

## FREQUENTLY ASKED QUESTIONS ABOUT REBIRTHING

### 1. **But why should I heal when it's my (partner, mother, friend, etc.) who is at fault and to blame?**

If we have people in our lives who we think are doing things to us, we can blame others, yes, but where is the personal empowerment in that? The truth is, we experience what has been set into our unconscious minds. Perhaps it was observing our family members when we were growing up. Perhaps we experienced what we interpreted as lack of love and felt victimized by the very people who were supposed to take care of us. It is extremely important to identify those experiences (which, in the work I facilitate, is done by creating a space for the unconscious and inner healer to reveal those to us) and to TRANSMUTE them, CHANGE them, so that a healed experience is then laid into the unconscious. At that point we will begin to see a different reality happening to us, one built on love rather than pain. We no longer put out the unconscious energy patterns of victimization that dovetail with others' unresolved and destructive (very often defensive) energy patterns.

### 2. **Will I be able to see, or will you have to tell me?**

What I do is help to create an atmosphere in which you can trust the process of going into your own psyche, your own being, to see where and what may have created a pattern that you want to change. Sometimes I have a picture or a word that may give a clue as to what the source may be, and if I am guided to tell you I will do so. But I don't second guess, and when you see what may need to be changed, we rewrite the script together. If you wish, perhaps later I may give you more information from what I know on an intellectual basis about the work and the particular pattern you are changing.

### 3. **Why would I want to delve into what is hidden from me? Isn't it better to keep it under wraps?**

The truth is that what is hidden actually rules our lives. It's there anyway, and we seemingly have no control over it. Through the process of rebirthing we discover the unconscious thoughts and memories and change them. That is our empowerment. The energy behind what is hidden is our emotions – energy in motion. I believe, even, that certain things happen in our lives based on the fact that emotions from another time are still repressed and events in our lives occur in order to release those emotions, the ones we consider to be negative. When we can go to the original experience stored in the unconscious, release those emotions completely, and then change the picture in the unconscious, we no longer have to create traumatic situations so that those emotions can be expressed. On a symbolic level, emotions are water. We know that water will out, whether it seeps through walls or builds up behind a dam. Whether we consciously or unconsciously live our lives, whatever is hidden will be expressed. How much better to do it with awareness and purpose. We are then freed to live in the highest vibration that continues to evolve ever higher.

**4. What's love got to do with it?**

Everything. A healer/teacher of mine used to say that “everything is a cry for love.” And the rest of the thought is that love will heal everything. Love equals allowing, unconditionality, acceptance, the unified field in which all things have life and being. In sessions I literally help a person “see the light.” We literally use light from heaven, as seen on your own inner screen, to transform . . . everything. It's obvious, isn't it, that most of our problems go back to a time that we can remember where we felt less than loved. Imagine the importance of the times we DON'T remember, as well.

**5. How will rebirthing go with other transformational or more traditional processes I am using for physical, mental, or spiritual growth?**

It can only support your process whatever you're doing. Since it basically helps you connect more with who you are and with Spirit, it will simply amplify all of your life. It can actually have a positive effect on other processes, and perhaps allow you to see that you can let some techniques go and adopt others as you evolve.

**6. What do I need before I begin?**

A strong desire and intention to heal your life, a willingness to explore your own myth (your own truth), a surrendering to receive grace of the Divine, and a commitment to subsequently co-create with the All That Is.

**7. How many sessions will I need?**

Naturally, it varies, depending on what you wish to work with. But since breath is (literally) spirit, you can be doing it forever. It involves a shift in your awareness of exactly what the breath is doing as it energizes you. The techniques you learn can be applied as you are going about your day, or in more intense meditation or retreat settings. I generally ask Spirit what the number of sessions will be, and to begin that is what I recommend. Of course, it is a wonderful tool when you come up against something that is particularly challenging to you in your life. In fact, while some may like to refrain from doing sessions when they feel “weakest” or when they are really “in it,” the truth is that it is at those times when the unconscious material is nearest the surface that the transformation can be most complete. When we feel the most vulnerable is often when we can become the most empowered.

**8. How will it affect my body, if at all?**

Since we are multidimensional beings, what occurs in the mental or emotional body can and usually does find its way into the physical body, especially if it's ignored. It's often not until it does, in fact, appear in the physical that we choose to do something about our “illness.” In fact, the illness or trauma could be the healing itself because it releases the emotions associated with it. After a rebirth session, it sometimes happens that the clearing continues in the physical body before it's complete, as in a cold developing, or flu. It is

wise to have body work done between sessions, drink sufficient quantities of water, and take epsom salt baths with oils of lavender or rose to help complete the clearing. I believe that nothing is ever “just physical.” Rebirthing, then, can have a healing effect on all of you, on all of your multidimensional being. By clearing the energy in the mental and emotional bodies, there is less likelihood that the physical effect will be as traumatic as it could have been.

## **9. Why go back to my birth?**

Birth is the first major change we experience. Think about it. We have been developing for nine months in the floaty, nurturing environment of our mother’s womb. As a being, we are completely conscious and able to feel and know what is going on around us. If love is going on around us, chances are we are anxious to join our family. If not, we could try to put off the birth by turning around (breach birth), or by coming as late as possible. Even if we’ve had a “normal” birth, still the change in our environment is drastic. We may have to be pulled out by forceps. There may be bright lights that are shocking to us coming out of the darkness. We feel the effect of gravity which the watery world has protected us from. We are laid on a cold table, poked with needles, etc., etc. With these experiences we make certain decisions, even though at a pre-verbal level. Those decisions linger and can shape our entire experience from then on. We may have the thought, “Life is dangerous,” or “Men (or women) hurt me,” (as in doctor), or, having struggled to get out of the birth canal, the thought could be, “If I don’t struggle, I’ll die.” Becoming aware of our particular and unique thoughts and experiences in birth and other earlier times gives us a chance to create something new in our minds, and therefore in our lives.

## **10. Why does it work?**

The work is done in a deeply relaxed state so that it is possible to bypass the conscious, rational mind. This, coupled with your intention to heal and surrender to grace, creates a change on the deepest level. It literally brings spirit into all levels of being in the form of breath and light. It changes us within our own temple, our body. It is something that occurs from the inside out.

Please feel free to contact me with any questions or to set up a session on the phone or in person. I am here to assist you to get through any pain or fear so that you can live and love to the fullest.

Blessings and miracles to you.

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