

**Overcoming the  
7 Inhibitors  
Bliss**

**Pauline Win  
2006**



## Opening Mantra

Ya kunderdutusharhardhwala ya shubhiastravrata
Ya veenavardandamanitkara ya swetpadmanasana
Ya brahmachyntshankarprabratibhirdevah sada vardita
Sa ma patu saraswati bhagmati rih sheshjadyadyapaha

A blessing on this book intuited by The Pujari at the Hanuman Temple, Sariska, Rajasthan, India September, 2006, whom I rebirthed..

This blessing is granted by The Goddess Saraswati, Goddess of Learning, Science, The Arts, Music and Books.

The meaning of the Mantra is :

Fair as a Jasmine Flower, the moon or a flake of snow,  
Dressed in white, her hands adorned by the graceful veena staff,  
Adored by Brahma, Vishnu, Shiva, and the other deities,  
Protect me, Oh Goddess Saraswati, remover of ignorance inert.





*Overcoming  
The Seven  
Inhibitors  
to Bliss*

*Pauline Win*

Overcoming The 7 Inhibitors To Bliss

First Published November 2006

Edited by David McNabb

Illustrations by Jeni Johnson

Copyright © 2006 by Pauline Win. All rights reserved

No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of photographic recording, nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use without the written permission of the authors.

ISBN 0-9802992-0-9

Title: Overcoming the 7 Inhibitors to Bliss

Date of Publication:.01 Nov 2006



## Dedications

I dedicate this book to the Immortal Yogi Shri Haidakhan Baba.  
Shri Babaji's indescribable beauty pervades the universe from the planets to the smallest grain of sand. The Guru of Gurus, Shri Babaji has humbly served humanity yuga after yuga and especially now during the kali yuga.

To Leonard Orr. Leonard's service to Rebirthing and his willingness to experiment and take risks for the sake of his ascension and physical immortality has been my inspiration for this book.



## **Acknowledgements**

To Peter Bell – my adorable, patient, intelligent, kind partner, who urged me on to write this book.

To Noelene Packham – whose enduring friendship has sustained my love of humanity over the years and for her original brilliant suggestion to spend our first training money to go to Leonard Orr's training in the United States.

To Sondra Ray – for her brilliant books, her pioneering spirit, her seminars, her dedication to the sacred profession of Rebirthing/Breathwork, her courage, her beauty, and her continuing contribution to world peace.

To David McNabb – Thanks a bunch, fellow Kiwi, for your I.T. work

To my Rebirthing Clients. Thanks for having the courage to breathe.

To Paul Jones, my son, who loves me despite everything.

To my daughter, Jeni Johnson, who is spirited and independent, and drew the illustrations.

My special thanks to Elly Gregory-Wilson, Lynette Field, Susan de Castella, and Lee Rigma, for adding your insights and beautiful feminine energy to this book

## Contents

Opening Mantra .....	i
Dedications .....	v
Acknowledgements .....	vi
Forward .....	ix
Introduction .....	xi
• The Formation of Emotional Suppression and Physical Blockages .....	1
Workbook .....	17
• Birth, Conception and Gestation Trauma .....	25
Workbook .....	61
• Personal Law.....	73
Workbook .....	85
• Parental Patterns .....	89
Workbook .....	101
• Childhood .....	107
• School Trauma .....	117
Workbook .....	123
• Past Lives .....	125
Workbook .....	128
• The Unconscious Death Urge .....	130
• Religious Trauma .....	161
• Physical Immortality .....	170

- Money ..... 212
- Rebirthing/Breathwork ..... 213
  - Appendix A ..... 230
  - Books available
  - Appendix B ..... 237
  - Resources
  - Closing Mantra ..... 240

### **The 7 Inhibitors To Bliss**

- i. Birth Trauma ..... 25
- ii. Personal Law and Specific Negatives
  - The misuse of the Mind ..... 73
- iii. Parental Disapproval/Approval Syndrome
  - Family Patterns ..... 89
- iv. School Trauma ..... 117
- v. Past Lives ..... 125
- vi. The Unconscious Death Urge and Senility ..... 130
- vii. Religious Trauma ..... 161

Forward

## **Forward**

by Leonard Orr, A.C.

At last, Pauline Win has produced a good introductory book on the 8 biggies of human trauma! She includes senility into the death urge and calls her volume "Overcoming The Seven Inhibitors To Bliss" This is a good title.

Brief presentations have been included in some of my other books, but I didn't have the patience Pauline has achieved in this, a very practical and useful presentation you now have in your hands.

It is not a book to be read once and put on the bookshelves. It requires years of study, meditation, discussion, and healing to master these ideas. The rewards are great, for to do so will make us a master of our own mind and body.

This book is a textbook for all weekly support groups, one-year seminars, Rebirthers/Breathworkers, psychiatrists, and healers of all kinds. It also will be invaluable for universities and all students of psychology and self-improvement at all levels.

I have used this information in my work as a personal and business consultant for the last 40 years. The idea and intuitive application of the personal law idea has healed bodies, created harmony in having relationships and families, has doubled personal incomes and businesses and made the workplace heaven on earth for many people, induced spiritual enlightenment, healed the emotional mind, and given millions of people mastery over their lives and reality.

I discovered these ideas in the sixties during personal consultations and crystallized the teaching of them during the seventies. The seven, eight, or originally five biggies of human trauma were the common denominators of personal laws I saw in my clients.

Pauline has verified my conclusion in her own work for the past 27 years and added her own insights, experience, and wisdom in this excellent presentation.

Sigmund Freud brought the unconscious death urge to light in his own work, but his brilliant knowledge about it went right back into the unconscious after he died.

It is past time to bring it out again, together with the other side of the coin – eternal life, physical immortality, or the idea of total healing and personal mastery of the emotional mind as well as the body.

Forward

In case you think this is esoteric, nor has no commercial importance, think again. The average life of the Fortune 500 companies is only 40 years. Even hundreds of millions of dollars in annual income cannot save these largest companies in the world from being destroyed by the personal unconscious death urge and self-sabotage patterns of the owners, managers and employees.

Now you can go deep into yourself and find relief. You have a wider group of tools to heal mental and physical illness. You can have more fun with your children, friends, and family.

Here you have a lot to think about that will keep you busy for a long time.

Thanks Pauline  
Truth, Simplicity and Love  
Leonard D Orr, A.R.

## Introduction

This book details the philosophy, and psychology of Rebirthing. The physiology is an actual Rebirthing session, or Leonard Orr's 20 Connected Breaths.

I have included in most chapters a "Workbook" to assist in unravelling the inhibitor and add more bliss to your life.

