relived my birth. It was painful but good and liberating at the same time.

Each time I would heal something and be surprised about it.

Now I work as a drug therapist and rebirther. The truth is that I am very happy; life changed me in a way I would have never imagined. My values are completely different from what they were before. I am very thankful to Fanny and Estrella who showed me way to a new life and to all the mates from the one year seminar for sharing their experiences with me.

Marcos Sheiber

12.12. Pain management

“Pain is the effort required to cling to a negative thought.”

Leonard Orr.

Connected breathing is an amazing tool to process and overcome any kind of pain: migraines, physical pain caused by injured to the body, diseases, giving birth, going to the dentist, emotional pain etc.

In most cases the pains disappears quite quickly. Other times, the cause of the pain is more deeply rooted as a complex emotional memory and it might take longer to overcome. When this happens, besides doing spiritual purification, it is good to write all the fears and negative thoughts we have around the pain and work on them with affirmations; as well as working with finding the emotional and life style causes and changing them.

12.13. Chemical releases and multiple chemical sensitivity

Breathing sessions are very efficient at releasing chemicals and toxins from the body. Nowadays, because of lifestyle (chemicals in non- organic food, the use of non-organic and non- ecological cleaning products and cosmetics, drugs and anaesthetics etc.), most people's bodies contain more chemicals than ever before in history.

During Rebirthing sessions most people release many chemicals which usually dramatically improve their health. In such instances it is often necessary to open the window. In case of people who have a high level of toxicity in their bodies you do not want to breathe much of what you client is breathing out.

I also usually ask my clients not to wear perfume when they come for a session, so they will not breathe it and I will not either. Perfumes are also bad for our hormones, especially for women.

I have rebirthed people who were affected by Multiple Chemical Sensitivity (MCS) with amazing results. Sadly more and more people are affected by MCS.

They usually have an overwhelming amount of chemicals in their bodies. After the first session I gave to one of them I was then sick for a few hours because of inhaling what the person was breathing out. I had to rebirth myself in order to clear it up. I then decided to use a carbon mask, which worked really well.

Testimonial: My friend the breath

I have tried to recognise my body for more than 12 years. My organism, modelled by the Universe as the receptor of magic and beauty, had lost its sensitivity, its plasticity, its capacity of discernment, its ability to choose and its aptitude for precision.

It has been fighting for so many years to adapt to an illusory world, contaminated food, adulterated fragrances and manipulated environments that it had no more freedom. It had got caught, like in a spider's web, in a framework of conventionalisms and false agreements; and in this tangle, blind and disorientated; it had become like a "living dead", with a restricted soul and an oppressed spirit.

One day my system exploded. It started to reject all the toxins which until then had been living with me making me believe they were my friends, the name they gave to it is Multiple Chemical Sensitivity. This is where my true Odyssey started.

But as with Ulysses, Penelope was also waiting for me at the end of the path.

I started with a multitude of medical visits, erroneous diagnoses and unwise treatments, until I finally discovered that I had to clean my body from infinity of toxics that had invaded my organism. All those toxics had burst in the temple where Nature and Spirit meet. In other words, in the human body, and had sabotaged the mission for which it has been created: receiving beauty, truth and goodness and giving wisdom, love and life. This splendid temple was about to be destroyed.

After different therapies, all of them directed to clean the poison, through Fanny came the possibility to meet again with the pure air and the original energy which which the earth welcomed me with: Rebirthing. It has been, and still is, an extraordinary experience feeling the strength of this energy cleaning my body from toxics, not only the material ones, also the emotional and mental ones. To feel the breathlessness of my birth. To open the door through which I could connect again with the plenitude of the inexhaustible, the eternal and the infinite. I could go out of the jail of my small and mean mind and dissolve into the non encompassable Source of creativity.

Thank you.

Pilar Muñoz

12.14. Other testimonials

From Lithuania

I try to remember my own mental state: apathy, helplessness, diagnoses of several psychiatrists pronounced as if a sentence – bipolar disorder, maniac depression, depression with anxiety attacks, adaptation disorder. To top it all, psoriasis renewed after a 15 year break.

I had the first breathing sessions with a rebirther who recommended me to continue with Dalia Beata after seeing that I was “too messed-up”.

Here, a diary on my experiences in conscious breathing should start where Dalia, guided me as if a baby making its first steps. This is how I actually felt during our sessions.

I was deeply amazed to see and understand that during the moments of gripping pain and gloominess, when fear, tension and anxiety start to rise, I have to change my breathing, and then the light comes down in a couple of minutes.

Self-regret, lack of self-confidence and fears withdrew and were replaced by peace, love and a feeling of incredible stability which I have not experienced for such a long time. I am returning back to myself, to the house of my Soul which I had abandoned through my ignorance, ineptitude, and anger.

N., Lithuania

Rebirthing a young woman with cancer

I met Fanny in Mallorca in the summer of 2002. After doing ten sessions with her I released my breathing mechanism and started a new life. Afterwards, I trained as a rebirther in Madrid and I started to give sessions in Barcelona with my first clients.

I particularly remember the case of an 18 year old woman. She had cancer and had had a tumour removed in one of her hips a few months beforehand. Her sessions were very physical, with tetany and very intense processes; which were followed by huge integrations and finished with very pleasant feelings.

I realised as her emotions were being healed that she was very connected with her father. He had had a serious accident with a motorbike when my client was five years old and had injured his hip. It was the same hip where my client developed a tumour.

I think that the trauma it caused to the daughter was the origin of the tumour, as during the sessions she was often releasing emotions to do with her father. In the sessions she would relive the fear she had when she was visiting her father at the hospital.

