

BREATH IS SPIRIT
A Guide to Rebirthing

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FOREWORD

The material in this booklet was written long before the term “rebirthing” was incorrectly applied to describe the session with the young girl in Colorado who lost her life just a few years ago. Thankfully, the practitioners in what they misleadingly called “rebirthing” went to prison. Their process of forcing a young girl to relive her birth process by enclosing her in a heavy sleeping bag and ignoring her cries for help is NOT Rebirthing.

Number 1, as stated in the very title above, Rebirthing is about FACILITATING THE BREATH -- it is not about suffocating someone. A flowing breath is the core of Rebirthing. The Colorado tragedy was not Rebirthing, and frankly it is difficult to imagine the ignorance of basic physiology displayed by these “practitioners.” It is unfortunate that observers believed the practitioners when they said they were doing “rebirthing.”

Number 2, Rebirthing is about reclaiming sovereignty over one’s own being. In reports of this incident, not only were the young girl’s cries for help and clearly deteriorating physical condition ignored during the session, but the session itself was ostensibly done in the first place for the benefit of the mother’s emotional problems (that her daughter “wouldn’t bond” with her), not the young girl’s – clearly a dishonoring of the girl’s perspective.

In other words, everything about the session runs contrary to Rebirthing as it was originally developed and continues to be practiced by trained, caring, and responsible practitioners. Just because it was called “rebirthing” does not mean it WAS Rebirthing as practiced by legitimate breath workers the world over.

My prayer is that this booklet, which contains very basic and simply stated information about the process, will elucidate the issue and quell erroneous fears about its actual intent, its practical application, and the remarkable and transforming results that the entire process creates.

INTRODUCTION

Whether you are *curious* about, *considering*, or *committed* to rebirthing, this information is intended to give you what you need to take your next step.

The *curious* will find it . . . well, curious.

Those *considering* may find it the nudge that puts them off the fence (as opposed to over the edge).

And the *committed* hopefully will find it comforting and enlightening as they embark or continue on their inner journey.

If readers at least get a glimpse at new ways of seeing and being that help them expand into their bliss, I am glad.

THANKS TO

Iris and Charles Moore, Rebirthers, who introduced me to the power of etheric healing, and Iris Newman who introduced me to them;

Sondra Ray and the Loving Relationships Training and Rebirthing School, where I was first introduced to the principles of "Thought is Creative," had my first series of rebirthings, and realized my connection to Herakhan Babaji;

Knoelle Earles who as one of my first Rebirthers led me to the Ascended Masters;

Steven and Rima Star, Charles and Karen Glueck, Father Andre, and everyone of One World Life Services, who brought me to deeper and deeper levels of clearing and joy, and to an effective working knowledge of the body/mind connection;

Mornah Simeona and Stan Hew Len (now Ihaleakala Hew Len) of The Peace of I Foundation, and David and Doreen Tanenbaum, whose sharing of the knowledge of the Kahuna tradition in Hawaii has been a basis for my healing work, a way of working which teaches that everyone is a mirror, that whatever people bring to me to heal is something inside of me asking for healing, and which has taught me, in a very direct way, the power of the divine in restoring us to balance;

Isis, who, as my last Rebirther, went with me to inner places I didn't know were there, and did so with compassion and acceptance that I was unable to give myself;

And Bill Torvund, Peter Geiler, Alana Akeesha, Robert Lester, Marcella Hunter, Martha Russo, Lyn Ohana, Cat Saunders, Bob Schryvers, all of whom supported me creatively and lovingly at one time or another with their particular form of healing for the first fifteen years of my training.

More recently, I acknowledge the profound effect of Buddhist empowerment through Lama Tharchin Rinpoche, Native American tradition in the sweat lodge, Reiki, Neuro Linguistic Programming (NLP), Chinese energetic healing through Dr. Kam Yuen, and the Decision Maker Process[®] developed by Morty and Shelly Lefkoe;

And, most of all, the All That Is in the form of Babaji, the healing light of Jesus, and the transformative power of the light of the Eye of Horus.

BACKGROUND

Rebirthing was named such because the first person to identify the breath and to document the experience had a powerful memory of his own birth. It was Esalen in the mid-'70s, and Leonard Orr was the guy. At the time, he and others – including Sondra Ray – were developing techniques in the human potential movement. I am eternally grateful to these pioneers for exploring the hidden and sometimes foreboding terrain of our inner landscape.

Following Leonard's experience of remembering his birth, which left him more relaxed and peaceful than anything had up to that point, he decided that his discovery was an incredibly powerful one that could be used for emotional healing. While it pointed to his birth as a source of tension and patterning, research and experience since then have told us that ANY experience, traumatic or otherwise, that remains as a memory in the cells, can limit enjoyment of the present. By consciously re-experiencing the feelings of the old experience, stirred and supported by the breath, the pattern can be altered or released.

