

Its Elemental Air 2016

Newsletter of the Rebirth International Aussie & Kiwi mob

Things I learned from the breath

By Prem Geet

Reporting from the [Inspiration University](#) (USA), founded by Leonard Orr, father of the Rebirthing Breathwork, Prem Geet deepens her meditation practice by combining Osho's meditations and spiritual purification.

To breathe or not to breathe, that is the question! Breathing consciously, according to Thich Nhat Hahn, opens a window through which we touch life. "Breathing in, breathing out means that you are really there...it means you are available to friends and loved ones in present time. ...Think about the blue sky. It becomes present when you are there."

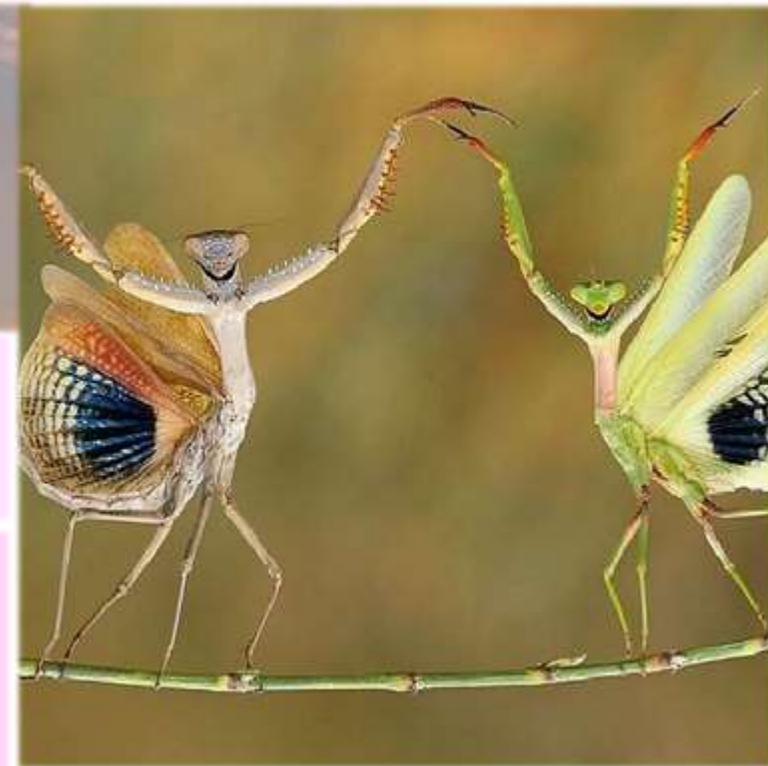
How marvelous that relaxation and tension cannot co-exist in the body! This means we have a choice. The liberating magic of consciously breathing air and prana is a quick jump to a golden dimension in the soul. Rebirthing Breathwork as formulated by Leonard Orr is one of the greatest healing gifts of our time. Credited with inventing the word "youthing" in the 60s, Leonard teaches a number of techniques that go far beyond pranayama and guided meditation. He says, "Getting air creates certainty in your body, mind and spirit... We are learning to breathe from the breath itself." Using his body as a living laboratory and his intellect as an unrelenting researcher, Leonard has healed 8 terminal illnesses with his purification practices. According to him, "The four elements contain eternal spirit and grace for us." Describing his own healing process, "Infinite eternal spirit washes everything," he says.

According to Osho, Buddha became enlightened using a simple breath meditation of observing the gap between the inhale and exhale. The sacred Shiva Sutra says: "This experience may dawn between two breaths, after breath comes in (down) and just before turning up (out)—the Beneficence." Osho, (Volume 1, Book of the Secrets)

Conscious breathing is a self-renewing gift, and a gift that is easily shared anywhere, any time, and with anyone. Highly portable, conscious breathing happens whenever we decide that it happens. Breathwork can even heal the *unconscious death urge*, as coined by Sigmund Freud, a downward trending dynamic that can kill off relationships, work, money, health and life itself—if not made conscious and reversed to animated life force.

