"When I learned the value of bathing twice per day from Babaji in India, my spiritual substance began to be my major nourishing force and cleaning my energy body became a practical reality”

In Truth Simplicity and Love, Leonard Orr

May 31 2000

"Attach to the real. Changes are many. Lessons are many. The flow of life plays out. The fog slowly lifts and the path becomes visible. But always be aware that the path is like the Ganges, always changing, never still. That is why we would bathe in it early each morning. To remind us, to understand, that change is the Law of Nature. This is the great lesson. See? And my message of Truth, Simplicity and Love is the tool for living in the river of change. Change, change, change... this is the way of the Universe. But there is a stillness, a ground of being, where I am no-body, no-thing, eternally observing all of this change. This is the realm of the Higher Self. Peaceful Blessings.

Babaji”

Water - The Altar of Creation

Meditating on the element of Water I am drawn to the Ocean, Motherhood aspect of our planet Earth. And, Mother of Earth's Waters. Cycling transformation. Large and larger cycles; small and smaller cycles; our physical form birthed within this very creation, continuing these same cycles of creation within the within. Feel into the sacredness of this map of awareness and our relationship within our being to all beings. This inner road leads to the stars.

The Altar of Creation is Within

Peace Arnold
http://rebirthingnyc.com/
I'm a rebirthing-breathwork practitioner of 19 years, and over the years, have tried numerous different health and dietary supplements, with mixed results. There is one, though, that has made such a remarkable difference in my life that I have made it a permanent part of my wellness regime. This substance, which goes under the mundane and unappealing name of shilajit, is a naturally occurring mix of fossilised plant matter and mineral compounds which secretes from various rocky outcrops around the Himalayan mountains. This substance is documented in the Charaka Samhita, a founding textbook on Ayurvedic medicine written over 1600 years ago. According to this source, “there is no curable disease in the universe, which is not effectively cured by shilajit when it is administered at the appropriate time, in combination with suitable drugs and by adopting the prescribed method”. It is a standard part of contemporary Ayurvedic medical practice today, but among mainstream society is virtually unheard of. So what are these effects? The first thing I noticed, within a few days of taking it, was a pleasurable buzzing throughout my body, plus a subtly growing sense of heightened self-awareness. As well as that, it has been noticeably lifting my mood, more than any antidepressants ever did. Good things in life feel more intensely enjoyable, while the bad things tend not to cause anywhere near the depth of distress they used to. As well as this, I find I have been needing a little less sleep each night, 30-60 minutes less on average.

Some of the health supplements I've tried over the years have been extremely expensive; for example, a network-marketed health drink that works out at $40-$80/week if used as directed. On the other hand, shilajit is surprisingly cheap, less than $3/week, a bargain for the positive effects it creates. So why have I written this article for the “Water” edition of “It’s Elemental”? It is the stuff of legend how the level of conscious awareness, and healthy lifespan, are both far higher in the Himalayas than in western society. With what I have experienced of Shilajit, I have come to suspect that much of the spiritual vibrancy of the Himalayas can be attributed to shilajit permeating the local water supply, to the extent that everybody is either actively or passively consuming it. If this is true, then what if we could get significant portions of the populations of towns and cities in the west taking it as well? I have strong reason to believe that this would bring about a substantial and measurable improvement in health outcomes on many different levels, physical, mental, emotional. My wife Pauline and I have actually started to work towards raising awareness of this miraculous substance, and are opening up distribution channels in New Zealand and internationally, more for how it can help society rather than our own personal profit. If you are interested in trying some shilajit, or even promoting it in your area, please visit our website: [www.tryshilajit.com/](http://www.tryshilajit.com/)
Profile Pauline Win

Founder & Director Immortality Centre Australia, Rebirther Trainer, Firewalk Facilitator

1. Where do you live and who do you live with?
I live on 11 acres outside of Gwabegar, NSW. Outback Aussie. I live with my long-term partner Peter Bell. He and I are creating the Physical Immortality Centre, Australia; a long-term community based living experiment.

2. Who or what inspired you to become a Rebirther/Breathworker?
In 1976, I decided to change the family patterns I had grown up with. A friend rang me and said that there was a 9 day retreat in Taupo, New Zealand called Rebirthing. We didn’t have a clue what it was about but we were up for it. During the first Rebirthing session with the trainer, (Bob Allen, Phd, Toronto Canada), I remembered a major life event from my very young years. I was so inspired by what the Breath could “dig up” I just kept going from then on. I was 26 years - I am now 67 years and still learning how the breath works.