My book is the result of my relationship with Leonard, who "fathered" my rebirthing since I met him in Consciousness Village, Campbell Hot Springs, California.

I have always been grateful to Leonard for putting the ideas of physical immortality out into the world. When I first heard of physical immortality my Soul sang all the way in the car from my Rebirther's house " I'm physically immortal" over and over and over. I knew it was the truth for me, and my next step.

I had the (sometimes dubious) privilege of being the eldest of 14 children, and was mothered by an amazing woman, Ngaire Joyce Win. My brothers and sisters are wonderful people. With 16 people in the house, it was like living in a community, although a rather dysfunctional and messy one. Ever since then, albeit, ineffectively at times, I have sought to create function, order and tidiness.

Until I was first Rebirthed in 1976, and for a long time afterwards (old habits have been hard for me to break), I struggled to get a grip on relationships, and life in general. I had a few, in fact quite a few, break-ups, break-downs, binges of good food, bad food, addictions, no addictions, ups and downs, doing it right, doing it wrong, and doing nothing about it at all.

All the way through I never gave up hope, or hoping, to find and feel again the simple happiness I felt and experienced when I chanted Om Namaha Shivaya in my first Rebirthing course.

My Dad was a shearer in NZ. He worked hard and played hard, and this life-style finally killed him. He had a wonderful singing voice, was the life and soul of the party, and loved his kids. He used to say frequently "You, too, can have a body like this if you abuse it long enough." I decided in my early 20's, after his death, no more abuse for me, so I became a "health nut", which did not work, and definitely put an end to my second marriage. Vegetarianism did work for me, but there is more to the resolution of family patterns than that.

The journey continues. Thank you Mum for having me, and thank you Dad for teaching me how to have fun.

## Introduction

The theories expressed by me in this book are a “work in progress.” Not a belief system, but rather, a “working hypothesis” on Rebirthing.

Over the years I have rebirthed many people from, and in India, Nepal and Tibet. In general I have noticed a difference between rebirthing a rural Indian as opposed to rebirthing an educated westerner. A village Indian, or enlightened Pujari (temple Priest), who does not even speak or understand English, so I cannot tell them any philosophy, or psychology, will allow the merged breath energy flow, and within minutes of beginning a rebirthing session, begin to receive the pure Divine Energy. I am always surprised and amazed at how fast they surrender to this Essential Flow.

These rural hard-working people trust The Divine. For some unknown reason, be it historical or cultural, they relax immediately into the breathing technique and resulting energy flow and are very easy to rebirth. On the other hand, in most cases, westerners appear to need information before surrender.

This book is some of that information. It's not the whole truth, and may not even be the truth, after all, it's just a theory, but it is enough of the truth to allow the rationale part of the Rebirthee's mind to relax, let go, and surrender.

The ideas in this book could be tested by you, dear reader, if you choose to practice them. Keep the ones that work, toss out the ones that don't.

According to The Course in Miracles, we are all going Home together, no matter what path we take.

If you would like to meander down the Rebirthing path,

Read and Breathe On

Om Namaha Shivaya  
Parvati Pauline



## Chapter 1

### The Formation of Emotional Suppression And Physical Blockages

*Sleep is the short death and death is the long sleep*

*Shri Haidakhan Babaji & Sai Baba*

According to the above statement of the Immortal Yogi, Babaji, when a person dies they go to other realms to cleanse the pollution they gathered over a normal lifetime. They are “earning the right” for a new flexible baby body. They sleep, dream vision, and very deeply rest away the negative mental mass of suppressed thoughts and emotions that caused their previous death in the first place.

This is a very interesting theory and leaves space for every experience in the “after life” that has ever been written about in the Holy Texts of all religions as well as other experiences people have reported after Near Death Experiences and in recall therapies.

This also makes sense on the level of how can we have a flexible baby body with rigid, inflexible, old thoughts.

Remember in the cartoon series “The Simpsons” the Notice on the front door of Grandpa Simpson’s old folks’ home states:

No New Thoughts  
In Here Please

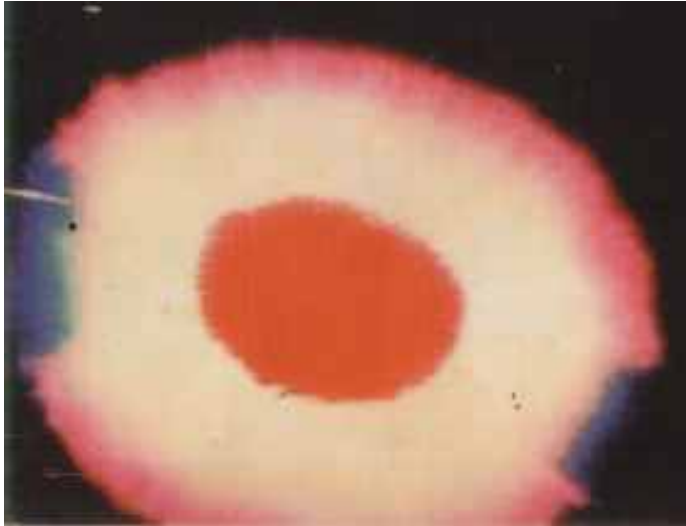
*To build a human body out of energy and the elements  
involves the total mastery over a million thoughts.*

*Shri Haidakhan Babaji  
as quoted by Leonard Orr*

The Energy Body is cleansed and de-polluted in order to make use of the inbuilt structure and abilities (which the Energy Body holds) to build another Physical Body. While we are in a Physical Body, the Energy Body acts as a bridge between the Physical Body and the Eternal Cosmic Source.

## Introduction

The Energy Body is sometimes called the Aura. Science calls it the electromagnetic field. For simplicity I will call this field the Energy Body. The Energy Body is the real You. It is the creator and sustainer of your Physical Body. What do I mean by this? Our mind (thought system – both conscious and sub-conscious) is housed within the Energy Body. Our brain, in fact our whole body, is just a receiver of instructions from the Energy Body. This is obvious because the brain ceases to function at death and yet we go on thinking. Our Energy Body is Immortal and we take all our thoughts with us wherever we go.



At death, Mother Nature takes back her immortal qualities of Earth, Air, Water and Fire and the Energy Body travels to the astral world (the world of the mind).