Whether we commit to ten breathwork sessions or do even five minutes of connected breathing, we dive deep into our own life force and the divine mystery of receiving prana from the universe. Breathing is pleasurable, energizing and relaxing. Slow, gentle breathing opens our hearts and minds to expressing more presence. Greater aliveness is the result.

Rebirthing Breathwork focuses on the air element as a longevity practice discovered by Leonard Orr, master healer and father of Rebirthing Breathwork, an American new age pioneer and teacher of millions. Leonard says that humans are suffering from around 15 major "biggies" or traumas, starting with the birth trauma: "The biggies are the major sources of trauma to the human mind and body. Working on healing these consciousness factors intentionally and consciously can accelerate our healing and spiritual growth. These insights give shape and meaning to our personal self-improvement process. This is the basic job of every incarnation. Succeeding at this enables us to function as a conscious Spirit."



Prem Geet

According to the Veda, the planet we live on continuously filters the four elements, each related to a function of the self. The water element relates to the eternal spirit and our emotions, and fire as it relates to the eternal spirit and transformation. The Earth element relates to the eternal spirit in matter and the physical body. The Air element relates to the eternal spirit and the mind which has around 50,000 negative thoughts per day according to Leonard and “50,000 opportunities to get in trouble.” Using awareness and affirmations, we can change our thoughts to a higher quality. The longer I know Leonard, the more I realize the special way he holds his spacious inner sky without any apparent thoughts, an inner space resulting in wonderful, playful energy in present time. His practices result in original ideas, high creativity, and glacial patience for the human drama.

Leonard’s devotion to simple practices over many years is worthy of study and acceptance by a world longing to quiet itself and heal itself with the natural energies of fire, water, earth, and conscious breath, the elemental context we live in and are made of, but mostly ignore. The daily purification practice is to spend time alone with each element as a conscious meditation.

Bringing Rebirthing Breathwork to public schools is a promising project in the “mindfulness education” movement across the USA. Orr would like to see breathwork becoming a part of the educational system and culture worldwide. Breathing fully benefits every aspect of a student’s experience, including enhanced health, self-esteem, relatedness, and learning.

Orr has spent most of his adult life hanging out with immortal yogis in India and studying them. He often cites the immortal yogic practices, and says the breath is divinely intelligent: “You have to discover each of the elements for yourself.” He says, “The secrets of the elements are beyond mind,” and beyond mind is where a breathwork session naturally takes us after we relax into its flow. Orr states things in simple yet profound aphorisms, such as “We are teaching people to relax,” and “Breath is power of mind.”

After months of purification and breathwork, I now know from training and experience how to feel better in minutes. With deepest gratitude, I can say wholeheartedly that breathwork and spiritual purification practices resolved suppressed grief and saved my life. Rebirthing Breathwork liberated my breathing mechanism and healed my death urge so I look forward to a brand new life.

Similar to a patron saint, Immortal Avatar Babaji is closely associated with Leonard Orr and Rebirthing Breathwork. Breathwork helps us to live in the reality above the mind. Leonard says a successful relationship with God is light and playful. Most profound, Leonard teaches that “Breathwork allows us to change our emotional interpretation of what happened.”

I appreciate the work of Leonard Orr a great deal. Now I am inhaling the air element to receive the fullness of pranic life force. Consciously breathing I know:

Breathing is a deep mystery of participation with existence.

Breathing is a gentle circus for awareness to enjoy.

Breathing controls the mind and pace of life.

Breathing with someone creates rapport.

Breathing is pleasurable.

Breathing verbs are gliding, sliding, flowing, filling, emptying, releasing.

Breathing emulates the ocean’s tides.

Breathing is receiving the love of life.

“Breathing causes relaxation and relaxation is the safest thing in the universe,” says Orr.

Air is charged with divine prana so inhale and enjoy!

Air is always touching us!

Keeping myself in bliss with gentle, deep breathing.

Breathing consciously expands my freedom to respond.