She did more than twenty sessions with me and during the three years I observed her, her health improved dramatically and the cancer did not come back.

Roberto Vilas

My mother's testimonial

I had two operations on my thyroid. In the second one they removed it. Two months after out of the blue I had frequent intense symptoms of low blood pressure during which my body would be completely numb and paralysed for more than two hours. I could hear but I could not talk. The doctors could not find a solution and told me that if the drops were to continue that way, I would have a heart attack or be in a wheel chair in a few years time. Afterwards my legs were so painful that I had to massage them.

My daughter Fanny insisted that I go to Virginia, where she was working at the time, to do some Rebirthing. I was very sceptical but I finally agreed to do it. I wanted to understand what her profession was about and I thought that I had nothing to lose anyway.

During the first session I had a violent drop in blood pressure which I was surprisingly able to overcome in less than 20 minutes with the connected breathing rhythm.

During the 4th or 5th I relived a past live death through strangulation. During that session I had intense cervical pain.

I have to say that I came back to France feeling released and delighted with then health improvements and with much less suffering. I could finally sleep without my usual three pillows. The pain in my chest and in my legs was gone.

I know now how to handle my problems through breathing. I could go walking again.

I am therefore very thankful to Rebirthing and especially to my daughter.

Françoise Van Laere

13. HOW TO BE A SUCCESSFUL PROFESSIONAL

13.1. Certification program

History of the certification program

Leonard has always believed more in self certification for people who have had enough training and feel that they are ready. He believes the most important denominator is the person's intuitive connection to the Infinite Intelligence and Infinite Being. Even so some parameters had to be set.

The first certification training program for rebirthers was held in 1975 in Walton, USA. The prerequisites for Rebirthing International rebirthers were set up as and published in *Rebirthing in the New Age* by Sondra Ray and Leonard Orr.

Even though these prerequisites are important, it was partly written as a joke because a person who is ready has enough experience and self esteem and thus does not need to get a certificate from anybody.

On the other hand, I have met people who started to rebirth people without enough experience and without knowing how to guide them properly, but we can not easily prevent this from happening. Here are those prerequisites:

- 1- The ability to produce results with your clients: a) completion b) release of tension c) release of conditions related to birth trauma.*
- 2- Completion of oneself, having unravelled some of your own birth/death cycle, and parental disapproval*
- 3- The ability to function without outside approval from one's clients and colleagues for one's wellbeing and feeling of success*
- 4- The ability to conduct successful seminars*
- 5- The ability to create successful affirmations*
- 6- The ability to function successfully in spiritual community*
- 7- The ability to function effortlessly and pleasurably in the physical Universe which is prosperity consciousness.*
- 8- Motivation other than money*
- 9- The ability to remain confident and competent while experiencing helplessness or weakness.*
- 10- Confidence on one's intuition*
- 11- Respecting and valuing the divinity of one self, clients and colleagues*
- 12- Have completed, or presently being a member of a one year seminar*
- 13- The willingness to continue evolving and training as a rebirther*
- 14- Functioning successfully, including financially, as a rebirther for a period of 3 months*
- 15- The willingness to support other qualified rebirthers and members of Rebirthing International*

- 16- *The ability and willingness to create support groups for your clients*
- 17- *Obtaining the written agreement of ten Rebirth International Rebirthers*
- 18- *Having attended a Rebirthing Training for one or more weeks at an RBI training centre, including at least one international rebirthers convention in July in Virginia, USA.*
- 19- *That certification is a joke to keep people who take themselves too seriously from getting certified.*

In later years three phases into the Rebirthing profession were created:

Affiliated Rebirther: *A rebirther in training, who has received at least 10 high quality individual sessions and developed the ability to rebirth him/herself; and is participating (or has participated) in a training or one year seminar.*

Registered Rebirther: *Has completed the first phase and has successfully taken at least 3 people through ten sessions.*

Certified Rebirther: *Has completed the two first phases and is living all the other prerequisites mentioned above.*

I was surprised to hear about those three phases only recently, while talking with Leonard about the certification program. Leonard told me that nobody had really been interested in it and that in recent years the prerequisites for being a rebirther had been as follows:

The certification process begins by receiving at least 10 sessions yourself, and attending a minimum of 4 weeks combined training seminars through RBI or an affiliated Rebirther training program proficient in the practices and seminar materials set out by Leonard Orr; that gives ample attention to facilitating and receiving Breathwork sessions within the community. In this way you gain personal experience, direct knowledge as well as confidence in facilitating sessions.

To complete the certification process you must take 3 people through 10 sessions and get write- ups from them after each session. When you have completed this, the write- ups are submitted to Rebirth International for review along with \$108 fee for the review process. Review of the write- ups allows us to determine whether the facilitator is effectively guiding the participant through the goals of the first 10 sessions. Your clients reports are valuable research on health benefits of our work and many issues.

I personally think that the three phases are the best idea for certification, together with the write- ups of 3 clients and their review.

After several conversations with Leonard in the training in England in November 2010, we decided that the subject of the certification program would be brought forward in the Rebirthing international European convention in August 2011 in Spain, as well as in the July international convention in Virginia, and have the rebirthers decide upon it.

If you would like to know the outcome you can contact me or contact Rebirthing International in the US.

Some of the numerous advantages of participating on a One Year Seminar and a training, is that you get experience rebirthing people; and at the same time can ask all the questions and expose any doubts you have.

In my training I encourage the participants to talk about how they felt receiving and giving sessions and to tell the person who rebirthed them what she did right and what they think she can improve upon.