Some time after Leonard's discovery, he and Sondra were told by an Indian Master known as Herakhan Babaji that what they were working with was an ancient yoga breathing method that cleanses on all levels – physical, emotional, mental, and spiritual.

My introduction to rebirthing was in 1982 when I was researching alternative therapies for a television show I was producing and hosting. With a B.A. in Social Work I knew I eventually wanted to work with people in an effective and life-changing way, but until that time I hadn't found a method I felt was thorough enough and deep enough. I had explored for my own process Gestalt therapy, movement/dance therapy, hypnotherapy, and emotion-releasing massage, and had of course studied C. G. Jung, but something was still missing – breath as spirit. After interviewing Sondra Ray and attending a couple of her lectures, I began to see how rebirthing could be what I had been looking for – for my own healing and others'.

In a meditation class shortly after I started thinking about becoming a Rebirther, our instructor, Prescott, led us to a level where he said we sometimes would encounter the Ascended Masters. There they were, so I asked them what I should do with my life. Being a being of few words, Babaji answered in his usual, cryptic fashion, "Teach breath."

WHAT IS IT?

Rebirthing (also known as “conscious breathing” or “vivation”) is a process by which, using a connected breath, a person is able to access and integrate unconscious thoughts and move energy within all levels of being. Using the breath and a creative approach to the images and thoughts that appear as you breathe, you are able to clear old patterns that no longer serve you and to transmute the energy created by them. A Rebirther will guide you in your breathing and in keeping you conscious as deeper levels are accessed. Eventually you can do the process alone.

Sessions are usually done in a specially prepared room where the objective is comfort and a feeling of safety, a place free of interruptions and noise where a deep state of relaxation can be achieved. This can be in the client’s home or the practitioner’s office.

In the deeply relaxed state, feelings begin to surface and changes can be made at a deep level. If there IS an outside disruption, it’s an opportunity to see how breathing can transmute the most mundane experience, or how it may even provide the perfect sound effects for the session at that moment.

After five to ten dry rebirths, a person is ready for a hot water rebirth, or sooner if other energy-clearing work has been done, such as yoga, movement therapy, or intensive psychic healing work.

For the wet rebirth, it is ideal to use a hot tub which is deep enough for you to float free. With a snorkel and nose plugs, you can be fully submerged, with your Rebirther in the tub with you making sure the snorkel stays above water and to reassure you as you breathe. The hot water expands the energy in your body and the water environment accesses different memories than you might otherwise be in touch with. While hot water expands and accelerates the energy, cold water evokes and leads to healing fears.

A group rebirth led by experienced Rebirthers and assistants offers the benefit of the energy generated by many others in the room, while you, within yourself, are processing your own stuff.

An unplanned (or “spontaneous”) rebirth can happen anywhere, anytime when an unconscious memory is triggered by a thought or a situation you find yourself in. You may have had such an “anxiety attack.” The anxiety is probably the fear accompanying the memory that is coming up, or simply the fear of FEELING something.

If you want to process the feelings on the spot, find a place to sit or lie down and let your breath be easy, while still connecting the inhale to the exhale. It helps to have someone close by to reassure you, and within your mind ask spirit what the thought is that you need to clear. You will get an answer.

If it isn’t convenient to lie down and breathe through what is coming up, breathe into a paper bag, and make mental notes of what seemed to trigger the episode.

Later, when you can take some time, do a rebirthing session and be willing to see what is trying to surface. You might be amazed.

WHAT HAPPENS DURING A SESSION?

To get ready for a dry session, you lie down, close your eyes, and get comfortable. A blanket over you allows for the body temperature changes that sometimes occur as memories are released and generally increases the level of safety and comfort. Then, you breathe. You breathe a breath that is free, is brought into the upper chest and out, in and out, through the mouth for maximum intake. It is a connected breath, with no hesitation between the inhale and exhale and little or no control from the diaphragm. You are breathing in with enthusiasm and breathing out with a thorough letting go.

The session starts by acknowledging the presence of spirit guides and asking for spirit help. I ask the rebirthee to silently announce to spirit a willingness to receive grace, to allow a healing to the maximum in the session.

The session will take from one-and-one-half to three hours, and each session has a rhythm of its own. You can bring an issue to the breathing session, something you are working with in your everyday, or you can simply breathe and let “the next thing” come up. Rebirthers differ in how they work with material that emerges. For some, the breath is enough. For others, there is an active working with the images that appear to the breather. For me, it is the breath that initiates and finally transmutes, and in between I use many different tools to help to transmute the images a person becomes aware of: movement therapy, NLP (neurolinguistic programming), Reiki, acupuncture, etheric light. Spirit is the guidance; I never know what will be presented in a session – we simply see it through whatever comes up.

During the session you will guide me through your inner world, and I guide you in your breath and in how to transmute that inner world for greater harmony and peace. The issues that are addressed reveal themselves, and then resolve themselves. It is our presence with each other and with spirit that creates the space in which it happens, and it is the intention of the client to heal and that of the practitioner to facilitate that calls forth the change.

