

It's Only Breathing

Rebirthing into Eternal Life

Like looking through a telescope, rebirthing makes it possible to actually remember your own birth. A powerful alternative to conventional therapy tools, rebirthing can bring to light birth and early childhood events that still influence your life, so that they can be understood and even changed on a cellular level. In its essence, rebirthing is a circle of breath that brings about a physiological experience of Infinite Being. Merging the inhale with the exhale fills the body with pure life energy, cleans the body systems, and nourishes the body with health and vitality.

Even now, after all of my experiences, I find myself asking, "How can anything so simple be so powerful? After all, it's only breathing." Then my Higher Soul giggles. Breathing is everything, breathing is life!

Leonard Orr is credited with creating rebirthing; however, Leonard states simply that in 1972 he rediscovered yoga breathing and adapted it to the needs and conditions of contemporary life. About the same time, he announced that he didn't plan to die.

Choosing not to die can be a creative choice that unravels your deepest death wish, even if you don't know you have one, thus opening up your being to more aliveness. Long fascinated with this concept, I searched for a rebirther trained by Leonard. My search led to a woman named Louise. Small of frame, but great in spirit, she has an amazing ability to immediately recognize the space Divine that breath opens up in her clients. Louise understands metamorphosis and with extraordinary skill, she can intuitively choose the appropriate action to support the path to freedom.

It begins with a series of "dry" sessions during which one lies on a comfortable mat covered by a soft blanket, followed by eight intense wet/hot tub sessions. Learning to breathe what is called the "connected breath" (complete inhales connected to complete exhales), recalling actual time spent in the womb and experiencing the bodily sensations of being born is what much of the early sessions are about.

During my initial session, the first thing I noticed was the dysfunctional pattern of my breathing. I had a big gap between my exhale and inhale. When I looked at my life and projects, I saw the same gap. I was great at putting out ideas, but seldom able to bring them all the way back in to myself. As I began to heal

that pattern in my breathing, my life began to heal as well.

In another session, I had a very clear image of myself scooting around in an electric wheel chair. I have never physically been in a wheelchair and was horrified. With great force, in my vision, I yanked myself free. Louise helped me to see it as a clear choice to never again "be in victim consciousness." My willingness to take personal responsibility for having my life be exactly as I choose has renewed my vigor.



move my limbs. Feeling scared, alone, unloved, and unwanted, it literally felt like I was in danger of drowning. It felt like I was fighting for my life. Suddenly, I understood how my belief of "life is hard, but I am a person who overcomes all obstacles" had developed at birth. Unfortunately, this pattern required that I create a hard life with a lot of obstacles to overcome!

As the session ended, Louise helped me to joyfully recreate my birth as I wanted to experience it. Then and there, I made a new choice to

let life be easy. It made me laugh that this choice, made so effortlessly in a hot tub, could change my life. The miracle of rebirthing is that the discoveries you make can immediately effect change. Once you decipher your patterns, behavior is simply a matter of personal choice.

Each of my rebirthing sessions was fraught with new discoveries. I was amazed to discover how, again and again, the trauma of my birth had become the road map of my life, and how I could change my present life by decoding and changing these perceptions of the past.

Since rebirthing can unravel these mysteries and actually change life, what about death? Have you ever wondered if death was inevitable only because of the universal cellular belief held by mass consciousness that death is inevitable? We know now that separation at birth causes bodily pain. Do we go to our deaths without protest because we are weary of separation and pain? Is it the belief that we cannot heal our bodies that

makes us succumb to "terminal" illness?

Perhaps physical immortality is much like the four-minute mile — no one could run the four-minute mile until Roger Bannister proved it could be done. Within days, runners from all around the world were running the mile in four minutes. Maybe physical immortality is as close as a shift in our individual and collective consciousness. As an experiment, try shifting your imagination to a life where death doesn't exist. This is where healing miracles occur, and cultivating this place within begins to bring your physical body into alignment with your eternal spirit. As Leonard Orr says, "I am living forever now."

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