Testimonial from a Rebirther

I remember the first time they offered to give me Rebirthing sessions. I said yes, but I would have never imagined that this decision was going to change my life. I am not talking about a punctual change, but about a true inner transformation. At that time, I was running my own company, and had enough money to live a life based on comfort and on the cult of my superficial self.

During those first sessions, with the help of a professional, I learnt how to connect the inhale with the exhale, allowing them to flow while my body was getting filled with energy. In parallel in my life the same thing was happening: I started to feel more alive, more connected to a world which, even though it had always been there, I had not seen before. The world had colours which were turned off before. I discovered a brand new painted world.

The air changed my life. Maybe I should have suspected that this element was in my destiny because on my birth certificate it is written: "born in the hospital of Air". Also the company I founded was dedicated to air conditioning. Now that I am a rebirther, I have no doubt about it.

When I finished the ten Rebirthing sessions, I stopped working with my company, or maybe I should say that now I have a more elevated company which has to do with knowing myself and discovering the world that has been open to my senses.

I felt like I had awoken from a dream in which everything was conducted and I was finding the necessary clarity to create my own destiny.

After a period of searching, the same professional who rebirthed me, Mariano Alameda, Director of the Nagual centre, offered the possibility of being the coordinator in the one year Rebirthing course, leaded by Fanny Van Laere. I had already made steps on the path, however when I joined the seminar I really began striding. I started to undo and transform old unconscious patterns in a practical way. Going through all the stages of my life in a conscious way opened the doors; and at the same time I was training myself to become a rebirther.

I could resolve traumas which were hidden in my subconsciousness and were directing my life. I still feel goosebumps when I recall what happened with the location of the training.

We could not use the original location and had to change to another building.

The icing on the cake was to meet the founder of Rebirthing. Being able to do a training with Leonard was an intense and rewarding experience which gave me enough strength to start giving Rebirthing talks. It had been the final push for me to embark on the adventure of building a clientele and teaching people how to use Rebirthing in their daily life. That was a real gift from Nature, thank you Leonard.

Now I am writing these lines, I think about how my life was before and how it is now. Without a doubt, there is no happiness without consciousness. Thanks to Rebirthing, everyday there is more conscious people. In order to transform the world, we have first to transform ourselves.

With all my love, thank you Mariano, thank you Fanny.

David Vergara

13.2. Ethical code for rebirthers

1. Have a harmonious and professional relationship with the client
2. Keep appointment and being ready for it
3. Make sure you are available to give 10 sessions (or make sure they can be completed by another high quality professional)
4. Have an adequate and quiet place for the session
5. Teach you client the important themes of Rebirthing (see the list of goals of the first ten Rebirthing breath work sessions)
6. Stay in touch with the Rebirthing community and other rebirthers
7. Keep on learning and healing yourself. Practice what you teach
8. High level of integrity
9. Willingness to negotiate and make Rebirthing available to everybody
10. Respect the client confidentiality
11. Do not have sexual relationship with your clients
12. Do high quality Rebirthing (see section 11.3.a) *High quality Rebirthing* page 172)
13. Teach spiritual purification
14. Ask for information and support from other experienced rebirthers (especially when you have to deal with a new case or a difficult case)
15. Have a support group or spiritual community for yourself and your clients
16. Inform you clients on how to learn more, go to seminars, do a spiritual purification training, become members of RBI etc.

13.3. What is a good rebirther by Leonard Orr

1- Good Rebirthers are loving human beings who are relaxed, kind, intuitive, and gentle.

2- Good Rebirthers do high quality personal sessions, not group sessions. Group breathing sessions and group Rebirthing are a low quality way to teach Energy Breathing

3- Ethical Breathworkers are soft on money negotiations and tend to be very generous. Ethical teachers allow you to set the fee at the end of each session. They may have a suggested fee designed to enable themselves to earn a living, but you can negotiate and set the fee at the end of the session based upon the value you received and your ability and willingness to pay.

Most Rebirthers charge 50 to 150 pounds, euros or dollars per session. When you have done ten sessions you'll realize it was the best 500 to 1500 pounds, euros or dollar investment in your entire Life. I've always recommended, however, that Rebirthers negotiate when necessary, and give away a certain percentage of their work so that the poor can learn to breathe as well as the rich.

4- No one should be kept from learning the Breath of Life because of money. Ethical breathing teachers are not doing it for the money but their fees enable them to teach breathing full time.

5- Good Breathworkers know the proper balance with nose- mouth breathing.

6- Ethical Breathworkers are not after sexual partners.

7- Breathing sessions usually are scheduled one week apart for busy people. Be sure your teacher will be available for 10 sessions. Discuss fees.

8- You can interview clients or students of the Rebirther- Breathworker you select to be sure of the quality of their work

9- Good Rebirthers/Breathworkers offer on going support groups - weekly or monthly.

10- Ask them if they have an ongoing and successful relationship with RBI. If they don't continue their training through a One Year Seminar program you will be missing something.

13.4. How to build a clientele

Most of the principles we will see here are taken from *How to be a successful professional in the self improvement business* by Leonard Orr. They were designed in a way that can enable you to have a full clientele within 30 days.

1- Purchase an **appointment book**

2- **Make appointments** in your appointment book. In other words, if you want to have ten clients next week, first determine which days you will dedicate to receive clients and schedule in the times during those days when you will be with those ten clients. This will allow you to make space in your life for ten appointments and be a successful professional.