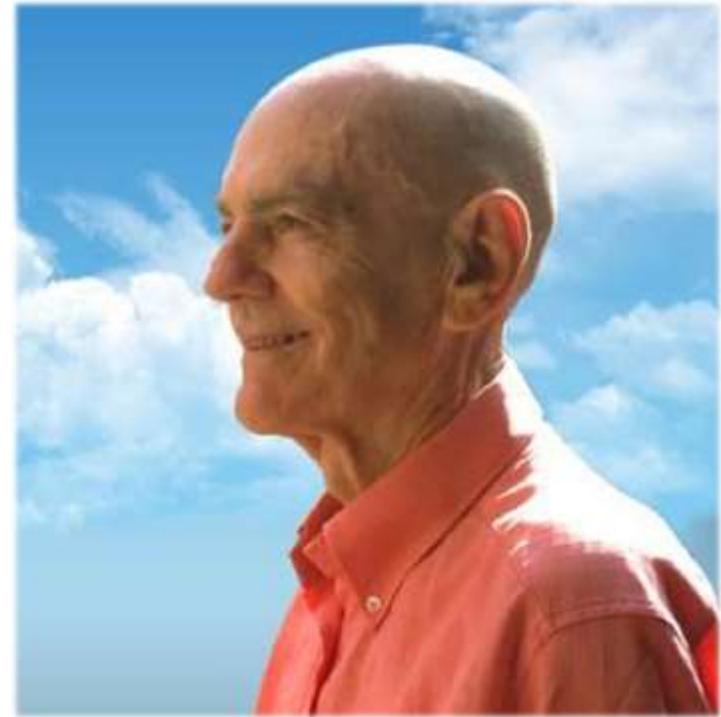
Conscious breathing invites poise, humility, and emotional safety.

Breathing fully protects our joy of life and allows others to feel safe.

Breathing says we can always have more so fill up!

Research shows our capacity to breathe is related to our capacity to make money!

Fully breathing heals our traumatic “Biggies” naturally in profound ways.



Breathing unlocks the resentment trap and releases fear.

Breathing means greater aliveness!

Affirming a reality that "The entire physical universe exists for my pleasure and support." (Leonard Orr)

Rebirthing Breathwork and mindfulness education are now accepted in all cultures around the world.

Rebirthing Breathwork and mindfulness education can benefit students and people of every age, in every country.

For me, Osho Meditation supported by Rebirthing Breathwork is the perfect self-care to realize the more abundant life!

Find more Osho on Breath Meditations in the Shiva Sutras: http://oshoworld.com/tantra_medi/index.asp

Some people experience fear during their first 10 sessions when their body is miraculously being washed inside out with natural divine energy - fear of new life. ["Sometimes it's primal fear. Sometimes it's fear of physical sensations."]. With experience the fear dissolves into pleasure.

Leonard Orr



The developmental event for old age and death

An excerpt from the book Peak States of Consciousness by Grant McFetridge

Growing old

To our great surprise, one of our contributors found a developmental event where we choose to grow old, and choose the time at which we will die of old age. This occurs during the birthing trauma, right after the first birth contraction. (The label of the first contraction assumes a simple delivery.) She found the experience quite frightening, and ended up choosing not to try and change the outcome.

Example:

"During a session I encountered a decision I'd made to age and grow old. I was focusing on a lack of wholeness, opening my heart and really letting go to my heart energy, then I started to feel myself dying, as in aging dying. Then I realized aging was a constriction, and I saw it didn't have to be that way. In order to go there, I had to let the internal wave go and expand outward. I'd have to give/surrender myself to the universe, to this giving/ receiving. Membrane-less in that giving and receiving, not invested in anything. A death, who knows where I'd end up. I decide to wait on the decision to let go of aging, to put it off till later! (There was a lot of fear around making that decision not to age.)"

Later, Scott McGee was able to verify her findings, he went through the trauma of the event, and changed the outcome. As this is all experimental work, we didn't know what to expect. He reported suddenly needing to eat tremendous amounts of protein over a period of weeks, and sleeping quite a bit. His body spontaneously regained the musculature and shape of a younger man's. We don't know how far this can go, or if other developmental events are involved, but we watch the progression of the changes with extreme interest.