3. Who have you done Rebirther/Breathwork training with?
All the major Trainers worldwide. Many of them have “disappeared” now into other occupations/pursuits and some have died such as the founders of Vivation. I started in 1976 with a 9 day in Taupo. Next were Sherrill Sellman’s 10 week trainings as participant, then assistant and later Trainer. In the 80’s, I went to Leonard Orr’s Training in USA for 1 month and have kept constantly in touch his retreats in Australia/New Zealand. I interspersed this with training in Vivation (another form of Rebirthing), training in the Loving Relationships style (Sondra Ray) Breathwork. I also trained in Past Life/Rebirthing with Quentin Watts (Euroa House), and Kinesiology & Breathwork with Alia Puoloi. The almost complete list is on my website, (Rebirthing-breathwork.com), but I must say that I learnt more about breathing from Leonard in first 4 weeks of his training than all my previous technical trainings and theories. He put us out in the forest alone with a fire and bathtub and we came together for sessions. It was amazing and his seminars on Physical Immortality and the Death Urge had a profound influence on the way I viewed this technique called Rebirthing. Sherrill was really into Physical Immortality but she did not explain anything about using fire/ water as equal to the breath and mind as cleansing the mind. Leonard’s statement “The mind cannot heal the mind alone” came alive for me in the presence of fire. Fire and Breath are actually one. The silence, thealoneness of Campbell Hot Springs in the High Sierra Nevada Mountains combined with fire, Air, Water changed my perception of Rebirthing from a therapy based technique to a client skill and lifestyle choice. I also fell in love with the chant “Om Namah Shivaya” and learnt about Babaji’s influence on Rebirthing via Leonard. At Leonard’s training in USA, I experienced, I think, for the first time in my life, a lack of “white noise” in my head. I had peace in my body and mind and my breath opened up so much because of the lack of emotional energy pollution (EEP) and the presence of the fire and water. Leonard did not create these miracles but he did create the space for these miracles to occur and for that, I will be eternally grateful to him.

4. What benefits have you and your family received from Rebirthing/Breathwork?
Pete, my partner, says the main benefit he has received is the change in mindset on absorbing the ideas of Physical Immortality and the Death Urge in that it has created for him a disease free body and life. For example, he does not get colds and flu’s, etc. that people normally seem to get and it keeps him feeling younger and looking forward to a very long life.
interesting to note; when I did my second training with Sherrill Sellman, my mother gave up smoking and had a sebaceous cyst removed from her scalp. The cyst had been there since she was 18 and was so big it stuck through her hair. My daughter birthed her son gently due to her Rebirthing sessions. She did not have the sessions with me. My son is a world travelled Rebirth Trainer. Rebirthing has given us all a chance at a functional life. According to AA, 96% of families are dysfunctional. Rebirthing is the miracle that has given me real relationships with my children who are 49 and 47 yrs. I am now a great Grandmother. I did my first rebirth at age 26 yrs, albeit a little mishmash as it was 1976 and Rebirthing was still evolving. I was blessed by Babaji to have been given this amazing technique to use all those years ago. Quite frankly, the benefits to me are too numerous to list.

5. Does Rebirthing/Breathwork present any challenges for you and/or your family in daily life?
Not really - IF!!! I stay away from people who are not enlightened about the Death Urge and Physical Immortality. The challenge is to do enough spiritual purification to be in the world. It is not a problem now because we live so remotely. We don’t see anyone for weeks on end.

6. How do you use Rebirthing/Breathwork to add value to your life and the lives of your clients?
Rebirthing makes my marriage to Pete work. I think I am hard to live with but fire, water, breath softens me up and makes me easier to live with!!!!!

7. Your 60 second plug for Rebirthing/Breathwork is .................................................................
Rebirthing inspires people to the principles of personal integrity and human rights. The breathing is the best preventative health measure one can take. Because it provides extra prana and oxygen, it has a tendency to correct the entire bodies system and leads onto very good health. The relationships info corrects imbalances within family systems and leads onto functional relationships in all areas of one's life.