You have to then **keep you appointments** even if you do not have clients. So, that means you go to your Rebirthing room and stay there for two hours for every one of the appointments that you have even if you do not have a client with you. This is the secret to the system, because if you do not have the habit of being a successful professional, then, whatever your old habits are will crowd the time that you have set aside to be a successful professional. You will do laundry, you will go shopping, your mother will want to see you etc. You have to keep you agreements to be in your Rebirthing room no matter what.

There are several things you can do during this time:

You can practice the product, which means that you can rebirth yourself.

You can do a creative thinking process which consists of writing down all your thoughts about having scheduled time for a client and not getting one, or whatever else is going on. Do not be afraid of negative thoughts. Underline all them and turn them around to their positive opposites, use the response column method if you need to. The idea is to clear out anything which may involve low self- esteem, anger, wanting to give up, or any other self- sabotage patterns.

You can also make a list of ten to twenty ideas that will get you more clients, and then put the best ones in practice.

3- **Fill your appointments** with real people whether they pay you or not. You should always be willing to negotiate. What it does for you is to give you the emotional, actual experience of having a client. This will give you more confidence in yourself and in Rebirthing. When you build enough confidence, it automatically attract more clients to you.

4- **Be clear about your fee** and your receiving ability. Whatever you really feel you deserve is what you should charge. You will have the tendency to attract people who will pay you the amount you feel you are worth. If you start with a low price, you can increase it as you increase your self confidence.

5- Create a Rebirthing support group. When you have a full clientele, have taken people through ten sessions and they continue in your weekly support group (they pay after they are no longer receiving regular sessions), you have a built-in potential of increasing your income every ten weeks.

The support group is for the purpose of supporting yourself as well as your clients. It is a simple meeting where people share about their process.

Personally I have never needed to do this whole process for 30 days because by applying those ideas I have always created a full clientele in much less time, and this is in different countries including places where I had never been before and did not know anybody (and Rebirthing was unheard of).

The only people I know who did not build a full clientele in 30 days did not follow all the steps or gave up before 30 days.

Rebirthing is so efficient that usually, by only Rebirthing three people, no matter if they pay or not, you will soon get a full clientele because they will send their friends and family. One of the first people I rebirthed in Spain could not afford paying for the sessions. I gave her a cycle for free. Afterwards she sent me so many clients that I had a waiting list. If this does not happen to you it is because you still have to work on your negative thoughts and sabotage patterns; this is what the principles of building clientele are about.

13.5. Spiritual community and continuing training

“We have to learn how to build spiritual community and weekly support groups that have the knowledge, understanding, and techniques to heal human trauma from the past and present: our birth trauma, damaged inner child, our anger, our conscious or unconscious death urge, senility and old age, emotional and physical diseases, money and prosperity problems, as well as the larger economic, social and political problems”.

Leonard Orr.

A good professional always continues learning and going deeper into his own healing process. As well as practicing what you teach, it is good to learn more from other professionals. Actually one of the secrets of success is to spend time with people who are successful.

Books are a very easy way to get in contact with other peoples ideas and experience. Some books should be read over and over again until you master the lessons contained within them.

If you subscribe to the RBI newsletter you will also stay in contact with other rebirthers and be up to date with other rebirthers experience and discoveries.

Going to high quality Rebirthing trainings and conventions is a good way to meet amazing people and make new friends. Each year in July there is a month long International Rebirthing Convention in Virginia. For 35 years, since 1975, Leonard Orr has hosted an annual Rebirthing Breathwork Convention in the U.S. and, periodically, abroad. The RBI Conventions are open for everyone in the movement. The convention is democratically organized and managed and taps the natural charisma of all the leaders of the movement. The history of these conventions are filled with the drama of spiritual politics, and interesting personalities, nonetheless, Leonard continues to create a free and open forum for all who desire and care about the quality of Rebirthing Breathwork to come and express their ideas, offer workshops, share their talents, trade sessions with wonderful Rebirthers from around the world and, have lots of fun!

Leonard is also giving 9 days trainings all around the globe. You can see his schedule at www.rebirthingbreathwork.com.

Each year in Spain in August he also gives a basic 9 days training, an advanced 9 days training, a 18 days professional Training, the SALT (Special Advanced Leadership Training) and a One Month Training which includes all the above. We also started to organize a European convention which will probably happen every year in August.

The quality of our life depends on the kinds of relationships we have and the people we surround ourselves with. You can create your own spiritual community or/and participate in one. You never know when a birth memory or death urge might show up and immobilize you; or when you will have to heal old age. If you have created a support group in a time you had the energy for it, it is likely to support you when you are going through healing periods.

Creating local communities is also a solution for the renewal of real democracy and rebalancing and sustaining our planet. We live in a fragmented world where most people in cities do not even relate to their neighbours. In big cities many people do not even know their neighbours names! We need to reconnect with people who share the same aims and ideals.

I strongly recommend you become a member of RBI. Part of the fun of Rebirthing is that there is a large network of lovely people all around the globe.

The One Year Seminar (OYS) was originally created so that people would share, learn and accumulate their knowledge and share their healing processes together.

Many people think that by attending a training or a OYS they know enough and they do not need to do more; but there is a big difference between theory and mastery.

I have personally done more than 30 trainings with Leonard Orr in the past ten years, simply receiving them, organising them and/or working as a co-trainer. I have also led two One Year Seminars and professional trainings each year for more than ten years. From each seminar I receive great value and continue to improve my own practice; but I would continue doing them only for fun.

You should continue training yourself at least until you have a successful life, and then you might just want some more. People have to heal enough of their emotional mind in order to be productive and successful. When someone cannot afford to pay for a training or is sick and needs some healing, it is possible to negotiate the fee.