Housed within the Energy Body are 1 million thoughts that form the Physical Body. These thoughts form the Physical Body in perfection. Over the

years of an ordinary life, because the Energy Body has become polluted by negative thoughts, the 1 million thoughts are no longer

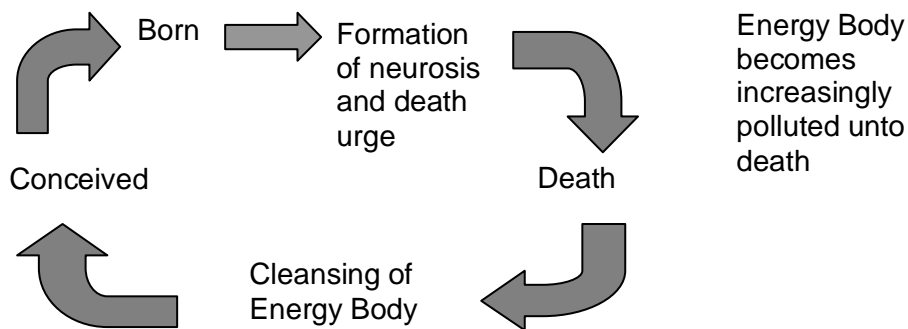
functioning in a pristine environment.

The orange centre in this Kirlian photograph of a Rebirth session is the physical body and white circle is the clean and balanced Energy Body. As can be clearly seen, the Energy Body is the bridge between the physical body and the Eternal Energy/ Living Space/The Source/ God.

These thoughts are functioning under stress, having to push their way through all the accumulated negative mental mass. The thoughts are still working as God intended, but are mutated by the pollution as they valiantly try to form energetic new cells. The reason I say valiantly is because this part of yourself (your Eternal Energy Body) is trying until the day you die to form new cells. Morticians say even after death. This would be because the Energy Body has not yet moved on. Basically, the Energy Body must be cleansed and de-polluted in order to be able to make use of the inbuilt abilities of the Energy Body to build another Physical Body. This ability is immortal and can be used

Introduction  
(when pure of mind) to build a body at any time.

### The Birth – Death – Rebirth Cycle



The Immortal Yogi Christ, Babaji, built his own body in the sacred cave at Haidakhan. He, like Melchizedek, did not have biological parents and was not born out of a womb. But whether we use a womb, or a cave it is the same – A clean Energy Body is essential.

Whatever time after death, when we have dreamed, visioned, and very deeply rested away our pollution, we arrive at the moment of conception with our Energy Body fit, bursting with energy, enthusiasm and self love, and eager to build a new baby body. It is the Energy Body that conceives of itself in your mother's womb and begins to build a physical structure. We build a placenta and physical body and at around nine months, we are ready to be born.

The raw materials we use for this incredible feat are:

- a. 1 million thoughts that are eternally held within our Energy Body  
(Babaji, Leonard Orr)
- b. The Immortal Elements of Earth, Air, Water and Fire.
- c. The Eternal Cosmic Primordial Source is the energy we use to

## Introduction

“pull ourselves together.” This energy is the indestructible energy of creation. In the Santana Dharm (the oldest Religion), it is said that all the Suns of all the Universes send their energy to our Sun and it is distributed onto Earth.

Scientists have discovered that everything is energy and this energy cannot be destroyed or created by a human source. The Energy Body creates each cell using the 1 million thoughts, Earth, Air, Water and Fire so therefore it, (the Energy Body), must be in every single cell surrounding and interpenetrating that cell. Because the Energy Body is in every cell of the physical body it could be said we have a thinking physical structure

We create our own body in the womb. Our mother, at this time, is in effect a landlady. She keeps our womb warm, the rain off and provides the space. Later on, she begins to impact but there is a margin of safety in our early beginnings. The point is, we in communication with the Eternal Source, build our own body. Therefore, all we need to do in order to youth our cells is to remember what we knew during conception and gestation.

We are in Divine Communication with the Eternal Source on several levels – Psychically via our Energy Body mind and via the placenta – “As above so below.” Eternal energy is the source for building the nutrients in the placenta in the first place.

Psychically we are in communication with the Source via our Energy Body mind. Since our mind is relatively pure at this point, we are not experiencing any thoughts of separation from the source. We have a direct experience of Who We Are - At One with the Source. If this experience was translated into preverbal language, it would be a thought of “I am” – more specifically – “I am at One with God/Creator.”

We conceive ourselves into a family genealogy. It is actually thirty people impacting on you via your parents if your chosen family is the normal dysfunctional family of modern times

These dysfunctions (especially from Mum and Dad) will have a strong influence on your development. For example – what your mother and father and even your grandparents think about your arrival, whether they want a boy or a girl or a child at all. What your Mother eats and drinks also has a direct impact on you during gestation. For instance, recent research reveals that two glasses of wine daily on a regular basis during pregnancy, or the equivalent, will cause foetal alcohol syndrome which seriously affects brain development. Too much of the wrong sort of fat in the diet can also have a detrimental affect upon the developing foetus.

It used to be common knowledge that the placenta was a barrier, but this has now been debunked. Drugs, unhealthy food, and other substances bypass the

## Introduction

placental barrier and pass directly into your womb. However, all is not lost – research has shown that if your Dad and Mum (Mum especially) wanted you, then despite all else, you have a good womb.

Our direct connection to God is our primary defence against the pollution from our parents. We build our own body in the womb. I like to repeat this to myself daily. It is a very inspiring and interesting thought. Why? Because if you built your own body using your own eternal thought system blueprint, Earth, Air, Water and Fire and your eternal connection to the Source then you have the thoughts and the power to rebuild yourself in the perfection that you created back in those nine months. If you but rediscover the 1 million thoughts and master the Earth, Air, Water and Fire, you have a tool to use on your physical body, which you could regenerate and rejuvenate at any time. Whilst reading this you have sloshed off 100's of cells and made 100's of new cells. Are those cells the perfect healthy cells bursting with life that you had when you were a child?

Haven't you ever wondered why a 2 or 12 year olds cells are so different to a 62 or 72 year olds cells? There are many medical theories that will be examined in later chapters.

Rebirthing/Breathwork philosophy states that the mind impacts upon the cells. We are impacted upon in the womb by our mother's thoughts. Research has shown we are imprinted during gestation. There is also research pointing to adult diseases and addictions such as alcoholism, originating in the gestation period. But there is a huge margin of safety in the womb because of our direct connection to the Source.

We spring from this connection, create our bodies in perfect health and for most of us who have made it past twelve weeks, deliver ourselves on to the planet brimming with life.

During the time in the womb we are in both psychic and chemical communication with our Mother. Millions of messages are exchanged daily. When we are around six months in the womb, our brain has developed the ability to think (form a conclusion about what is happening). Not as an adult thinks, because our cortex, although formed, is not yet functioning. We are thinking/feeling with our early brain – the survival and emotional part of the brain. In fact, we are a wide-open sensory window. These parts of the brain are developed in order for us to be born.