8. Your dreams and vision for your future and the future of Rebirthing/Breathwork are...............
Once I would have said that the future of Rebirthing and my future were interwoven, but perhaps now there is doubt, Leonard told me he never intended his system (Rebirthing) to be called Rebirthing - he rather liked the name Energy Breathing - but the name Rebirthing stuck. So here we are. It isn’t even a real word; the computer goes weird when it is typed in. So anyone can use the name. Definitions don’t mean anything in the end. Anyone doing good work with the breath is a friend of the Planet and is helping us all to a better future.
I like the name Cellular Memory Release because it clearly describes what the breath, fire, water does.
There are many other breathing therapies and these should not be confused with Rebirthing.
First of all I must establish what I think is my style of Rebirthing.
For me, Rebirthing is the system that Babaji gave to us via Leonard since the early seventies. The original 5 biggies, including the Death Urge info (which Sigmund Freud taught his students) and its antithesis, Physical Immortality, and not to forget Religious Trauma (particularly in the West where religious dogma has a strong hold on the collective unconscious.)
This system itself has an inherent element of immortality, so even if those who “sprout” the theory of Physical Immortality don’t “make it” to a very ripe age. The system itself has an inbuilt capacity to endure the test of time. Interesting to note that if Leonard, myself, or others who are into this yogic system do live a long time, and do not look old (as that would defeat the purpose) who is going to believe us. And anyone who could prove our real age is dead.
When I started personal growth in the 70’s there were very few things to go to. The 80’s changed all that. There was a glut but most of those trainings seminars, etc. are now long gone.
Babaji’s Rebirthing is still here - so is Leonard. Since Babaji is the Master Time Lord, his format of Rebirthing will exist in its original form forever. The conundrum is - will I?
Meanwhile Pete and I will continue to develop the Physical Immortality Centre, eventually turning it into a Trust Community style of living for the purpose of testing the validity of the working hypothesis of Physical Immortality. The secrets of really deep exploration of the psyche lie in this above format.
We’ve all heard the saying “It takes a village to raise a child” I’d like to widen that concept to “It will take a village of functional people who have healed their death urge to put these ideas to the test and also raise a functional child.”
Leonard told me he created Rebirthing in the context of a spiritual community. He always dreamed that people could heal each other. They did not need a degree. So in other words, it is not a therapy. Therapies come and go - the 80’s proved that.
Of course this question would be easier to answer in hindsight - But - If we do not get good succession - Trainers of Trainers teaching this system correctly, then it will fail to reach its true potential.

2020 is 6 years away. We’ll take another look at this question then.
9. What is the element you are most comfortable with and how does this manifest in your life?
Fire: We have an open fire in our bedroom and an open fire in the lounge. We can light as many fires as we like outside, which we do regularly.

10. What is your understanding & opinion of Leonard’s hypothesis of Physical Immortality and its antithesis - the death urge and EEP?
I learnt these ideas in the early 80’s and I have loved them ever since. I always include these ideas in my 10-session series client consultation. I practice the practical Earth, Air, Water and Fire spiritual purification daily. It keeps me sane in an insane world. It also keeps me physically healthy, as these ideas have slowly and surely over the years eroded the death urge thoughts my parents and society gave me. I am also certain that this info and practices have prevented family diseases, e.g. arthritis, from invading my body as I had eradicated it from my mind through use of Physical Immortality material.

11. What is your favourite quote from a book/person/poem/etc you admire?
From the Course of Miracles:- Death is the central dream from which all illusions stem. Swear not to die you Holy Son of God.

12. The profile ends with a testimonial from a client about my work with her
My very first client to come to the Physical Immortality Centre to practice the full gamut of Rebirthing is Monalisa. This is her statement after spending 8 days with us.
“Thank you Pauline and Peter for your amazing hospitality and giving me the opportunity to experience a life changing 8 days at your magical retreat centre. Words cannot describe how grateful I am to have met you both and for all your genuine love and understanding while I resolved most of my family patterns and childhood traumas in and incredibly beautiful place in Australia. I feel very privileged to be the first person to visit this wonderful Physical Immortality Centre. Thank you for giving me a new outlook on life and helping me to understand and learn the importance of spiritual purification and I now feel I can go living a longer, healthier and happy life. You are an inspirational, strong and beautiful woman that I am blessed to have met in my life and know that we will be friends forever.
The bedroom and atmosphere that you created for me was breathtaking. I absolutely loved waking up with glass windows surrounding me with the view of the sky, green grass and trees along the riverbank and the lovely sounds of nature. Sleeping outside under the stars around the fire will be something I will never forget.”
We are naming the outdoor dhunni room after her. It will be the Monalisa Room as she is our first guest and I loved being with her as she practiced the Elements.
http://www.rebirthing-breathwork.com/
Giving and Receiving

Bob Frissell

Giving and receiving is a continuous process, it never ends. They are like two sides of a coin. When you give, you automatically set up an energy to receive, and the receiving person is now prepared to give.

The problem occurs, if it does, when you stop the process. As long as you keep everything moving, there’s no problem. The universe, specializing in handling details, sees to it that each of us gets what is perfect for us to have if we keep everything in motion.

When we decide to break this continuous chain and appropriate certain things to ourselves, otherwise known as greed, under the assumption that if we don’t store it, we might not have it when we need it, then we create a tremendous energy block around us, and the free flow is diminished.

If you can play the game successfully, and perhaps you have read about masters who do, what you learn is their biggest single problem is giving things away. They receive so much, because they have given so much previously, they are constantly faced with the problem of moving it out.