Everybody deserves to receive high quality Rebirthing and trainings; and all the ethical rebirthers are open to negotiate making them available to everybody.

Even though it cannot replace authentic experiences, you can also be connected with other rebirthers through the internet. This year Peace Arnold, who is the RBI secretary created an OYS online.

Testimonial: The importance of the spiritual community

It is very important to have the support of a spiritual community. When you have done a Rebirthing training you will feel the need to keep on sharing your processes, on both personal and professional levels, with people who are on a similar path and hold a similar vibration.

After finishing my professional training, I tried without much success to create a spiritual community. Now I am part of a community which meets once a month. This community was created thanks to a rebirther's need to share his process with other people. We decided we would start to do meetings even if only two of us would come. Now there are eight members. I am very thankful for all the help and support I am receiving.

Straight after my training, despite the fact that I thought that I could work and earn my life as a rebirther, my self sabotage patterns disabled me. Once I was supporting a rebirther in one of the trainings she was giving. She asked me a simple question: what is your limiting belief? She thought I had enough knowledge and presence to be a good rebirther. .

Afterwards I met a few other people who helped me to see what I still could not see clearly by myself: That I was good at it and I was worth it. That was one year and a half ago and now I have a full diary.

How did I do it? I followed the steps of how to build a clientele, but above all I trusted that I could do it. I am also completely certain every rebirther has soul agreements with people who decided at some point, even if they don't remember it, that they would rebirth with him.

When you meet one of these people, you connect with a magical state. When they look into your eyes and tell you: "I feel that it had to be you", it is beautiful and it is a gift from the Universe. In that moment you feel a deep gratitude and love which helps you to increase your vibration and the confidence in yourself, in Rebirthing and in your work.

From my point of view, thinking that you already know everything and that because you already did a professional training with a school you do not need to train more is a mistake. In my case it is the third professional training I am doing, the last two as a helper. I can guarantee you that each day I learn something new and I notice that I am healing more and more just by being there.

If you want to do high quality work I recommend you keep on training yourself and you support other rebirthers who are doing high quality work. You will love it!

Marian Navas

13.6. Giving talks and seminars

Once you have finished your first Rebirthing training, it is a good idea to get in contact with all the people you know in your area and invite them for a free talk on Rebirthing.

A good way to prepare yourself for it is by rewriting, reviewing and reorganising the notes you took during your training; that way you can do a good presentation about what high quality Rebirthing is. Talking about your own experiences with Rebirthing is also a good way to motivate people to have their first session.

I like to carry a small notepad with me where I write my insights, and I sometimes take notes when I am reading an interesting book. It is very helpful for the preparation of my talks and seminars. I also like to take some time to relax and visualise the place and people at a lecture and give the talk in my mind. This is a good way to process your emotions about talking in public until you get use to it. You can also breathe away the fear or the tensions while you are doing it.

Giving a talk each week or every two weeks is very efficient. You can even do it at home. In order to build a consciousness of success and reaffirm your intention, you should keep your agreement even if there is only one person or nobody coming. If nobody attends you should apply the second principle of building a clientele.

Once you have a full clientele, you can start giving workshops and seminars. You can give a two or three hour workshop (for example about personal lie, birth scenario, self esteem, death urge etc). You can also do a one day or weekend workshop. The participants can exchange Rebirthing sessions in the morning and you can have a sharing with questions and answers in the afternoon. You will need to do teams of two or three people and be in a place where each team can have a private space.

In your seminar at least one third of the people should have completed a minimum of ten sessions, so they can be the team leaders. As most of the people who will come to your seminar are your clients, it is easy to make it work. In case there are many beginners, you can ask other rebirthers to come and support you, and even pay them a fee for the sessions they have given. Most rebirther beginners will be happy to come and help for free because it is a good experience for them.

The participants in your seminar who have done the least sessions should choose who they want to rebirth with first. The person in the team who has least experience should breathe first and at the end the team leader is rebirthed by his team mate(s).

A person who is doing their first session should not witness a session before having had their own. The reason is that it can condition their experience and understanding of the energy cycle. Afterwards it is good for the people to observe sessions; it is a good way for them to start learning how to rebirth other people.

This system allows us to maintain high quality work; the intimacy is respected and people can take all the time they need to complete the energy cycle without getting interferences from a group.

When you have a full clientele, I recommend you organise seminars for successful rebirthers. It is a good way to support your clients, make more money, and continue

learning and training yourself at the same time. You will also become more efficient in training other rebirthers. By sharing half of the benefits of the seminar you organise with a seminar leader you create more support for yourself and create more prosperity consciousness. You can also have other people organising for you.

Some rebirthers have not healed the competitive mentality. Competitiveness only exists in people's mind. The more we work in teams and expand Rebirthing, the more demand there is.

In my one year seminar and professional trainings I like to have new teachers doing part of the course. Most of them have trained with me previously and it is a way to teach them how to give seminars, gain experience and confidence. By supervising them, I make sure they are doing high quality work and help them to process their negative thoughts.

Once you have built this model of success, you are able to reproduce it anywhere in the world. My idea of freedom has always been to be able to go to any country I want in the world and know that I can be successful and happy by doing the work I love. But you first have to create a full clientele at least once for a few months to make sure you overcome all your negative thoughts and resistances.

You can then become a world rebirther if you wish to and create opportunities to travel to the countries you want to visit. You can contact any rebirther in the world and ask them to organise a seminar for you in their town. Your friends and clients might want to organise a seminar for you in their country.

13.6.a) Being a leader

“Leadership is ultimately about creating a way for people to contribute to making something extraordinary happen.”