Leonard Orr (the founder of Rebirthing/Breathwork) noticed that adults that he rebirthed were in touch with the thoughts they had at birth, and often, what they thought happened would be validated by their mother, mostly to her surprise/shock. In layman's terms, the baby in the womb sends psychic/chemical messages to his/her mum. The message is simple. I am ready to be born – send down the oxytocin. The baby sends this message to

Introduction

its mother's primal brain – the survival (reptilian) and emotional (limbic) part of her brain.

### **Birth is Divinely designed in co-creation with our evolution.**

There is an exquisite communication between the mother and baby. It is not just on the level of the brain. The whole of the baby's and mother's bodies are involved in this momentous event and is primed by the Divine Mother for the moment of birth. What follows will depend on the mother's physical, emotional, and mental health.

In a close to ideal scenario, the mother receives her baby's message loud and clear and her primal brain then reacts to the stimulus. She relinquishes her social conditioning, knowing it has no place here, and settles in to her ancient birth brain.

This part of her brain "knows" exactly what to do, and has "known" since the beginning of time. Her brain releases into her body, and the baby's, an amazing array of substances to make the Perfect Birth Potion. Her brain can co-ordinate the manufacture of the perfect mix of chemicals to assist her and her baby to have a blissful birth – as long as there is no interference from administered oxytocin or pain relief drugs. The hormones and chemicals she produces is a heady mix of many substances, some of which have not yet been properly identified or reproduced in a laboratory.

These substances which she releases, with the baby's prompting, (it's like an exquisite dance between them) prepare, calm, pacify and assists the body of the mother to open up fully to the experience of birth, actually without all the pain that is talked about constantly and touted as a necessary part of being born.

The birth journey itself is so designed that the last contractions gently squeeze the amniotic fluid from the baby's lungs. This prepares the about to be born child's whole breathing mechanism for its first breath. The baby emerges into the world and begins to take small breaths through his nose, as though testing his breathing mechanism and the planets' environment. It has at this point two sources of oxygen, the placenta and the atmosphere. Mother Nature/The Divine Mother designed this gentle and non-threatening way of learning to breathe.

It is the baby that is in control of the length of time that s/he takes to master breathing entirely atmospherically. The baby is teaching itself to breathe energy as well as air. It is learning to breathe in the Holy Spirit as well as oxygen. It has recreated the Primal moment when God breathed Life into Adam. The newborn is drawing Spirit into Matter. Heaven on to Earth. In a two way communication with the Source, it is establishing its Divine Physicalness in

Introduction  
order to Play the Game of Life.

It is the baby who decides when the placental breathing is no longer necessary because it has learned to breathe atmospherically. It has learned to breathe energy as well as air. The baby knows exactly how to do this.

This primordial creature has performed the task of birth and breath throughout the millions of years of human development. Its ancient memory has a well worn groove that has only one purpose – to continue the human species.

When the baby has drunk its fill of sweet new air, and is satisfied that it is breathing properly, it sends a message to its mother both chemically and physically. Simply stated – this message says “Mother, I am breathing properly, send down my placenta.” The mother then releases an appropriate amount of birth chemicals, including oxytocin and the placenta is born. In an ideal birth, the placenta is left attached to the newborn. It is placed in a clean bag or cloth and over the next 3 to 6 days all the nutrients and primordial energy contained within the placenta will be drawn into the child to strengthen its physical, emotional, mental and spiritual bodies.

There is no need for any talk of bonding time or learning to breast feed. If the child is laid on the bare skin of the mother’s stomach, it will wriggle to the breast on its own.

Once the placenta has released its nutrients to the baby, he/she then slithers off at the navel and is ready to begin its journey as an individual spark of the Divine.

I would like to acknowledge Leonard Orr as a pioneer of what is now known as the lotus birth (leaving the placenta attached after birth). I learnt about the importance of the placenta during a training with Leonard in the 80’s. As a result of using gentle birthing methods during the birth of his children, he consequently wrote a book “The Healing Power of Birth and Rebirth”



**The placenta is a buffer zone and an Energy Portal**

**The purpose of the placenta is:**

1. To be a Physical &

## Introduction

Energetic receiver of the Cosmic Force that the Energy Body of the foetus uses in conjunction with Earth, Air, Water, Fire to create its own body in the womb.

2. To be a “Storage Organ” – stores essential nutrients for use after birth to strengthen the immune system. Some of these nutrients within the cord and placenta, if not transferred at that time, are not manufactured by the body at any time afterwards. The Energetic and Nutrient transference opens up otherwise unused parts of the human brain. This gives the child access then, but more especially showing up later, intellectual abilities that we can only dream of. It has been said that the human race is only using a small part of its brain potential. I hypothesise that these children are able to tap into (but not only because of having the placenta attached after birth), larger parts of their brain. These children are superior on every level. They rarely cry or get sick and as previously stated, are very intelligent. A placental birth is only a good beginning. If our parents have not resolved their breath/birth pain and early childhood abuse issues, from an early age, we as children will begin to breathe like mum and dad. Mum and dad will also begin to “act out” on us (download) their subconscious pain in an effort to alleviate their own internal stresses, and this will further impede our ability to breathe Energy as well as Air.
3. To be a companion, like a lover. One whom we love. It is the Sun, Moon and Stars to us whilst in the womb, and we are lonely without it when it is unceremoniously taken away at birth.
4. To store Cosmic Energy which protects the newborn’s Energy Body from Energy Body Pollution from adults & other forces until it can adjust its own Energy Body to Planetary Conditions.
5. To physically feed the gestating foetus with nutrients.
6. To physically feed the newborn after birth – placental nutrients are vital for our wellbeing & health later in life.

## **Some Elements of Placenta “cut off”**

1. The newborn is deprived of the physical nutrients in cord blood and in the placenta itself.
2. New born loses body weight.
3. Colon is deprived of essential “start up” nutrients especially when exacerbated by lack of breast feeding.
4. Newborn is deprived of the companionship of Placenta.
5. Newborn feels abandoned.
6. Newborn is “Jolted” to Earth – not gently and slowly (over 3 – 6 days)

## Introduction

introduced to Earth conditions.

### **Some Adult Elements of Placenta “cut off.”**

1. Never feel “at home” on earth.
2. Always searching and never finding ones home on earth.
3. Constantly moving house.
4. Never feeling quite at home in the body.
5. Drugs and other psychedelic substances are used in an attempt to recreate the Primal Connection.
6. Feeling “cut off” from the Source.
7. “Clinging” to things.
8. Shopaholic attitudes in an attempt to replace the placenta.
9. Co-dependency – Ones partner becomes the placenta – This can be the beginning of co-dependant behaviour.
10. Desire to die and get another placenta.
11. General ill-health – especially at times when birth trauma is stimulated such as birthdays or becoming pregnant. (this includes the father of the child)
12. Belly button piercings. Piercings and tattoos can be indicative of trauma.