Through this dialogue we watch the veils between body and mind and spirit and emotion disappear. We begin to understand how spirit can be integrated into the emotional, mental, and physical bodies. We work with the images to help you discover your own myth (your own truth) and to make changes where the old ways are not serving you anymore. The effect is a new feeling of wholeness and integration, and a great feeling of peace and safety and relaxation.

Every session is different. Continual surrender to the breath reveals newer and deeper levels of your being, deeper levels of memory, and therefore deeper levels of clearing.

And, as with all similar work, confidentiality goes without saying.

BREATH AS SPIRIT

Breath is the core of rebirthing (in Greek, *espirtu*). When we breathe we are connecting with spirit, bringing *prana* (from Sanskrit, meaning life force; or *chi* – Chinese, *ki* – Japanese, or *mana* – Hawaiian) into our bodies. Our awareness of the process of connecting with prana heightens the power of it. On the physical level, we are bringing oxygen into each cell. On the metaphysical level, we are filling our cells with prana's golden flecks of energy.

The WAY we breathe is virtually the way we live. By looking at our breathing, we can see if we are afraid to let in life, or if we are afraid to let go. By expanding the inhale and exhale, we increase the life flow through our being and it is reflected in our lives.

When we're not breathing (as when we're afraid), things stop, and emotions or experiences get stuck in our bodies. A rebirthing session can be seen as injecting breath (spirit) into the times we stopped breathing, the times we were afraid, unhappy, unsuccessful, felt guilt or some other unpleasant experience that our cells still remember.

By moving breath through our lungs, we are speeding up the movement of energy in our bodies. As the accelerated energy hits against old negative thoughts, it manifests as sensation in our bodies, a tingling in the arms, legs, or face. When we clear the thoughts that are blocking, the energy is released. We are left feeling warm, safer, and energized.

Rebirthing began as a way to re-experience birth, and as it has developed, the breathing process is now understood to lead us to the re-experiencing and transmuting of ANY experience where energy was blocked and where we acquired certain perceptions and beliefs that we're now operating on – beliefs and perceptions that are limiting our enjoyment of our total selves in this dimension of time and space: the present moment.

In the breathing session, memories are called up and transmuted, and we are reminded to be more aware of breath every moment day-to-day. When we breathe AS IT IS HAPPENING (as we're feeling fear, uncertainty, confusion, guilt), we are releasing the experience which otherwise could be trapped in our cells, waiting for a future breathing session to release it.

We don't HAVE to breathe in order to re-experience old patterns. Life offers that opportunity constantly. But how much better to relive old memories CONSCIOUSLY, and to physically use SPIRIT to help change the old patterns? If life is offering up some challenges, breathing sessions help us to see their origin and to forgive the past. They help avoid or mitigate the roller coaster rides we sometimes find ourselves on while more THOROUGHLY moving us along our spiritual path. Indeed, it is often even most effective to do a rebirthing session precisely when one is feeling "vulnerable," or is in the middle of difficulty in life, even though it would seem otherwise.

THE BODY/MIND CONNECTION

Nothing is ever “just physical.” I’ve come to know that if I’m feeling a physical pain, there’s something on another level that I’m refusing to see out of fear, habit, or whatever. I don’t beat myself up over it – with compassion I thank my body for letting me know, and I breathe. Invariably, the sensation or pain I was feeling goes away. Even if it seems to be “just physical,” this is all the more reason to bring breath into it, the key to transformation. We are all in a time of deep healing and change, when the presence of spirit is very powerful and when it is imperative that we merge spirit and matter. Spirit cannot move through when our emotions are blocked. Or, put another way, by bringing more spirit in, we SEE where we are blocked and can then allow spirit to move the energy and transmute the block.

Emotion – E-MOTION – is energy moving. When we avoid FEELING our emotions, when we don’t allow the energy to move through, the emotions become pain in our bodies and can manifest on the next level of density as illness.

The part of my body that’s hurting gives me a clue as to what emotion I may be suppressing, generally corresponding with the chakras or energy centers of the body. In sessions we work directly with the painful areas through the breath and also by clearing the energy meridians through holding pressure points on the body that correspond to the painful area. Several clients have said that even chronic pain has been relieved once the original painful experience was relived and rewritten.

Some correspondences of emotion to body organ are: sadness – heart; deeper grief – bronchial and lungs; anger – liver and spleen; bitterness – gall bladder; and fear – kidneys. Louise Hay’s writings offer plentiful information on the body-mind connection, as do Eastern philosophies of healing.

It is even my belief that, for instance, we suffer injuries not because we simply had an accident, but because there is an unintegrated feeling or thought that needs to be felt and expressed, a suppressed experience that has left an energy pattern that manifests in the incident that results in the injury. In a breathing session, the original cause can usually be realized and transmuted, which ultimately speeds the physical healing in the present and reduces or eliminates the propensity toward “accidents” in the future.