When speaking of giving and receiving, we are speaking of defined terms, so let’s define giving or a gift. There are three pre-conditions to have a gift in universal terms:

1. In order to have a gift, the giving must be completely voluntary, the giver must truly want the recipient to have it, and have good feelings about the giving.
2. You give the recipient what the recipient would like to receive, not what you think they should have.
3. No strings attached. When the gift is made, it’s complete. Whatever the recipient does with it is fine with you.

The principle behind giving and receiving is one of the most fascinating principles in the universe. It is you can only give to yourself. You must however, give with those three pre-conditions.

Again the third pre-condition is no strings attached. Therefore it isn’t helpful to give for the purpose of receiving. If it’s given from the love of giving and you feel good about it, and you are complete with the gift, that’s fine. If you are trying to generate something by your giving, you are now playing a whole different game, so you have to be very careful about that.

The good feeling that is generated by the giving, sets up an incredibly powerful energy in the universe for you to receive. Under the principle of abundance, it will flow dramatically to you if you just open yourself to receive.

http://www.bobfrissell.com/
When Intuition Fails  Lure Wishes

It’s one thing to be clear about your direction, to see your way forward and to take steps to get there during the best of times. You know what you need to do and what the next steps are. There may be variations on this theme, but on the whole it’s pretty straightforward.

And then there are times when the way forward gets fuzzy. Those times of transition when so much is changing, and you’re not sure what to do next. The old way has gone and yet the new way hasn’t quite arrived yet. It seems to me that this is pretty familiar to a lot of us right now. Our world is changing, and it’s changing fast.

The chaos of transitions

As you may know, I’ve spent some time as a white-water rafting guide. There are many different parts of the river, some strong, deep and free flowing, some churning rock gardens and some split sections. And then there’s the rapids, the most dramatic part of the river. Going down the rapids can feel like a roller-coaster wild ride where you hold onto your hat and hope for the best. But the rapids are what connects two sections of the river. When you’re in a rapid you’re in transition.

When you are in transition, it can be hard to know what to do. The usual cues aren’t present, you can feel lost in chaos, confused and like the ground is falling out from under your feet. And yet this stage is so important. You don’t get to the next state or stage or section of the river until you leave where you are.

So how do you manage during times of transitions?

There is a time to make decisions, to try alternatives and to experiment. In these times it’s so important to take the time and listen to your intuition, to your guidance and to move from there. As you move down the river you look for the signs and the read the water, you decide on the best way forward and how to get there. You make a decisions and act on them.

It’s a different story once you hit the rapids

Once you’re in the rapids, it’s hard to know where you are. The water is pumping all around you. You’re heading down fast, and there’s not much you can do about it. There is no way you can beat the power of the river. You can’t see what’s ahead, let alone plan for it.

So you do what you can. You do your best to hold your course. You stabilize yourself. You brace your feet in the boat so that you’re not thrown out. You get your crew to get down low, and to hold on. And you take care of yourself.

You take care of what you can, because everything else is totally out of your control. It’s not so different in our lives and work.

Some tips for managing in times of transition

1. Hold to your course

Now is not the time to change too much. Strengthen your support base and take care of the details. It’s a rare shift that means you start everything new. There will be things that are ongoing and that need some care. Take care of them. Take care of your home. Catch up on those emails, do your finances or some gardening.

Take this space to consolidate what you have and where you are.

You can’t stop yourself once you’re in the rapid, but you do have the choice of whether you go down with relative ease or spinning wildly.

‘If I don’t get to my doctor then I fall apart. My doctor is the water at Bondi Beach’

Murray Rose
Vegetarian Australian Olympic Swimming Champion
2. Take care of yourself
Get that massage you’ve been thinking of, pay attention to your diet or let yourself soak in a bath. Do whatever you need to do to care for yourself. It’s important. You care for yourself first. Once you’re in a stable position in the boat, you won’t be thrown out of the boat.

3. Focus and stay present
Stay in the present. You don’t know what the future holds, so there’s no point trying to work it out. Try walking consciously, noticing your breath as you walk and keeping your awareness on each step you take. You might want to spend more time in your practice, if you have one. If you’d like to try my free Coming Home to the Heart meditation, you can find it at: http://lurewishes.com/

There’s no point trying to see what’s further down the river, while you’re in the rapid. You need to get through it first.

4. Know that this is temporary
Cultivate trust, gentleness and stability to see you through. You will get through this. Finding the trust will make it that much easier for you.