### **Quotes**

Leonard Orr, the founder of Breathwork/Rebirthing, from his book ‘The Healing Power of Birth & Rebirth’ (To order see Resources).

*It is amazing how it is built into nature that even a totally loved and wanted child can feel so much rage about being separated from his mother. I've commented before how difficult birth produces teen age suicide and homicide and how it is a major factor in putting people in prison. The pain of all unrequited love dips us into this pain of separation from the womb at birth.*

*Birth trauma is so basic to the human condition and yet most people ignore it until they die. It is a major factor in the popularity of physical death, and death is the only way to get back into the womb.*

## Introduction

From "Birth Without Violence" Dr. F. LeBoyer

*"Whether this transition (from receiving oxygen through the umbilical cord to autonomous breathing) is made slowly, progressively, or brutally, in panic and terror, can make the difference between a gentle birth.... or a tragedy."*

*"If the changeover comes abruptly, it will leave a mark for the rest of life. Any future change will always be perceived as threatening. But is birth really so important, one might ask. It doesn't last long, you could say, compared with what comes before and after it. Maybe it's just a nasty moment to get through ..... Yes, birth and the moments that follow, however few, will leave a mark for the rest of life. It is as if we are heading off in the wrong direction, starting on the wrong foot. It's like a boat leaving the harbour, with the poor captain not knowing he has a faulty compass. This compass, one might say is breathing."*

From "The Secret Life of The Unborn Child" Dr. Thomas Verny

*"..for the child himself, it is something much more momentous an event that imprints itself on his personality. How he is born - whether it is painful or easy, smooth or violent - largely determines who he becomes and how he will view the world around him. Whether he is five, ten, forty, or seventy, apart of him always looks out at the world through the eyes of the newly born child he once was. That is why Freud called the pleasure and pain that accompany birth "primal emotions. None of us ever entirely escapes their pull."*

### **Now let us review a modern birth.**

Most births take place in a hospital environment. Generally, the lights are very bright and the theatre is too cold. Sometimes, in fact frequently, the mother is administered pain relief drugs. The birthing mother has usually not even seen the place where she will give birth. More importantly, she is in her own Birth Trauma.

Birth trauma is a psycho-physical memory of what happened at a persons own birth, that can remain in the mind and cells for a lifetime. These psycho-physical memories have been stimulated since she conceived. Now these memories are rising fast, urgently pushing up from her subconscious, on her primal brain. She

## Introduction

is in a healing crisis, but this is not the time for it. She needs to be “at peace” and to completely surrender to the “other worldly space” of Birth. This space is a soft, quiet, gentle, feminine, timeless, etheric, and of “beingness”, not of “doingness”. Instead she is defending herself, vigilant, jumpy, nervous and guarding her space. The rattle of a kidney tray, the sight of stainless steel equipment, the narrow theatre bed, the unfamiliar faces, the sometime rough hands and the loud voices asking questions she cannot answer. An hospital environment is the last place she should be. People go there to be sick – she is not sick – she is giving birth.

Doctors and their team are highly trained to deal with illness. Being highly trained means being in control of an emergency or illness situation. The birthing mother and her team need to be the ones directing the situation. Instead of being at the effect of, she is, in the best scenario, the effective one, around whom everybody is quietly respecting the Birth Place and the Birthing Mother.

Today, people are becoming more conscious for the need for gentle births. Unfortunately, most of the people born up until recently have not been given that privilege. Most people who have been rebirthed very sadly report that they felt abandoned, unwanted and hurt during their birth and afterwards.

Usually with the guidance of a Breathworker, they can easily correlate events at birth with other abandonment's and hurts they experienced as an adult. Let us return to the moments of birth and afterwards. The following describes a 'normal' birth from the 40's through to the 70's or 80's.

Immediately after birth, the cord is cut and, during the 30's to 60's and even into the 70's and 80's, the baby used to be hung by the heels in order to drain remaining amniotic fluid from the lungs and then slapped on the buttocks to “shock” it into breathing.

The mother is administered synthetic oxytocin to facilitate the placenta's removal. Remember – once the infant is born, the placenta is then a foreign object in the mother's body. After all, it is the baby's placenta. Even the tiniest bit left behind can cause fatal infection. The medical team will examine the placenta to determine its health status and completeness so they know it is completely out. The healthier the placenta, the healthier the baby. And then they will throw it out. In some countries the placenta has been sold for cosmetic purposes. Some very expensive skin care products have placenta nutrients in them.

Some hospitals are recommending storing the cord blood as a nutrient for future use i.e. for operations, bone marrow transplants, etc. This is rather a “closing the barn door after the horse has bolted” attitude. The baby is born, the cord is cut, and the baby is generally taken away from the mother for examination and washing. The baby is returned sometimes hours later, fully wrapped or clothed. In emergencies such as forceps, breech (feet or bottom first instead of head),

## Introduction

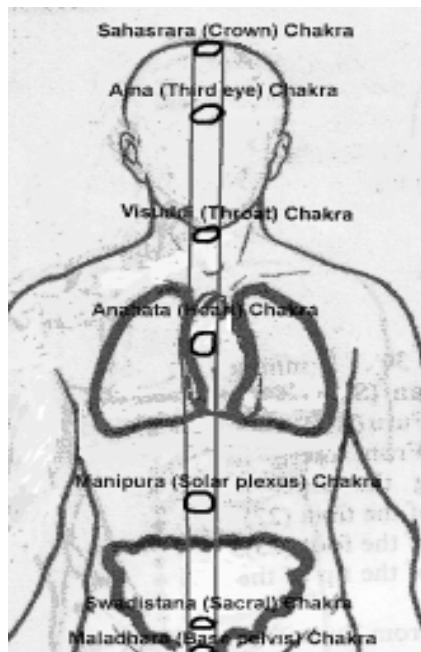
caesarean or strong pain relief drugs, the length of time away from the mother was longer, sometimes up to days.

In most hospitals, it was common to have a Nursery and as soon as the baby was born, especially at night, it would go immediately there (to the nursery) and the mother may not have seen it until the morning. The babies were wheeled out from the nursery to the hospital wards on a very large trolley, all laid out in a row and generally frightened and screaming; struggling in their tightly wrapped swaddling clothes. The nurses and mothers were taught to wrap the baby tightly, simulating the womb environment. This was thought to have a calming effect, but in general, it was a very poor substitute for the mother's body warmth and closeness.