In a sense, the accident or the illness is the healing itself because it gives us the opportunity to re-experience. But without the understanding afforded by seeing the big picture which the breath makes possible, we often fail to see how being injured or sick is in any way positive. Wherever we are in this cycle, the breath offers healing on all levels, whether flat on our backs or simply wanting to create life anew for the future. If we can become aware of these patterns as they appear in our spiritual, mental, or emotional bodies, we don’t have to be “hit by a two-by-four” to get it.

One recommendation I have for clients while going through the rebirthing process is scheduling regular bodywork sessions. It helps to complete the movement of energy through the body, and of course it’s a way to really feel good. It’s one of the ways we can experience self-love which is where it all starts. For best results, find a massage practitioner who is supportive and nurturing and tuned in to subtle energy.

Also, it's important to drink copious amounts of water to help the lymphatic system, the kidneys and liver, the intestines to rid the body of the waste that is literally dumped into the system in this work. It seems that water, the symbol of emotions, helps the body remove negative toxins as surely as a "good cry" can make us feel better.

PHYSICAL SENSATIONS

During the breathing session, you will have various sensations in your body. As you relax, you will probably start feeling tingly in your hands and feet. Where old memories are held, you will feel sensations as they are coming to conscious awareness. These leave you as the breathing session progresses.

During a session, it is even possible to feel an old injury and heal it to a deeper level, or feel the compression and constriction of coming down the birth canal and emerging. Many have asked why in the world it's useful to remember something so distant past and possibly so distasteful. It's important to remember the experience because of the decisions you may have made during that experience that were locked in by the physical sensations. Since the unconscious mind takes things literally, so to speak, trauma can be linked with survival itself, setting a pattern that denies the possibility of EASE and survival. Struggle becomes a life pattern. This very common pattern can be reversed with the rebirthing process.

As you are energizing all of your body with breath, parts of your spirit return to you that might have left during any event you perceived as traumatic. This helps ground you, which helps you feel safer and more present.

THOUGHTS

Another vital component of rebirthing is working with thoughts, since thoughts ARE things and literally create our reality. In the above scenario of birth, consider the possibility that your primary thought during the short but immensely critical journey through the birth canal was, "I'll never make it." (As pre- and post-natal experts are finding, it is also possible that the emotional and mental environment of the staff in attendance in the delivery room can even be absorbed by the emerging infant.) Those thoughts can still be rattling around in your unconscious mind, putting a severe damper on life right now. By re-experiencing the birth with a Rebirther's support and the breath, you free yourself to "make it" to higher and higher levels.

As the veils are lifted on the suppressed emotions and on the memories in our cells, we begin to see the thoughts we have that create our experience – the filters through which we perceive the world around us based on decisions we made at pivotal points in our lives. That's why the way we were birthed, fed, and nurtured is most likely the way we treat ourselves as adults (which includes the way others treat us) until we become aware of any lack or trauma there and transmute it.

From Sondra and the Loving Relationships Training I learned how to look at my world and see it as a reflection of my thoughts. We tend to think that out there is OUT THERE and has nothing to do with us personally. But it can be very useful to really look "out there" and allow ourselves to see. It's a way to get to know ourselves and our belief system. As Sondra put it, "Your results are your guru."

In the rebirthing sessions you will become aware of the thoughts that are creating adversity and where they began. You will discover the thoughts and then create their opposite that you repeat internally and verbally and in written form, or tape record them for playback as often as possible. Remember, emotion is energy in motion. The thoughts create the form the energy takes. The conscious use of positive affirmations can create for us a different reality by establishing new vibrations that short-circuit the energy patterns we HAVE been operating on. Sondra's book, *I Deserve Love*, is a great source for understanding thoughts and affirmations at a deeper level. General affirmations work only when they truly resonate as opposites of your negative beliefs.

We tend to think that emotions come first and thoughts result from emotions. I invite you to conduct your own experiment for the next twenty-four hours. Take a thought that you have that seems cast in stone, one that appears to describe your reality and that you would like to change. See the way reality seems to be, and put the reality into words. ("Men ignore me." "I never have enough money," etc.) Then, create the thought's opposite ("Men always pay attention to me." "I always have enough money," etc.) Along with creating the thought's opposite, let yourself feel what it would be like if what you want were true. (Remember, it is the emotion behind the thought that empowers the thought to come into being.) Keep repeating the new thought to yourself, and watch your "reality" turn around. If it snaps back to what it was, you might want to explore deeper levels of emotion and what might be blocking you from having what you want. What are you afraid of feeling if all that you want comes true? Is it an old memory of something that happened at another time that doesn't apply anymore?