Is it possible to actually stop or reverse the aging process by healing this developmental stage trauma? We just don't know.

As an aside, the babies born via Caesarean section also go through the same developmental stages as the normally born baby, but the events are compressed into just a few moments as the baby is being removed from the mother. It's actually harder to deal with than regular birth as its experienced as a terrible shock with all the stages creamed into just a brief interval. Thus, empirically we've found that Caesarean babies are no more fortunate than normal births, and my in fact be more impaired around stages involving birth than children born normally.

Workshops in Melbourne with Matoula and Paul

Into Me See

Intimacy Breathwork Workshop

Melbourne

Sunday 25 September

11 Kumala Rd Bayswater

Introduction to Breathwork

Saturday 24 September

10 am to 1 pm

11 Kumala Rd Bayswater

Melbourne

"Love is omni-inclusive, progressively exquisite, understanding and tender, and compassionately attuned to other than the self" - R. Buckminster Fuller

Love and relationships could be one of the most intriguing and complex issues in humanity. For centuries philosophers, poets, writers and all sorts of artists have attempted to put their signature into art that could possibly explain the depth of it.

Everybody's interpretation of love carries their own signature. This means that behaviours and beliefs create results in life. For the majority of people, these beliefs and behaviours could derive from their own unconscious and subconscious mind. In other words, the majority of these beliefs stay in the plane of the unknown. We can only feel how they taste in real life, being unaware that these beliefs only belong to us and therefore we can only sustain them and create the result they produce.

The same way artists are driven by an inner impulse that they cannot really explain when they create their pieces of art, the same way we create our own reality with the same impulse. The result, whether we like it or not, it is our own creation.

What are your results in life in regards to relationships? What is the taste of it? Would you like the idea of creating a different result in relationships and in your life?

Would you be willing to explore how you can have what you want from love and allow it to materialise in your own reality?

This experiential workshop will support your truth shine, lovingly into your own individual breakthroughs the way you allow them to. Going through the phase of transformation for yourselves, you will pass this inspiration to other people and influence them to change as you move on with faith to the love you want to create in your life.

The workshop is for people that:

*want to create a relationship

*are already in a relationship

*want to produce a certain loving outcome in a specific issue

Both workshops include a group Breathwork sessions each day.

Secure your place: Saturday 10 a.m. - 13.00 p.m. - 3 hour intro to Breathwork appr. \$65 p.p - bring a friend and both pay \$100 Sunday 10 - 6 pm : Intimacy workshop \$230 p.p or both days \$255 p.p. - accepted till September

11th Couples: \$235 each for both days - paid in full till 10th September

Contact: Paul and Matoula breathe4joy@yahoo.com, or within Australia: Tony Kane 04745 700 63
tony@tonykanecounselling.com

Paul & Matoula will also be offering individual private Breathwork sessions in Melbourne from 23 - 28 September 2016.





The value of Rebirthing by Young Leonard D Orr

From the Conscious Connection newsletter June 2003

Breathwork cannot be overestimated. Students have always said that it is infinitely valuable and it still is. Many psychiatrists and other sophisticated people have told me, "Every form of self-improvement I ever tried promised more than it delivered except for Rebirthing Breathwork. Rb Breathwork delivered a whole lot more than it promised." The people who told me this tried everything including evangelical Christianity, Buddhism, psychotherapy, all kinds of body and mind therapies etc.

I have been Rebirthing myself since 1962- over 40 years. Each memory and regression that is released while breathing in the tub or elsewhere makes my Life richer and more beautiful.

The Upanishads say, "Immortality is given to him/her who unravels the ignorance of his/her youth." It's obvious. The ignorance of our youth – our stuck memories, causes most of the pain, unconsciousness, and diseases. Releasing this garbage allows us to feel and express our full divine potential. In fact, the memory theory of disease is more valid than the germ theory of disease.