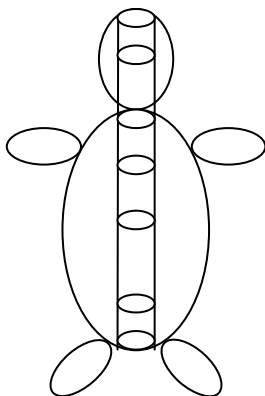
The newborn is "shocked" into breathing and "cut off" from itself and feels separated from the Source. The tiny infant cannot cope. So what does s/he do? Withdraw – it is the only option – but a very dangerous one. Because disassociation as a defence mechanism comes at a price, and the price is the emotions left behind and their associated impact on the physical body have to be dealt with in order to survive the ordeal. Since it has not developed any adult defence mechanisms (fight/flight/rational) it has no other choice but to disassociate from its body. The newborn takes its Energy Body (consciousness) a distance from its physical body, hovering around. All the after events of birth are still going on, but in essence the baby is numbed out from the pain of it all. The pain caused from not only losing its placenta, and not being able to breathe properly, but also being taken away from the only person (Mother) who could possibly soften the blow of such a violent arrival.

In the continuum of the human species, and the millions of years of "being born", we, the human race have developed a perfect birthing methodology. Everything worked in sync. There is simply nothing in our continuum memory to help us defend against such a major assault on our senses. We were not designed to defend ourselves a few seconds after birth from bright lights, loud unfamiliar noises, cold operating theatres, drugs and the crowning glory – separation from our mother. It is only a blink of an eye in creation that we have developed this very medical method of birth. Let's face it. If cave mothers and cave babies were subjected to the above, the human race would not have survived.

## The 7 Major Chakras of The Energy Body



1. The sahasrara chakra is located on the top of the head.
2. The ajna chakra is located on the brow slightly above and between the eyebrows.
3. The visuddha or throat chakra is located in the area of the thyroid gland.
4. The anahata or heart chakra is located in the heart.
5. The manipura chakra is located in the solar plexus.
6. The swadhisthana chakra or sacral centre is located about three or four inches above the base of the spine.
7. The muladhara is located at the base of the spine.



The core is the centre of the body.

The 7 major Energy centres are located in this core.

## Introduction

Even though the baby dissociates from its physical body, the baby's survival mechanism wisely keeps enough of its Energy Body in the core of its physical body, which contains most of its organs as well as the seven major energy centres of the Chakra System which interact with the physical body.

The emotions created by the intense fear of dying when the cord is cut and the abandonment by the mother has created a residue pool of pain which must be dealt with or the newborn will not survive. The newborn draws upon all of its wisdom and ancient survival techniques in order to keep its body alive. These intense emotions (probably the strongest emotions a human person ever feels in a lifetime) have to be stored somewhere.

### **A very interesting event occurs.**

The baby's survival (reptilian) and limbic (emotional) sections of the brain have been primed to assist in the birth process and also for survival. In layman's terms, the limbic brain is like an emotionally charged child and the survival brain is an ancient reptile. While the baby is disassociated, the limbic and survival brain have a conference. The limbic brain says hysterically to the survival brain. "Help! Help! I'm a train wreck! I do not know what to do! I cannot cope! I'm a mess"

The survival brain comes on all cool. "Stop the hysterics. I know what to do. I've been helping you to survive forever. There is nothing I cannot cope with. I'm the brain that makes women lift cars off their children. I am so together it's awesome." The survival brain says to the limbic brain "Don't worry – I will store all those unpleasant sensations, emotions and feelings away deep down where they won't interfere with our everyday life."

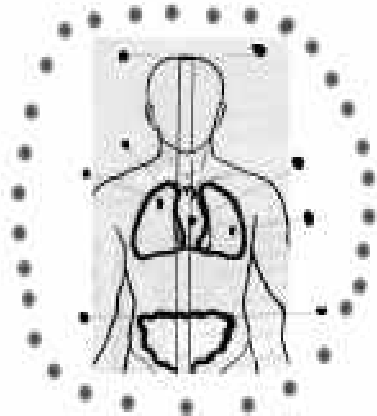
The survival brain forgets to add that it is a wee bit short sighted in that it is only geared up for short term survival techniques. It does not have a long-term plan. But so what – it has got its job to do and it does it admirably. It goes ahead and stores the emotional content of the birth trauma in small pockets of contracted cells deep within the colon (abandonment), heart (sadness) and lungs (breath trauma) also some brain cells are deeply contracted to contain the thought "I am separate."

I call these pockets of contracted cells "niches" because the cells are held in abeyance, separated from the Energy Body and are contracted in extreme tension.

In fact each small section of cells that contract contain a mental (thought), emotional (fear & sadness/grief) and physical (birth sensations) components.

## Introduction

These small pockets of cells have corresponding pollution components within the Energy Body. The Energy Body is contracted and distorted by birth trauma stored within the mind and emotions.



The niches of contracted cells in the physical brain, heart, lungs, and colon have corresponding pollution with the Energy Body.

When the baby is returned to the mother, hears her voice, and smells her smell, it knows it is in the right place in her arms and relaxes the Energy Body then rushes to return to the physical body.

When the newborn baby relaxes, and the Energy Body returns to reinhabit the physical body, it cannot re-enter or reinhabit the contracted storage niches of cells. Therefore, these cells no longer contain Energy Body and are in effect depleted cells leading to adult onset diseases.

Each time the developing child has a similar experience that stimulates similar emotions, (hurt, abandonment, not receiving nurturing, being slapped, left to cry, etc., etc.), it will re-enact this scenario. Each time the disassociation scenario occurs, the child lays another layer of cells over the original layer, gradually pushing out the Energy Body and enlarging the number of contracted cells within the niche. Later on, the child develops other defence mechanisms (flight, fight rationale) but the damage has already occurred. Gradually over the years a symptom will develop in the locality of the original sites or it can “psychically metastasise” to other areas. The symptom eventually becomes a full blown disease from which the person could not only suffer physically, but die.. Medically, diseases are considered to metastasise in various physical ways and spread to other parts of the body. By psychically metastasise, I mean the person has chosen to develop a disease where early childhood or early teens traumas have been stored instead of developing a disease in the original sites.

The words “psychically metastasise” mean that if the child is ‘damaged’ by adults in early childhood (physically, mentally, emotionally, sexually or spiritually abused), the original pain site can re-establish itself at a new site where trauma has been experienced in that area of the body. For example cancer of the cervix

## Introduction

can be the result of being molested as a child. Without the original birth trauma sites present in major organs, the person would, in all likelihood, not develop a life threatening disease from traumas received in early childhood and teens. At the very least, these traumas would be easier to process and integrate. The main point is the original birth trauma and resulting deep seated feelings of separation from the source is the cause of death.

Feelings and thoughts of separation are called Religious Trauma.