As you repeat the new thought, you may experience a lot of feelings to the contrary. Let these move through you, and keep returning to the new thought. By declaring the new thought, you are routing and clearing the feelings that have been in the way. Keep the thought, and generate the positive emotion around it.

The actual process of rebirthing does not depend on our conscious mind understanding what is happening. Our minds are actually quite limited and should be used to serve spirit, not second guess it. Our “figuring things out” may have been a defense we used as children to get by in life, but now it may be time to surrender to the bigger picture and change our limiting thoughts about life.

I was significantly impressed with “out there” versus “in here” during a rebirthing training. I gazed out the window during a part of the training I thought I knew pretty well and noticed how still it was – “out there.” It was a gray day with not a breath of wind. I silently asked Babaji to MOVE something. The next thing I knew I was experiencing a spontaneous rebirth and had to lie down. I began having visions of an apparent past life as a teacher where a student challenged me and I fled in terror. In the rebirth I realized how I had allowed myself to buy into the student’s fear instead of using the incident as an opportunity for both of us to grow. Since I was again preparing myself for teaching, I had to clear this experience that was still in my energy field in order to get to the next step

. . . and I thought the stillness that needed to be broken was “out there.”

EXPLORING THE PAST

. . . which brings up the next topic. Before we go much further, let's look at where and when experiences might have occurred that have left us with certain perceptions of reality. Ultimately it doesn't matter to me whether my clients "believe in" reincarnation or not. What we work with are the images that the rebirthee's own psyche offers up. These images – whether perceived to be "past life" or not – are gateways to transformation. If the source of a current pattern comes from an experience as a child, we work with that. If the images presented to the breather are from another time and place far removed, past or future, we work with that. The point is simply that whatever is unresolved, unintegrated, incomplete, or unfelt will come to awareness, allowing us to transmute it.

Many argue that delving into past lives takes us out of the absolutely relevant present into the long-gone irrelevant past. My response to that is: until the past is cleared/felt/integrated, it IS the present.

We explore the past from the points of departure of current life issues. What spirit and the psyche offer up in response to our inquiry is what we work with. Time and time again, in my own experience and in those of people I've worked with, when we can go to the experience that created a particular energy pattern and gain understanding of our part in it, while allowing the feelings to be felt, that nexus of energy is unraveled and our current reality begins to shift. The thought and emotion may or may not be the ORIGINAL or FIRST experience with it, but we trust spirit/psyche that it is the formative experience. Both BREATH and LIGHT are used to transmute the experience as a healing resolution of the experience is visualized. Remember that this work is being done in a deeply relaxed and conscious state, so the results are lasting.

What matters most in the work seems to be a person's willingness to investigate his or her own psyche, compassion for self (including the willingness to receive grace), and a willingness to breathe. (In the Tibetan Buddhist way, it's said that with the INTENTION of healing on the part of both the patient and practitioner, this also paves the way.) Your being and spirit decide what images will move you toward healing. If you see yourself on your private inner screen as an animal crashing through the jungle, or a yogi, or feel what seems like armor around you and you see yourself engaged in a jousting match, with pain in your body to match the wounds, you can decide whether it's past life or not. The essential thing is the understanding and awareness it gives you about your current situation, which you will intuit; the phenomenon of it pales to the clarity it imparts about your life.

It is most helpful to consider the possibility of past lives when one's experience as a child, for instance, does not bear out the perceptions one might have about life. Further, it is my guess that infants and children who have horrible nightmares or unexplainable fears or phobias are likely carrying over memories from a past existence. Research needs to be done in this area.

One past life experience that led directly to a shift in my present reality and seemed to relate to a childhood experience occurred when I was confronted with having to get a "regular job." For two days after the ultimatum was conferred, I was in absolute TERROR, quite out of proportion to the seemingly rational and simple demand.

So I breathed.

(As background, I had already become aware of having been in a concentration camp in my previous life – from a psychic reading, to recollections of my sister that whenever pics of barbed wire or Buchenwald appeared on TV when we were kids I would leave the room, to memories in hypnotherapy sessions.) In this session I went directly to Germany – before the familiar concentration camp scenes – and had the sense that I was motherless, and that at eight years old my father sent me out on my own. Having to get a regular job perhaps triggered the terror I would have had as an eight-year-old trying to survive without caretakers. (At eight years old in THIS life I nearly died of a liver condition brought on by eating the fat off meat – a throwback to having to survive from scraps?)

In this rebirthing session, not only did I relive the terror of being on my own at eight, but my father, it seemed, was a guard in the camps. So I end up in the camps, and I see my father, and in the rebirth set about resolving the situation: first I expressed my rage at him for turning me out and for torturing other children. Then I sought to reunite with him. In the imagery of the rebirth I saw him ask forgiveness, and we left the camp together.