When you’re in transition, it can be hard to see the way ahead and to know what’s next. It’s a process and you need to make the journey. This isn’t the time to try new things, to get creative or do anything drastic. It’s a time to stay as calm as you can as you navigate the changes and ride it out. Focus, stay balanced and care for yourself and your loved ones.

About Lure
Lure assists holistic practitioners and creatives to build thriving businesses, with integrity and heart. If you would like to receive her free Coming Home to the Heart Meditation and booklet, and articles to support your business, you can do so here: http://lurewishes.com/

Breathe Australia Conference
Hatzer Park Bowral, NSW, 6 - 9 November 2014
Early Bird – until 30th June 2014

Guest Speakers include:–
Leonard Orr – founder of the worldwide Rebirthing Breathwork movement
Frank Ansell – aboriginal medicine man and traditional healer from Central Australia
Dr. Rosalba Courtney – ND, DO, PhD is an Osteopath, Naturopath and Breathing Therapist
Elaine Croker – founder of the modality Prime Tuning of Cellular Vibrations
+ a selection of talented Australian Rebirthers and Breathworkers

For more info contact Contact Conference Convenor: Ghislaine Bouskila
Mobile: – 0413 267 268 email: ghislaine@jswithinowswithout.com.au
or checkout the webpage http://www.breatheaustraliaconference.com.au/
There is a lot of misunderstanding about emotions and feelings. Most people throw them into one pot and suffer confusion when some teaching methods emphasise the expression of emotions and feelings and others suggest the opposite. I would like to elaborate on their differences and purpose.

Feeling and emoting are ways of perception and expression. Feelings and emotions are what is expressed. Emotions are feelings expressed through the emotional channel of the personality, and feelings are feelings perceived and expressed through the feeling channel of the soul plane. Emotion is the expression of the first three chakras and feeling commences at the heart chakra plane.

**What are emotions?**

The word emotion comes from Latin, ex-motion. Ex means out – something is moving out. The terminology of emotion is mostly used for humans and refers to a state of feeling that is projected in an outward motion, either physically or verbally or both, or psychically. A feeling is directed or hurled outwards usually at a target with force, in a blind frenzy, or quietly, or it just seeps out into the surroundings of a person when they fear the reaction of the target. Emotional expressions are reactions to something external. Usually people separate emotions into positive or negative depending on whether they are pleasant or unpleasant, pleasurable or uncomfortable, safe or threatening. Overall, society separates them into what is socially acceptable and what is not, and people usually suppress what they fear will cause judgement, rejection or punishment. It encourages the expression of pleasantries.

**What causes emotions?**

Conflicts between belief systems or between the mind and the heart cause or trigger emotions. This can be within or with oneself and one’s environment, or between oneself and other people or groups of people.

Pleasant emotions are reactions to harmonious resonance with the above. I say reaction because an external trigger activates emotions and our reaction to those triggers is an involuntary response driven by the friction of the conflict. They appear to be fuelled by themselves beyond our conscious control.

**What is the purpose of emotions?**

For people solely living in their personality, emotions are a way of exchanging ‘feeling’ and expressing wants, needs, likes and dislikes. For conscious persons they are indicators that biographical (personality) patterns are in action.

They block the way to real feeling and they are an opportunity to grow. They are a doorway to deeper truth. Their expression assists others to let go of judgements and to learn to love unconditionally.

Emotions are an essential ingredient to inner work. Without them, people would not develop. Strong, unpleasant emotions are often the first impulse to look at oneself, ones beliefs and patterns.

**The expression of Emotion**

Strong emotions instil fear in most people. It is a protective fear that invites us to take flight because a potential danger is coming our way. It is the old animal instinct that we see in wild creatures; they move out of the way of the big ones.

Humans react very easily. A reactive emotion is always a cover-up, a pseudo protective mechanism for feelings that were too painful to experience in the past. Conscious expression of the emotion/reaction gives us a chance to observe and to find the real feeling we are so carefully guarding.
As humans we need to learn to stand our ground when emotions are flying. It is a skill that can and needs to be acquired; it does not come automatically to us and it is part of the human school. To stand our ground is a human response that requires the ability to feel. It is only possible when we have understood the difference between emotions and feelings and when we have gained some conscious control over the function of heart chakra – meaning we are able to open and close the heart chakra at will. With this ability it is possible to receive another’s anger, hatred or rage through the heart. It allows for full expression of the emotion at the same time that the energy is transformed into love. Most emotions are expressed unconsciously and are, as said before, reactions. They hurt and destroy. To witness ones emotions is the first step to conscious expression. To take responsibility is the next one. This usually leads us straight into a deeper level of feeling and makes the expression of emotion redundant. If we cannot reach this level of feeling then… conscious expression of emotions is a way to get there. It is necessary however to have the cooperation of the ‘target’ and check if he/she is willing to feel the emotions with us for the purpose of reaching a state of open heartedness and deeper understanding. This creates a relationship between the two people and enhances the possibility of moving into true feeling, especially if a sacred space is prepared for the process. (Invocation of the Light on the crown chakra plane).