When a baby is creating itself and born, its mind is relatively clear. A baby is like a Yogi – being in the “I am”. This feeling/thought is rudely interrupted by birth. The baby’s “I am whole and connected” thought becomes “I am separate.” The baby must form a defence against this major separation thought with its accompanying primal fear of annihilation. This defence mechanism is commonly called a subconscious.

## **Overcoming the Seven Inhibitors Workbook. Chapter 1**

It is recommended that in conjunction with the workbook, you seek the services of a Rebirther/Breathworker.

If this is not possible, proceed very gently with this psychercise and remember to breathe gently through your nose.

### **Rebirthing/Breathwork is a Skill**

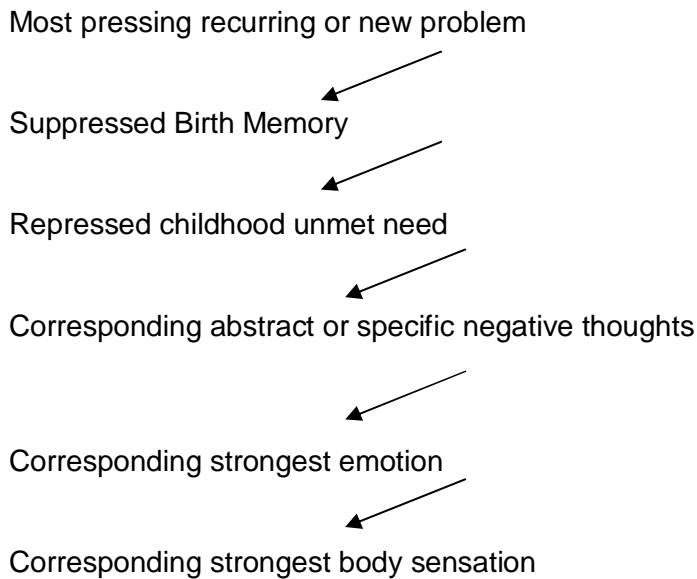
Imagine if you could learn a skill which would reintroduce the Energy Body back into every contracted cell in your body. And that you could learn this skill to the point of complete mastery so the Energy Body reinhabited your whole physical body. It would be logical then that you would be healthy, no matter what age you are now. The Cellular Memory Release (CMR) exercise is learning a skill on how to breathe Energy into your cells as well as Air.

Mind, Body and Breath are interconnected. The CMR exercise utilizes both mind and breath to consciously draw energy back into the cells that were contracted in birth and early childhood.

The mind connects one to the emotional pain, via today's problems and the emerged breath restores Eternal Energy to the contracted cells.

Consciously merging the breath connects one to the primal forces that built ones body in the first place.

**A simple table to illustrate how the CMR Psychercise works:**



We could use any one of the above 5 components to bring to our awareness our deepest early unmet needs and negative thoughts. The CMR Exercise uses all of the above 5, making it a fail safe way of rediscovery. At the same time you, and only you, are in the “Drivers seat” on the way to discovery and recovery. The mind interfaces with the body at the deepest cellular level; therefore, we can use the body as a resource for the mind.

Everyday problems, and especially recurring problems, that consistently interrupt the flow of happiness are actually the “superficial” stuff of life. These problems are masking underlying birth and early childhood issues locked in the cells in the form of tension.

This exercise is called Cellular Memory Release because any sensation attached to early memories can be discovered, breathed into, and decoded by the breath which brings the body back into integrity with itself.

Before reading on, try this exercise:-

**20 Connected Breaths**

This exercise is the brainchild of Leonard Orr. It is an ideal way to begin the journey to Breath Mastery.

Breathing through the nose, take 4 short breaths into the upper chest and then

## Introduction

one long breath, filling the whole breathing mechanism.

Repeat the 5 breath sequence 3 more times, making a total of 20 breaths.

The whole sequence of 20 breaths is connected. Each breath is merged with the next breath. i.e. no space between the inhale and exhale or the exhale and inhale.

Stop after 20. Do this exercise once a day for the first week and then increasing the number of times a day until you feel confident that you have mastered the exercise. Leonard's book "Breath Awareness" has a chapter devoted to 20 Connected Breaths.

## **How does the Energy re-enter the contracted cells during a CMR Psyercise?**

When you breathe in a merged rhythm through the nose, the channels in the nose (the nadis) separate the oxygen and energy components. Your Higher Consciousness, in association with the Eternal Spirit, directs the energy component to gently permeate and ease its way into the contracted cells. This energy (The Holy Spirit actually) can be likened to a Spiritual Vacuum cleaner. The Energy seeks out tension – it knows exactly where to go. It travels to the scars of (physical, emotional and mental) birth and childhood hurts and gently releases the tension via the merged exhale.

The physical and Energy Body are interconnected. By focussing on the strongest sensation in your actual physical body and breathing into that sensation, the Primal Force is activated to entice your Energy Body back into the contracted cells via the permeation quality of your skin right down to the deepest sub-strata.

The CMR exercise takes advantage of the fact that it is natural for the Life Force to permeate all substance, especially the physical body, which is, after all, only Earth, Air, Water and Fire.

The Energy Body is the bridge between the physical body and the Eternal Source. When the Energy Body is restored to all of ones 30 trillion cells, there is a constant supply of Eternal Energy to keep the "Bridge" clear and flowing. This is the key to good health.

## **About Self-Focus and The Mind and Breath CMR Psyercise**

*I acknowledge Leonard Orr, the Founder of Rebirthing, for the basis of this idea and Jim Leonard – co-founder of Vivation.*

## Introduction

The way our body and mind works is very simple. Our mind controls our body and the creations of our mind, to varying degrees, are controlled by our sub-conscious thoughts. These sub-conscious thoughts have power simply because they are sub-conscious. That is why sometimes, no matter how hard we try, things “go wrong”. Actually they are really going “right” according to our sub-conscious.

These sub-conscious thoughts are not just thoughts; they have an emotional “charge”. That is why they are sub-conscious. We hid them away when we were little because of the scary events that happened then. As children we are very vulnerable and a wide-open sensory window. Things that would not mean anything now can be very overwhelming when we feel defenceless. Many of us have heard this theory, but how do we change it? It is no use controlling and manipulating life, suppressing down the thoughts and feelings. They just keep popping up again somewhere else.

If we control our mind so we can be financially successful then our bodies suffer or we have an unhappy home life or create lots of crisis in order to let off some of the emotional charge (steam) connected to the effort to suppress it all down. Holding it all together is not easy and requires tremendous energy. Wasted energy that we don't get to use to have fun and live fully.