Alan Keith of Genentech.

Leadership is about empowering people through service. The world needs more leaders. In fact every professional should be a leader in his field. In order to contribute to making the world being a better place we need to spread high quality thoughts and practices. Being a leader is being able to stand up for what you believe in. It means you help to make new ideas, you do not just follow old ones, or the ones most of people are following unconsciously.

Leadership has often been misunderstood and associated with power games and control. A true leader is committed to the well being of others, is faithful to his highest goals and spiritual values, and chooses to give and receive love.

In the kind of leadership s/he practices, the people who are being served grow as individuals and grow together with one another. A true leader also lets other people be leaders and overcame (or is overcoming) the idea of competitiveness.

In *What leaders do and what constituents expect*, Alan Keith of Genentech describes 5 practices and 10 commitments of leadership:

First Practice: Model the Way***Commitments:***

1. Clarify values by finding your voice and affirming shared ideals
2. Set the example by aligning actions with shared values.

Second practice: Inspire a Shared Vision***Commitments:***

3. Envision the future by imagining exciting and ennobling possibilities.
4. Enlist others in a common vision by appealing to shared aspirations.

Third practice: Challenge the Process

5. Search for opportunities by seizing the initiative and by looking outward for innovative ways to improve.
6. Experiment and take risks by constantly generating small wins and learning from experience.

Fourth practice: Enable Others to Act

7. Foster collaboration by building trust and facilitating relationships.
8. Strengthen others by increasing self-determination and developing competence.

Fifth practice: Encourage the Heart

9. Recognize contributions by showing appreciation for individual excellence.
10. Celebrate the values and victories by creating a spirit of community.

13.6.b) The guru belly phenomenon

One of the functions of our solar plexus chakra is to process the energy of other people. You can process other people's energy in any of your chakras, but one of the reasons the solar plexus chakra is the busiest is because most people are overloaded in their lowest chakras and their highest chakras are undeveloped. It is a wonderful, divine ability.

However if you do not clean your solar plexus chakra often enough (through spiritual purification) it gets overloaded and it spills into the rest of your energy body. It can create a weight problem that cannot be resolved with diet. It can also make your body stiffer.

I noticed many times that after giving a seminar, spending time with a lot of people, or being on a plane, my belly is inflated even if I did not eat anything. Last summer with Elvi Orr we were observing how this would sometimes happen just in an hour lecture. We also noticed how children often absorb people's negative energy by observing a 4 year old child. Each time she would spend a lot of time with a large group of people, the size of her belly would increase dramatically.

This phenomenon is one of the signs that shows you when you have to take care of yourself and do more spiritual purification.

13.6.c) Your energy pollution and others

It is sometimes difficult to feel the difference between your own energy pollution and others.

What we have to heal is somehow energy pollution that we absorbed or created in the past, and which separated us from our divine nature.

Energy is like water in the sense that it has the tendency to balance out. This means that when you spend time with someone, the person who has poorer energy ends up better off as they will get some of the energy from the other person. It requires experience and experiments with spiritual purification and knowing your own energy well enough to be aware of what is happening energetically.

However most people feel how their energy is drained when they spend time in a public place or in a hospital for example, but they might not be aware of the cause and effect relationship.

I remember the first year I organised a training for Leonard Orr. On the second or third day, my throat was hurting. I assumed that I was going through a personal healing but could not find out what it was about. Right after the afternoon sharing Leonard told me: "I am glad that the people in the group are starting to truly express themselves, because my throat was hurting until now". I then realised that my pain was also gone. After that experience I started to pay more attention and I can say that being aware of your own energy body, of the energy transferences, and learning how to clean your energy body is truly fascinating. It is a secret for aliveness and health.

Obviously, taking care of your energy does not mean becoming a recluse. It is about keeping a balance between participating in the world and practising solitude when you need to.

The willingness to process other people's energy is an act of love, and as a rebirther it is certainly a choice we make. Eventually teaching people how to clean and balance their energy body is the ultimate gift.

13.7. Expanding Rebirthing: goals for a better future

Everybody deserves to hear about Rebirthing and have access to it. When I discovered Rebirthing I wanted everybody to know about it and benefit from it. I still share this goal with Leonard Orr and RBI.

Rebirthing should be taught in schools, hospitals, companies and prisons. If most people had access to healing tools we would live in a different world. We need to continue teaching rebirthers and Rebirthing schools how to raise the quality of their work, continue supporting people in their healing processes, continue educating people from all professions and teach them to build spiritual communities. Increasing public awareness is an elevated goal for a better world.

Breathing and the energy cycle, the science of changing our mind, spiritual purification, the 9 biggies, the possibility of physical immortality, alternative money systems, and neighbourhood representation should be part of children and adult's education in all levels of society. We also need to make more scientific and medical studies about the healing effect of the energy cycle.

As a rebirther you should keep a record of the results you get with your clients, have them write testimonials and get it published.

14. RESPONSIBLE CITIZENSHIP

“This is a dangerous place, not because of those who do evil, but because of those who look and do nothing.”

Albert Einstein.

“Be the change you want to see in the world.”

Gandhi.

If spiritually healthy individuals were to create citizen's assemblies, politics would be approached in a much more human and appropriate way, for the benefit of the community.

The society in which we live nowadays is one that has degenerated into too much greed, stress and financial pressure. Democracy is disappearing from our planet, and this is happening because society, that is, people, still live in a childish state of conscience and do not accept their responsibility as citizens. The only way to solve this is by elevating our level of consciousness to become active and responsible citizens, because as people awaken into consciousness, take responsibility for their healing process and regain control of their lives, they will also be able to become intelligent citizens, accepting response-ability in the economy and in politics.