I came out of the rebirth deeply moved and feeling a peace and serenity and safety I hadn't known. The next day, the person who had offered the ultimatum looked at me and actually thought I had a job (which I didn't) so different was my energy. Two days later I actually surrendered to a regular job – I called a temporary agency a friend had recommended and, without even an interview, was placed in a temporary position immediately. Out of all the possibilities for temp work in the entire city of Seattle, it was at Jewish Family and Child Service compiling figures for their next year's United Way funding application! Considering I had just revisited the camps, and that the assurance of income was the issue, it seemed like a little more than coincidence.

Another profound experience I had of a past life memory was in yet another rebirthing training. It was not unusual for participants to have feelings come up beginning the first day as we explored our life patterns and our unresolved issues. Four days went by and I wasn't aware of ANY feelings or emotions; I just sat and took it all in. On the fifth day, I realized nothing was coming up for me emotionally, but I also realized that I had a persistent pain in the middle of my chest. After I walked around like that for a day, I decided I'd better breathe or the pain might develop into something that might require medical attention.

As soon as I lay down and began breathing, a scene appeared instantly. It seemed I was immediately transported to a Mayan temple, where I was about to be sacrificed along with several of my priestess sisters. I discovered that the pain in my heart chakra was not from having my heart cut out, but rather the SADNESS at leaving the people. The rebirthing school apparently brought up the cellular memory because I was once again becoming a teacher. The tingling in my hands was especially intense and it took nearly three hours to process the entire experience.

I returned later several times to this scene to continue to process and to forgive the priests who killed us. The priests became the guards in the concentration camps – both simply doing what they thought was right.

How did it translate into now? The results were not as clearly applicable as other experiences I've had, but I did see it as a pivotal point in my life. I was reclaiming the awareness of goddess energy that for eons was eclipsed by male dominance. I released the idea of sacrifice and embraced the notion of the merge of male and female rather than the dominance of one over the other. This experience also made so clear to me that if I investigated physical pain in terms of unexpressed emotions and thoughts, the pain would go away. I breathed the pain out of my chest because, as much as I didn't WANT (consciously or unconsciously) to feel it on an emotional level, I was WILLING to do it by using the breath to access the source of my present reality.

Life itself gives us ample opportunities to clear certain issues. But sometimes the only thing we do is repeat patterns over and over. By breathing to access and transmute the energy, we are accelerating the process – and making it easier at the same time.

CHANGING HISTORY

Consider the above scenario of my being on the streets at eight in a past life. How does this have an effect on my life now? We are told by students of the mind that the unconscious mind operates on images and doesn't know whether something is actually happening in the present or not. The images are what create our reality now.

So when we remember an experience through images, we work with the images to turn them around. We see the wounds being healed; we see the breather becoming empowered in a situation that originally left the breather the loser or full of fear or dread, or – worse yet – dead. For the adult who as a child was abused or simply didn't receive enough nurturing, we set about changing history by going back to the experiences that come up as we ask for them. We then bring a different resolution to the experience. It isn't denial, because we go to the original experience; it is transmutation.

Again, since these images are being changed while the person is in a deeply relaxed state, the change is a deep and lasting one, a change down to the cellular level, a change that is felt on physical, emotional, mental, and spiritual levels. The change affects one's ways of perceiving, patterns of behavior, possibilities of response to certain people or situations, body postures, certainly relieving anxieties and imparting deep understanding of why things have been the way they've been.

SPIRIT

And now a word about the participation of spirit energy or entities in other dimensions available to us here and now.

My experiences of Babaji, though I never met him in person, have been profound, and nowhere am I more grateful than in rebirthing sessions. When I begin a session, I ask for the healing presence of the spirit guides of the person breathing, and my own. I specifically ask Babaji to be present. I am specifically asking for his presence and help, AND I am sharpening my awareness of his presence. The only limitation I place on spirit helpers is that they be of the light.

Babaji is one of the most powerful forms of the All That Is that I can relate to. That doesn't mean that he is the only expression of the All That Is, and my clients do not have to profess any connection to any particular expression of God. The only thing I encourage (as I mentioned earlier) is that they silently announce a willingness to heal to the maximum in the session, to acknowledge willingness to receive grace.

I interviewed Stuart Wilde, the wild, wise, and funny seminar leader, for a radio show once, and he was talking about how "God doesn't care, he's out playing golf." Two years later in conducting a rebirthing session, a client had breathed for about half an hour and "nothing was happening." I suggested she now take deeper breaths and focus on her questions about her finances. The image of a man waving a golf club popped into her head. I asked if she played golf. She said no. I asked what the golfer was wearing. "A turban and baggy pants," she said, and it reminded me of what Stuart had said. Babaji?!? I simply suggested she take to heart what he said, which turned out to be, "Don't worry." Shortly after that, her business flourished. What is real here, and whose reality is it? All I know is that people's lives are changing for the better with this work.

THE ETHERIC

Included in the sessions, also, is work with color on the etheric level, the auric dimensions. During the sessions we work with clearing the chakras, the energy centers of the body, through ancient healing methods that calm, replenish, and realign the body's electromagnetic field.