The key is to tap into these thoughts and feelings safely and gently. This CMR Exercise does exactly that because most of its power lies beyond the rational controlling part of our mind. Part of the mind is condensed life force and the body is condensed mind. The CMR Exercise uses that Life Force part of your mind to cleanse out suppressed thoughts. As you go through the CMR Exercise sessions you become clearer thinking, more relaxed, and energized. The Life Force is literally pushing the suppressed thoughts and bringing them to your conscious attention as well as relieving the emotional pressure attached to these thoughts.

During the CMR Exercise session your body and mind goes through all the changes that are needed. You become aware of suppressed thoughts and how they have affected you. Your sub-conscious has only been trying to get your attention. All the things that go “wrong” are just your sub-conscious saying “A little attention here please” and when you say “no, go away” it just keeps pushing harder. The answer is to give it your conscious attention.

This CMR Exercise is conscious connected Mind and Breath control. You consciously focus your attention on yourself. You become self focussed for about an hour. Things change for the better because Self Focus is something we were mostly told as children is selfish, so we have been trained to not do it, or to put others first. Self-Focus is a natural healing tool. That is one reason why Meditation is such a great tool for health. CMR Exercise is self-meditation in order to discover our mental and emotional suppressions. The benefits of CMR Exercise Self-Focus is that although our human conditions of physical and

## Introduction

mental diseases have many names, they are all caused by emotional suppression, negative thoughts, and family conditioning. When you Self-Focus you can become aware of the negative thoughts, change them to positive thoughts, and discharge the emotional energy, with the Breath technique, which releases the tensions and stress.

Self-Focus is an excellent technique for Relationships. You can't really love someone more than you love yourself. Focussing on the other peoples wants, needs and desires to the detriment of your own is the cause of many relationship problems. Putting everyone else first all the time or being extremely selfish is the result of a lack of self-worth and a low self-esteem. It's called co-dependency.

The CMR Exercise Self-Focus Program reduces and eliminates the patterns of co-dependency addiction and self-destructive behaviour. An overall strength of character and self-esteem is developed which results in you enjoying your energetic new self.

### **The main points to remember are:-**

1. To breathe in a merged rhythm, very gently through the nose
2. Sensations in the body are the bottom line of every experience
3. To focus on the strongest sensation. This sensation is stimulated by the actions of writing about your most pressing "problem" and focussing on your body.

### **The Body Never Lies.**

Even though the mind can try to protect itself from itself by avoidance, the body's simple wisdom will always alert us, if we have the patience and trust to allow the body its "right to expression" through body sensations. No matter what is happening, we will always have sensations to alert us to the truth of the situation.

## Cellular Memory Release Psychercise

### NOTE:

A stem sentence is the leading words of a statement to be followed by a part you fill in with the first spontaneous thought without editing. Sometimes the thought may seem shocking, ludicrous or non-sensical, which is part of the process. Editing out apparent unrelated spontaneous thoughts has a tendency to make this process less effective.

The part you fill in is called THE FLOWER

This Process requires COMMITMENT

With the dominant hand (the one that you use the most), write this stem sentence:

The biggest problem I have right now is ..... then write event or situation. (THE FLOWER)

[Problem is the issue. You can use the same issue each time – but word it differently]

The most negative thought I have with this problem is.....write the thought that you spontaneously think. The first thought without editing by the judgemental part of your mind. (THE FLOWER)

How I feel about all this is .....(write the feeling/emotion) THE FLOWER

Close your eyes and immediately focus on your body. Take notice of any feelings, sensations or physical pain, even the desire to move, or other irritation, mental or physical. In fact anything.

Take notice of anything that grabs your attention on any level. It all means something. Now focus your attention on the part of your physical body where the sensation is strongest. Rest your attention (consciousness) like a butterfly on the skin above where this body sensation is. Imagine, visualise, feel, see, think, hear (whatever works best for you) your skin is permeable to air (will let air through) and breathe right into the sensation. Relax into this. Close eyes; breathe right into the feeling/sensation. Connect your breath as in 20 connected breaths.

Breathe right into the Feeling. Breathe connectedly, as in 20 Connected Breaths, gently into the sensation. This sensation is the physical component of suppressed emotional tension brought to your attention by your willingness to

## Introduction

focus on your feelings. Continue to breathe connectedly, very gently, as in 20 Connected Breaths, into the sensation until it dissolves. If the sensation moves to the other part of your body – move your attention (consciousness) with it.

Because you have stimulated feelings you may (this does not have to happen for it to work) have an emotional reaction. When this happens keep breathing gently until you feel completely relaxed, calm and at peace. Write step 1 – 3 once and if nothing is stimulated do step 1 – 3 again using the most “charged” or negative self related problem that you can think of.

It is important to do the breathing until you are completely relaxed before leaving the room. This can take different amounts of time. Set aside ½ to 1 hour for your CMR Exercise. The more days consecutively you do this the more you will benefit. You are also learning to take time for you. This is a very effective tool to get out of co-dependency and addictions.

## **The Purpose of this CMR Psychercise is your Emotional Mastery.**

Everyday irritations, events and situations that have an “emotional charge” (give us feelings other than happiness) are created by our Self in order to bring our attention to previous similar events in which we were overwhelmed, fearful or angry or any other myriad of emotional reactions. Sometimes we will have a “spontaneous integration” through an emotional outburst. (crying, sobbing )

In this technique, anger is the effort required in suppressing sadness.

Feelings of anger during CMR are totally valid (as in any feeling). If you breathe connectedly, the anger will integrate. It's important not to “act out” aggressively during this CMR Exercise.

Addictions, e.g. overeating, drinking to excess, smoking, rage-alcoholism, etc., are similar to the everyday “creative drama” situations in that the addictions channel your birth and childhood traumas into an ineffective (because addictions are generally life threatening) but temporary safe place.

Try not to force yourself to “traumatically give up” your addictions. Rather let yourself heal through the use of your newly gained skills of breathing and thinking.

The CMR Exercise is “time out” to bring about our own healing. You go alone and do the Exercise, cleanse yourself of these suppressed emotions day by day until everyday interaction with people and relationships in the world no longer stimulate negative emotional reactions. This is because the thoughts and feelings connected to these previous events have been integrated by you during the exercises.

**The effects of this.**

There is a tendency for people to become more content and relaxed because tremendous stress is connected to these previous events. As you integrate the emotions, your relationships improve, you think more clearly, your health (both mental and physical) improves, and best of all, you more easily love your kids, friends, boss, lover and yourself and feel more joy and peace in your world.

4. Do for 3 days in a row with commitment. – Continue over at least one month to gain mastery.
5. Do nose breathing only.
6. Do Twenty Connected Breaths for full integration at the end of your meditation session.