Prolonged emotion expression easily leads into dramatizing events and brings no results other than draining the energy of both involved. I have noticed that many people have difficulties in distinguishing between drama and the expression of intense feeling. They mistake intensity for anger. I will elaborate on this later.

Transition into feeling

Once we have learned to witness emotions and take responsibility for their expression, this expression can be refined further to a point where they cease to be emotions (energies in outward motion) and become feelings. When expressing a feeling the energy is no longer hurled at a target. It is expressed from the core of one’s being and remains within the auric field of its expresser/originator.

This kind of expression leaves other people free to be themselves and enables them to give support from a much deeper level than the open hearted therapeutic attentiveness in the personality. We are only able to be in contact with ourselves when our heart chakra is open, and thus express from the core of our being. This kind of expression is transformative and invokes deep feeling responses when we are in resonance with another person. This is intimacy. Feeling and intimacy go hand in hand.

What are feelings?

A feeling is energy operated from the level of soul. It is the language of the soul –its very nature. In the English language the word feeling is used for many things other than true feelings, which easily creates confusion. The German language distinguishes between feeling physical sensations in the body and feeling emotional feelings. Soul begins at heart level. Here our perception of reality changes as we begin to experience the world through feelings as well through our senses. As an emotion is a reaction to disharmony, a feeling is a stirring, a movement of the soul that yearns expression. It is the means by which we evolve. It is the motion of our inner journey.

Feeling, think and acting are the three modes through which we give our spirit expression in the physical world. Feelings are our indicators whether an intuition, thought or idea needs to be put into action. Thought alone is cold and calculating. An action in isolation is meaningless and can be destructive. When thinking, feeling and acting are in harmony all channels align, spirit enters, and we are a whole person. When in disharmony, either acting, feeling or understanding needs to occur to regain balance.

Feelings are a part of us, not something we do. They are one way through which we perceive reality and the world around us. If we want to communicate our reality to another, feelings need to be expressed. Feelings are the means to communicate what is true for us.

What causes feelings?

Feelings are a choice. We choose to perceive our reality through mind, body or feeling.

They are like water, they are constantly in motion as we take in the world around us. We feel our surroundings and we feel our internal response to it. There is a relationship between the inner and the outer which activates our feeling body. Feeling requires relating, either to something outside or to oneself. Feeling is relating and relating causes feelings.

Openness of the heart also activates feeling. Without it feeling is not possible. As soon as we open we put ourselves into relationship with others and with the world. Openness requires the willingness to feel and a commitment to love. Feeling without love is emotion. Emotion with love causes feelings. Feeling-expression is limitless like our soul and it opens the door to our spirit.

Everything can be felt. If we are open, willing to feel and committed to love, nothing can go wrong. We are truly walking God’s path here on Earth. This is the formula for the fast lane of inner life and of being in purpose doing what we have come here to do. By fast I mean a rapid integration of old patterns and suppressed material, and being in purpose increases our enjoyment of life.

As said before, feelings are not emoted. They are expressed. Their expression fills our energy field completely and their message is total. Because they are not hurled across the room at a target they leave others free to feel their own feelings, not compelled to defend the onslaught as is often the case in an emotional exchange.
Feeling expression can take many forms depending on the circumstances and the purpose of exchange. It can be strong and loud or soft or subtle and the intensity can be varied. Intensity of expression plays a big part in how feelings come across to another. Emotions can kill; truthful felling expression always opens the door to God. It paves the way for love to flow and connection and merging to happen.

**The art and craft of expressing feelings**

It is an art because, with our feelings internal and external atmosphere. It is a craft because it flourishes by practice and cannot be learned intellectually. I call it an art because with our feelings woven together we delicately create our atmosphere. It is a craft because it flourishes with practice and cannot be learned intellectually.

Once tasted there is no turning back. And once our soul recognises that truth is the way to God, expression of feeling becomes the key to ones journey of transformation. To activate transformation, all thoughts, feelings and actions need to become authentic. Authenticity is when everything is said, felt and acted true to type, so to speak. Deep love expressed with hollow words is ineffective, hatred whispered does not ring true, a bunch of flowers passed without contact is empty and appreciation verbalised as a formality separates. To be authentic needs practice, courage and above all humility.

There must be a purpose, or what would be the point of their existence. There are two kinds of feelings, those that ‘react’ us into action and those that enhance the quality of our creative expressions of life.