The death mentality is partly responsible of what is happening, because most people believe/create that their time here will be short, and therefore behave as though what is happening is of no importance, or as if they could do nothing to change and improve things.

Most people expects other people to take charge. This happens, partly, due to parental disapproval that has not been overcome: people are used to not doing anything for themselves, for fear of authority. All this creates a general state of apathy and, for this reason, most people do not participate in their community.

Today, due to the state of the ecology of our planet, it is very important to become intelligent consumers. If you buy ecological products, you will be supporting your health, the health of our planet and the businesses who are developing positive initiatives. It is equally important to support small farmers, buying their products, because family farms are disappearing, and if it continues in this way we will have to face serious problems regarding our food quality supply. There is still time to avoid this. If you buy local products, you will contribute to the flourishing of local economies.

An ideal society would be one made up of conscious individuals who have a say and a vote in all matters. A good way to materialize this, as well as by supporting the development of people's conscience, is by having a neighbourhood representative for every one thousand citizens.

If each person were to pay that person say, 10 euros, s/he could mediate between the government and the citizens, and on the other hand inform people about what other neighbourhoods are doing.

All around the world right now there are many villages that have been deserted, and have turned into phantom towns. In the US, the city of Ithaca (near New York) managed to make its economy flourish again by creating their own alternative money system. That project has been working successfully since 1991.

Most people have never thought of asking themselves who actually owns the money they have in their pocket or in the bank. This money is not the people's money, nor does it belong to the State. Instead, it is part of a private money system based on interest that works to the benefit and power of bankers.

Creating alternative money systems is a good solution to create prosperity and abundance once again. We all have the right to print money, as long as it does not look like any system that exists already. Alternative systems can be created, with a people's currency, working in a really democratic way for the benefit of the people. Since we are the producers and the consumers, we have the right to create money systems that serve to exchange our riches, and support our personal, creative and spiritual development.

14.1. Declaration of rights of the people about money

by Leonard Orr

The Eternal Principles of money are:

1- Money is a means of exchanging ideas, goods and services. Ideas, goods and services are wealth. Money is not wealth, but facilitates buyers and sellers in exchanging wealth. Money is ones and zeros.

2- The producers and consumers of wealth have the right to print money and create any kind of a money system that facilitates production of ideas, goods and services and the consumption of what is produced.

3- When money is printed, everyone deserves an equal and regular supply of money to make money work.

4- The amount of money distributed equally to everyone monthly should be based upon the financial activity of the community on gross domestic product. Hundreds of communities in the U.S. and thousands worldwide have local money systems that are doing this now.

5- Each government has the right, with the consent of its citizens, to print the money for its budget. When it does, each citizen deserves a royalty of the amount printed. In other words, **citizens should receive taxes, not pay them.** The government owes taxes to its citizens for its franchise. **The right to print money comes from the people, not the government.** Governments are created by us to perform services for us. Printing money is our natural and legal right. George Washington, Abraham Lincoln, Eisenhower and JF Kennedy among other Presidents and local governments have printed money for their budgets many times in U.S. history. It is the American Way! Now is a perfect time for us to teach our governments to do this in a complete and intelligent way that brings money out of the dark ages to the space age and to the computer age of college graduates.

6- Money can be printed by local societies or by local governments to bring financial prosperity to each community in relation to its unique needs. This has often been done in times of depression. It should always be done in an intelligent and orderly way.

Bankers debt based money doesn't serve local cities. Bankers' debt- based interest bearing money doesn't really save anyone but the bankers. This system is designed to oppress the poor, destroy the middle class, and keep everyone but themselves –the owners of the national bank –poor and in debt forever. The bankers' money system does a very good job at this. It is amazing that intelligent people are so ignorant and apathetic about money that they have allowed the system to oppress them for hundreds of years in most countries.

7- State, national, and international money systems should mirror and complement local systems. All governments and money systems, owned by private bankers or public groups, owe an equal, regular supply of money to the people each time it is

created. If we, citizens, don't accept the responsibility to print our own money, the bankers will put computer chips in our body and take away more of our freedoms.

8- One person educated in local money can establish and sell or teach the system into success. We can do this now if we are willing to be responsible citizens. We don't have to wait.

9- Local money systems require full time paid staff to maintain the purity, efficiency and continuity of an orderly, dependable and fair money system. The wages are paid by gifts of conventional money until the local system is successful enough to pay their wages with local currency. It only takes 1000 members to support full time employees of the local money system. Local money systems are owned and operated by the members. Participating in one is the best way to educate ourselves about money. Paper money may not be perfect, but it is the best form of currency to maintain our personal freedoms.

10- Since 1913, the bankers have printed money out of nothing for their personal profit, and abused our power by enslaving us because of our ignorance of the above principles. Now we, the people, are reclaiming our rights for ourselves and creating just, orderly and rational money systems. The Federal Reserve Bank owes royalties to us also.

15. RECOMMENDED READING

By Leonard Orr:

- The new Rebirthing book
- The healing manual.
- Breaking the death habit.
- The common sense of physical immortality.
- Fire.
- Healing cancer.
- The healing power of birth and rebirth.
- Prosperity consciousness consultation 1, 2 and 3.
- Babaji, the Angel of the Lord.
- Breath awareness.
- The story of Rebirthing Breathwork.
- Healing the death urge.
- The truth about money.
- The new renaissance.
- How to build a clientele.
- Secrets of youthing. (Leonard Orr and Efraín Villegas Quintero).
- Rebirthing in the New Age. (Sondra Ray and Leonard Orr).
- Divine economics.