If there is an emotional upset or a physical malady, the electromagnetic body will show it. By balancing and aligning the aura, it helps to heal the entire being. Waking up to the realization of our multidimensionality helps us reconnect to the All That Is and promotes the reality of our wholeness and the oneness of all creation.

One of my powerful allies in the work is the right Eye of Horus. The symbol is a familiar one to all of us, often used to denote mystical or occult seers. I had never read anything about it and indeed thought it to be only a symbol that simply said Egypt or fortune telling. The first connection with it in my mind's eye, however, proved it to be a real and living thing. It appeared spontaneously to me one day when my daughter, age 6 at the time, had a stomach ache (not ER material, I thought) and I remember earnestly and intensely asking, as a mother would, how can I help her? Immediately the symbol appeared to me and I had the thought to see light coming through the eye onto her body. Within minutes she felt better. Fifteen years later, during a Flower of Life workshop with the work of Drunvalo Melchizedeck, I learned that in ancient Egypt there was a twelve-year mystery school of the right Eye of Horus. When I call on it, it helps me to see into the auric field of a person to see what might be influencing him or her at this moment, and at the same time it imparts a balancing of energy to the recipient.

BETWEEN SESSIONS

Between sessions, you may notice that your emotions are more at the surface than you've experienced them before. They may even come up for no apparent reason. For instance, you may feel elation right after your session, and within a couple of days feel depressed. This is to be expected, as you've begun to uncover feelings that may have been suppressed for years, or even lifetimes. We grieve the letting go of anything that has been a part of us, whether it's been pleasant or not. Also, depression may be your unconscious response to the prospect of feeling MORE feelings that it has decided you'd best not feel. Of course, what we've discovered is that the resistance to feeling is keeping us from moving ahead in life. Rebirthing is an ongoing process; as more and more layers are uncovered, the mood swings generally lessen and a balance is achieved.

The key during this period is allowing – allow yourself to feel the feelings and the grief, allow them to be expressed. You are on the very important journey of honoring your being toward a centered wholeness. If you don't know the source of the emotions, don't worry. Just allow yourself to experience them. Remember that resistance to the feelings actually causes more pain. Honoring them brings one to freedom. And breathe as you feel them. It makes it a LOT easier.

The most important thing is to allow it all with compassion for yourself. Let go of judgments. Just FEEL. And pray for spirit to give you the understanding you need.

We create assignments between sessions for continuity and maximum change: practicing new behaviors, exaggerating old forbidden ones (without harming self or others), writing affirmations and journals. All of this helps in the transformative process.

Between sessions you will have an opportunity to see how your shifts in energy can translate into a change in your customary patterns of behavior. You will be opened to realizing the many choices you have in all situations. Or if it seems you DON'T have choices, you will be able to see how you are being guided for your highest good.

EMPOWERMENT

Rebirthing gives you nothing less than a chance to rediscover the sovereignty you are entitled to have over your own being.

YOU are the one breathing, bringing spirit into your body. It is within your own being that you travel, with eyes closed and your body in as relaxed and comfortable a state as possible. The sessions empower you from a point of reference within yourself. It is as if you are becoming an enormous room in which you can accommodate all the disparate aspects of yourself – and let them all be there together.

When you discover how parts of you are actually fighting other parts of you, or acting in collusion to sabotage the rest of you, you work to gain their cooperation and you are empowered.

When you discover the little girl or boy in you who is frightened or needs nurturing and see that YOU can give that part of you nurturing, you are empowered.

When you discover the potency of bringing duality together represented by breath and body, spirit and matter, thoughts and emotions, male and female – within your own being – you are EMPOWERED!

THE HEART

The greatest empowering comes through compassion of the heart. The heart becomes the enormous room. It is the opening of the heart that creates the most challenging and most important thing we can ultimately do in any inner work we pursue. Additionally, heart disease is one of the leading causes of death in this country. I would encourage anyone who is experiencing heart symptoms – along with any conventional treatment they seek – to explore the emotional and spiritual aspects of what is creating the pain for them. We have lived on this planet for eons where wars and physical tribulation have created immense sadness and which are part of the collective unconscious, not to mention our personal experiences of loss. Those hidden and forgotten experiences are being flushed to the surface as we move into our future. With breath, we can do it more easily, consciously, and safely.

In our sessions we will continually work toward merging everything in the heart, toward expanding the capacity of the heart to become that enormous room. A reacquaintance with references to love as we learned through Jesus, Kahlil Gibran, and other literature will help to reinforce the opening of the heart. It was Father Andre and One World Life Services (OWLS) that offered the image of merging everything in the heart. Think of the lower chakras (red, orange, and yellow) and the upper chakras (blue, indigo, and violet) merging in the heart (which is emerald green), creating a swirling rainbow.