For people living through personality, pleasant emotions are their concept of love. If they receive praise, desire or affection, they feel loved. Emotions are essential at this stage; they are a forerunner of love, who gives people the will to live, a sense of purpose and an opportunity to grow. The expression of unpleasant and violent emotions causes pain and damage on the one side and a chance to open ones heart to forgive on the other. Our wars caused so much pain and destruction; at the same time they activated the will to love. There was great camaraderie in the trenches, and there was longing for loved ones. The grieving over lost ones activated a strong wish for peace.

People who have opened their feeling level and have learned to express feelings eventually do not need to emote any more. Unfortunately many people believe that this means to become someone who only speaks softly about what is ‘nice’ this is not so. The authentic expression of feeling requires intensity from time to time. Intensity is not anger as said before, but anger can be intense and so can love. Intensity is necessary for the expression feelings that have been suppressed and are held in with force. The power with which we hold feelings in determines the amount of intensity needed to set them free.

Even when the feeling level is open there is still a place for emotions, our personality needs nurturing too. Our bodies need touch. Pleasant emotions heal the deprivations from our past. The pain of a ‘touch never received’ cannot be sessioned away. Healing comes when the missing energy is given freely and openly received. Sometimes in anger we are so blind to the rest of ourselves that we cannot feel or see what else might be available. In this case emotions need to be given space and they need to be received willingly until it feels safe to surrender to the deeper levels of love.

It is not easy to receive anger or hatred that is blaming and judging, it has to be learned. As children we were left unheard and unfelt so many times, and not allowed to be angry, I have seen great healing occur when someone has offered to feel and receive anger. This is possible and quite easy once the mechanism of opening the heart chakra has been mastered, and it is only the first step to allowing the stream of love.

**How do we live with emotions?**

Mentalising emotions is useless; we need to deal with our emotional self; we witness it and heal its wounds. We accept ourselves as we are and honour all our parts equally. Then we easily find the meaning and purpose for the state we are in and use the emotions as doorways into the world of feeling where we discover true love.
Raw Earth Retreat

Leonard Orr, Founder of Breathwork/Rebirthing

In Outback Australia

Come and learn from the best how to utilize the elements for a much longer, more productive, more joyous life. The retreat centre is in the starkly beautiful centre of NSW, Australia with clear blue skies by day and star filled skies by night.

A stellar cast of Australian Breathwork Practitioner Trainers will accompany Leonard. These people will be your support team, and of course, we have our wonderful chef Karen.

9 days – Friday 14th November to Sunday 23rd November 2014.
Cost $3000 – Concessions available.
Venue – The Outback Aussie Physical Immortality Centre, NSW.
We are off the beaten track – peace and quiet.

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Or email leonardinoz@live.com.au

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How do we live our feeling self?

Our feeling self also gets wounded, it hurts in the heart and it is difficult sometimes to find the will to stay open and take initiative to come out of the hiding place, where we naturally want to retreat to in pain. Feelings are intelligent, or better, the feeling realm is as intelligent as the mind. We are able to comprehend things through feelings much faster than through our mind. Mind gets in the way of our feelings and blocks the understanding processes of an open heart. When we enter a room full of people, we take in a million impressions at once. It would take a long time for the mind to catch up sorting and placing everything into logical forms.

To live in our feelings does not mean we cannot use our mind. On the contrary, we need our minds to witness and monitor our experiences if we want to communicate them to others. Mind needs to work with the feelings, not try to take over to do their work and to play God. Mind needs to give room to the feelings, step back and remain available to serve in the interest of love.

Feelings need to be felt and exchanged as feelings, not mentalised and made into empty words. Words are not necessary in their exchange, but words can be used to acknowledge their presence and to verify and to validate feeling existence.

Breathing activates our feeling self. It is a means to find rhythm between body and soul, alignment of all our channels; it gives God the signal to go ahead, to open the valves for the Holy Spirit permeating and bathing our every cell. Each time we exercise our feelings and uplift our vibration with Breath, we refine, we cleanse and integrate what is unfinished to transforms our physical into a temple for God.
Breathe Australia Conference Update

The science behind the breathing mechanism.

Education is one of the Breathe Australia Conference missions. I know I love expanding my awareness and learn from my fellow Breathworkers, something I can apply to my practice.

I met Dr Rosalba Courtney at the Mindd Foundation Conference last year. (Mindd Foundation helps practitioners and patients discover and implement effective treatments for Metabolic, Immunologic, Neurologic, Digestive, Developmental conditions that often affect the mind).

I was very impressed with what she had to say and went to see her after her speech to invite her to this conference. And she said yes, right there and then! She is passionate!