Other authors

- Eternal breath. A Biography of Leonard Orr Founder of Rebirthing Breathwork.
Paula Churchill

Birth and parental education

- Birth and relationships. Sondra Ray and Bob Mandel.
- Birth without violence. Frederick Leboyer.
- Birth reborn. Michel Odent.
- The nature of birth and breastfeeding. Michel Odent.
- The baby is a mammal. Michel Odent.
- The secret life of the unborn child. Dr. Thomas Verny and John Kelly.
- Lotus birth. Shivam Rachana
- Maternity. Laura Gutman.
- Raising curious, creative, confident kids: the pestalozzi experiment in child- based education. Rebeca Wild.
- Phases of childhood. Bernard Lievegoed

Prosperity, money and personal success

- Money Mantras. Bob Mandel
- The seven laws of success. Deepak Chopra
- Breathing the rhythm of success. Viola Edward
- Creating true prosperity. Shakti Gawain.
- Soul of leadership. Deepak Chopra.
- What leaders do and what constituents expect. Alan Keith of Genentech
- Awaken the giant within. Anthony Robbins
- Unlimited power. Anthony Robbins

Nutrition

- The only diet there is. Sondra Ray.
- The rainbow green live- food cuisine. Gabriel Cousens.
- Raw family. Victoria, Igor, Sergei y Valya Boutenko.
- Living on light. Jasmuheen.
- Your body's many cries for water. F. Batmanghelidj, M.D.
- The live food factor. Susan Schenck.
- Wild fermentation. Sandor Ellix Katz.
- The sunfood diet success system. David Wolfe.
- Nutrition and physical degeneration. Weston Andrew Price.

Reincarnation and life between lives

- Many lives, many masters. Brien Weiss.
- Same soul, many bodies. Brien Weiss.
- Journey of souls. Michael Newton
- Destiny of souls. Michael Newton.
- Return from heaven. Carol Bowman.

Physical immortality and mastery

- Autobiography of a yogi. Yogananda.
- Life and teaching of the masters. Spalding.
- A course of miracles. Inner foundation of peace.
- Power through metaphysics. Conny Mendez.
- The white book. Ramtha.
- Immortality. Sondra Ray.
- Raised from the dead. Father Albert J., Hebert, S.M.
- The celestine prophecy. James Redfield.
- Ageless body, timeless mind. Deepak Chopra.
- Reinventing the body resurrecting the Soul. Deepak Chopra.
- Seven taoist masters. Eva Wong.

- Tales of the taoist immortals. Eva Wong.
- Immortal sisters. Thomas Cleary.
- Survival in the 21st century. Viktoras Kulvinskas.
- Fountain of youth. Peter Kelder.

Babaji

- Fire
- Babaji & the 18 siddha kriya Yoga Tradition. Marshall Govindan.
- I am harmony. Radhe Shyam.
- Herakhan Baba speaks.
- Beloved Babaji. Devdasji.
- Babaji message from the himalayas. G. Reichel Veriag.

Personal growth and healing

- Overcoming the 7 inhibitors to bliss. Pauline Win.
- Rebirthing and spiritual purification. Fanny Van Laere.
- The resurgence of the feminine. Fanny Van Laere.
- You can heal your life. Louise Hay.
- Living in the light. Shakti Gawain.
- The healing power of illness. Thorwald Dethlefsen and Rüdiger Dalhke.
- Your body speaks your mind. Deb Shapiro.
- Your body's telling you: Love yourself . Lise Bourbeau.
- Heal Your Body A- Z. Louise Hay.
- Forgiveness equals fortune. Leah Holtzman.
- Healing disease with Rebirthing. Pauline avis and David McNab.
- Healing cancer from inside out. Mike Anderson.
- You don't have to die. Harry Hoxsey.
- Homecoming. John Bradshaw.
- Women who run with the wolves. Clarrissa Pinkola Estés.
- The forbidden knowledge. Alice Miller.
- The drama of the gifted child. Alice Miller.
- The truth will set you free. Alice Miller.
- Hidden messages in water. Masaru Emoto.
- Earthing. The most important health discovery ever? By Clinton Ober Stephen T. Sinatra and Martin Zucker.

Responsible Living

- The ringing cedars of Rusia. Vladimir Megré.
- Low impact development. Simon Failie.
- Local money. How to make it happen in your community. Peter North.
- Ecovillage living. Hildur Jackson and Karen Svensson.

- Monocultures of the mind. Vandana Shiva.
- Heat: How we can stop the planet burning. George Monbiot.
- Introduction to permaculture. Bill Mollison.
- Creating a forest garden. Martin Crawford.
- Creating community anywhere. Carolyn Shaffer.
- Surviving and thriving on the land. Rebecca Laughton.

Scriptures

- The Shiva Purana
- The Bhagavad Gita
- The Ramayana
- Essene gospel of peace. Edmond Bordeaux Székely.
- Thirumandiram.
- Tao Te Ching. Lao Tse.

Relationships and sexuality

- Loving relationships. Sondra Ray.
- I deserve love. Sondra Ray.
- Sexual peace. Michael Sky.
- Journey of the Heart. John Welwood.
- Conscious relationships. John Welwood.
- Your sex is yours. Silvia de Béjar.

Other languages

- La femme solaire. Paule Salomon.
- Les hommes se transforment. Paule Salomon.
- La sainte folie du couple. Paule Salomon.
- La respiración consciente. Anne- Marie De Vinci.
- La estrella del mago. Jacinto Alegre.
- El libro de oro. Saint Germain.