ONCE IS NOT ENOUGH

The recommended number of rebirthing sessions varies from school to school. The Loving Relationships Training recommends ten rebirths in relatively quick succession as a first series, so that each one builds on the last. Others recommend no particular number, but incorporate it as a regular part of life.

Even for people who are familiar with the experience and the process of rebirthing, there can be some fear at the start of a session. If so, chances are there is a deep core issue next on spirit's agenda that, when seen and released, will actually energize the person. In our deepest fears are our most transformative opportunities. I do feel that a commitment to ten rebirths is plain talk to your entire being that you are committed to your spiritual growth, and that commitment brings about profound changes. I have been rebirthing since 1982, and currently have a breathing session once a month, or more often if I am dealing with an unresolved issue. Sometimes I do it just to experience a deeper level of bliss!

After you have had several sessions with a Rebirther, you may be able to rebirth yourself. I have done it, and yet I know I have the deepest clearings when another Rebirther is present. Ultimately, the purpose is to help clients strengthen their own connection with the All That Is and learn techniques that they can always use to clear themselves. Long-term dependence on a therapist or Rebirther is not a preferable substitute for one gradually becoming able to heal themselves on all levels.

You may want to complete a series of ten or more rebirths with one Rebirther, and then another series with a different one. Each practitioner brings something unique to the relationship. When you tune into yourself, trust yourself to know who will be best for you to work with and when.

REBIRTHING AND . . .

Some people ask whether rebirthing will interfere with other forms of personal clearing or therapy. I feel that it only serves to illuminate whatever techniques you are using. Some clients have actively used the information gained in rebirthing sessions in more conventional therapy sessions, and in turn some of the awarenesses arrived at in therapy help to maximize the rebirthing experience. And because rebirthing is actually “rebreathing” it supports us every moment – we are in touch with spirit every moment we are breathing. And of course that includes our “sessions” with a therapist, a Rolfer, our teachers, our gurus, our friends, lovers, children.

A majority of the people who come to rebirthing have been through other forms of personal clearing and have come to a place in their lives where nothing seems to work anymore, a place they can’t seem to get beyond. Rebirthing takes the breather to the place beyond by circumventing the conscious mind and by moving energy in all levels of being.

CLEARING DEATH ENERGY

One of Sondra's caveats to us as Rebirthers is the caution to help clients clear death thoughts. As the unconscious mind becomes more clear, and we become more powerful in manifesting our thoughts, whatever negative thoughts are left can come forth.

Changing death thoughts has to do with our beliefs of how and when we will die, how we have died in past incarnations (the experience of breathing through the memory of a past death is easily as empowering as remembering one's birth), and seeing negative emotions as little deaths. As long as death thoughts remain unintegrated, they sap us of life energy. When these thoughts are brought into consciousness, however, we begin to consciously choose regarding life and the QUALITY of our lives.

THE RESULTS

If you have just begun rebirthing, you are in a powerful process of growth and clearing that will accelerate everything. Your thoughts will manifest quickly – so be careful what you think. (“We don’t have the luxury of a single negative thought.”) You will have a new clarity and playfulness. The patterns in your relationships will be more evident more quickly, and this awareness, coupled with a loving way of expressing it, will serve both yourself and others around you.

And you will have access to more energy, the energy you’ve been using to keep all those suppressed emotions in place. Because the breath moves old stuck energy through, you will feel more comfortable as a physical being. One of the paradoxes of the process is that, while the breathing puts you into an altered state, it also has the effect of bringing you into greater comfort in your body. Clients have reported less physical illness, as well, since rebirthing regularly.

Is it for everyone? I think so, because we all breathe anyway – whether we relate more to the third dimensional “physical” world or the fourth, fifth, or higher dimensional “non-physical” world, the act of breathing MERGES the two. Breathing is both the MODEL and the MEANS for the healing of duality which of course characterizes our existence here on earth.

Every breathing session is different, from one time to the next, from one person to the next. I look forward with great joy to going with YOU on your journey into the inner planes – on the wings of breath and with the light of unconditional love – to assist you to the place where there are no words, where there is only bliss and knowing.

Blessing and miracles to you.

Sincerely,

Anita M. Coolidge

www.wingsofbreath.org

WELL SAID

“In a breath we can see the condition of a life. Work with the breath to create the ebb and flow of full easy inhales and exhales, and the flow of life will respond accordingly.”

Unknown.

“Offer the inhale to the exhale, and the exhale to the inhale.”

Gurumayi, preparing us for meditation.

“Love brings up everything unlike itself, as does breath.”
“Anything on its way up is on its way out.”

Sondra Ray!

“Hate, rage, violence, sadness – all the so-called negative emotions – are simply cries for love and forgiveness, stemming from a belief in separation and a longing to be reunited with All That Is.”

Bill Torvund, energy healer

“You’ll see it when you believe it.”
“You’re never upset for the reason you think.”

Paraphrased from A Course in Miracles.