Here is how Dr Rosalba is using the breath, on an article taken from her website (www.breathandbody.com.au)

And I hope that her presentation will satisfy all those that are thirsty for the science behind the breath.

Breathing is a Wonderful Natural Healing Tool that Can Help You Get Control of Your Health, Energy and Stress Levels.

It can greatly assist people with diseases of the respiratory, cardiovascular and nervous system and it can be the key to getting control of chronic pain and muscular-skeletal dysfunction.

Most of the time our breathing is unconscious and unheeded. Yet if we know how to observe and interpret the breath we find that it tells us a lot about our health, our emotional state and our stress levels.

Unlike most unconscious processes of the body, breathing can be regulated and controlled consciously. The conscious regulated breath provides a way of modifying and influencing physiological processes and psychological states.

Intuitively many people know that breathing is very important. When I talk to people about my research into the importance of breathing dysfunction and the effectiveness of breathing therapy they often nod their heads in agreement, eager to share with me their own personal stories of using breath to calm and heal themselves.

You may have heard stories of people overcoming conditions like asthma, anxiety, panic disorder or hypertension with some sort of breathing therapy but don’t know where to turn for assistance in choosing the right sort of breathing therapy for you.

You may have heard conflicting stories about the right way to breath and don’t know whose advice to trust.

I have made it my mission over the last 20 years to understand both the art of the science of breathing therapy.

I have taught hundreds of people including health professionals and have conducted research starting with my Ph. D in 2003.

The Breathing Therapies I can provide training or access to include;

The Buteyko Method, Remedial Breathing, Breathing Biofeedback, Breathing Mindfulness, Pranayama and Intermittent Hypoxic Training.

Some of the conditions that respond to these breathing therapies include -

- asthma,
- allergy,
- sleep apnea,
- stress disorders,
- anxiety,
- heart disease,
- hypertension, and other conditions.

I look forward to seeing you at the conference!

Ghislaine

www.breatheaustraliaconference.com.au
HE TAKES BATHTIME SERIOUSLY!

My Friend the Bathtub  Joanne Eisemann

I unconsciously started water purification when I was 10 years old. I would read a book in the bath every evening for 2-3 hours as a means of escaping the toxic environment that was my ‘family’.

20 years later when I started rebirthing myself, the bath felt like the safest place for me to do that. At first I had quite a lot of fear around drowning. It may sound a little crazy but to overcome my fear I practised breathing water in through my nose, to see what would happen. I found out that it would be quite difficult for me to drown myself and that breathing water in wasn’t half as horrible as I thought it might be.

I still do most of my conscious energy breathing in the bathtub. As a baby and small child I was subject to much violence and sexual abuse, I developed a pattern of leaving my body as soon as the going gets rough. The water, by touching me all over, intensifies my feeling and helps me to stay in my body.

I notice that I am able to go more deeply within myself while breathing in the bath than I can while breathing in front of most people. Even though I may not go as deep I do enjoy the opportunity to breathe with a sitter as I find it quite fun to see what will come up, people trigger things that would never come up for me breathing by myself, I like watching how different people trigger different things.

Sometimes when I breathe in front of another person I notice that I am breathing for them, processing something that they are as yet unable to face. When this first happened I resisted strongly, ‘hey this is my time, it’s not fair’, when I finally gave up and decided not to resist I noticed how perfect energy/love/god is, always moving to the place of greatest need, surely I could find within myself a bit more generosity and go with that flow....

HAIDAKHAN BABAJI

I spoke with a lovely middle-aged Delhi woman one afternoon while we sat in the kirtan hall. The wife of an affluent Delhi businessman, she had been with Babaji since his early days. Babaji is here to serve, and believe me, he does! He may pretend to ignore us, but behind it is an all-encompassing love.” She told me that over the years Babaji had put her through some trying times, but she always gained some essential realization from it, a deeper understanding of her spiritual purpose. She became psychologically much stronger, she said, and was filled with gratitude to Babaji.

"I'll never forget what he told me once," she whispered. "He said, 'I only came here to give. If you come to doubt, I'll give you reason to doubt,' he once told my San Francisco friend, who at first was quite suspicious of him. 'If you come suspicious, I'll give you every reason to be suspicious. But if you come seeking love, I'll show you more love than you've ever known.'"

*April 1980 Yoga Journal article by Dio Urmilla:

From Babji.net newsletter

Feel free to pass this newsletter on to anyone you think may be interested.

If you want to be added to the mailing list or reprint any of the articles please email jj.eisemann@gmail.com

The next edition of IT’S ELEMENTAL will be AIR, please share your stories, ideas, events and pictures by emailing them to jj.eisemann@gmail.com by August 16th 2014

Many thanks to all those who contributed to this Water edition