The word Breathwork applies to most of the first ten sessions and our daily practice thereafter, The word Rebirthing applies to in-depth healing, This healing goes on year after year and decade after decade until we become the Unborn Eternal Spirit. The value of learning to breath from the Breath itself and to use it to facilitate our healing process cannot be overestimated. The people who are lucky enough or intelligent enough to learn Conscious Energy Breathing are the spiritual aristocrats of the planet.

Its impossible to describe how beautiful my Life has been this year, in spite of the all the stresses and in spite of the pain of processing the death urge of other people. I'm glad I have the ability to do it successfully.

Since we all create our own death or Eternal Life, death has no power except what we give it in our own mind. Making the unconscious death urge conscious is a source of power, aliveness, and victory. We have to give up our fear.

Simple things like Rebirthing Breathwork, fire purification, good vegetarian nutrition and occasional fasting, bathing twice per day, adequate exercise, a mantra, and harmonious relationships are the secrets to heaven on Earth. Rebirther breathworkers are sharing these secrets to heaven on Earth. Rebirther Breathworkers are sharing these secrets and making them known. What we are doing is very great.

Each element we teach brings humanity closer to its potential. We cannot overvalue our loving service to individuals and humanity, even if it is incomplete.

Following is a very appropriate quote describing the value of our work taken from The Cusp of the Ages, quoted in the introduction to The Aquarian Gospel of Jesus the Christ:

"For love is a sovereign balm for all the wounds of men, the remedy for every ill.

"And man must be endowed with Wisdom and with Power and with an Understanding heart."

"This age will be an age of splendour and of light, because it is the home age of the holy Breath; and Holy Breath will generate eternal Love."

We know how Rb breathwork improves the quality of Love and relationships.

In Romans 8, it says

For we know that the whole creation groaneth and travaileth in pain together until now. And not only they but ourselves also, which have the first-fruits of the Spirit even we ourselves groan within ourselves, waiting for the adoption to wit, the redemption of our body.

"and we know that all things work together for good to them that love God."

The redemption of the Body is the goal of God in creation because it represents the right integration of Spirit, Mind and Body. Some immortal yogis have been on the planet for millions of years and they don't feel deprived of heaven. They can go and come back whenever they like. It's no big deal! Chances are, been there manytimes, but through death and victim consciousness, you forgot.

Pauline Win with Leonard Orr



The Breath Tribe Gatherings

Breathwork in the tradition of **Leonard Orr**

Next Breathwork Practitioner Training – 5 weekends,
Saturday 1st October to Sunday 30th October 2016

Free Info Evening Thursday 29 September 2016

Held in Mullum/Byron environs

Trainer Pauline Win,
Rebirth International Trainer

This Training is extensive and covers all major elements of the Philosophy, Psychology and physiology of the original Rebirthing in the tradition of Leonard Orr And will prepare you to Rebirth clients professionally \$200 a weekend Includes Books and Manuals - No experience of Rebirthing necessary

Comments from previous trainings in Byron area.

Rebirthing Course with Pauline Win

A truly life changing experience birthing me into a fuller expression of myself. Pauline's presence is safe, nurturing but also a volcano of life changing – ego destroying information. Highly recommended to anyone who wants to meet their true self.

Cacey Blackburn

Qualified Counsellor, Rebirther. ❤️ ❤️

Rebirthing Breathwork with Pauline Win

This is the second Rebirthing Breathwork training I have done with Pauline and have found both the trainings to be transformational. Pauline is a wealth of knowledge on many subjects relating to spirituality and Rebirthing. Her hypothesis on family patterns, death urge and how our birth affects and informs the way we live our lives is fascinating and makes a lot of sense. This training has a solid foundation in ancient spiritual traditions of longevity and yogic practices and weaves through it a profound understanding of human psychology. This, along with the purification practices and the Breathing itself, forms a whole and effective therapy and way of life.

Redlyn Parker ❤️ ❤️

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www.thebreathtribe.com

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of my Book

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free at

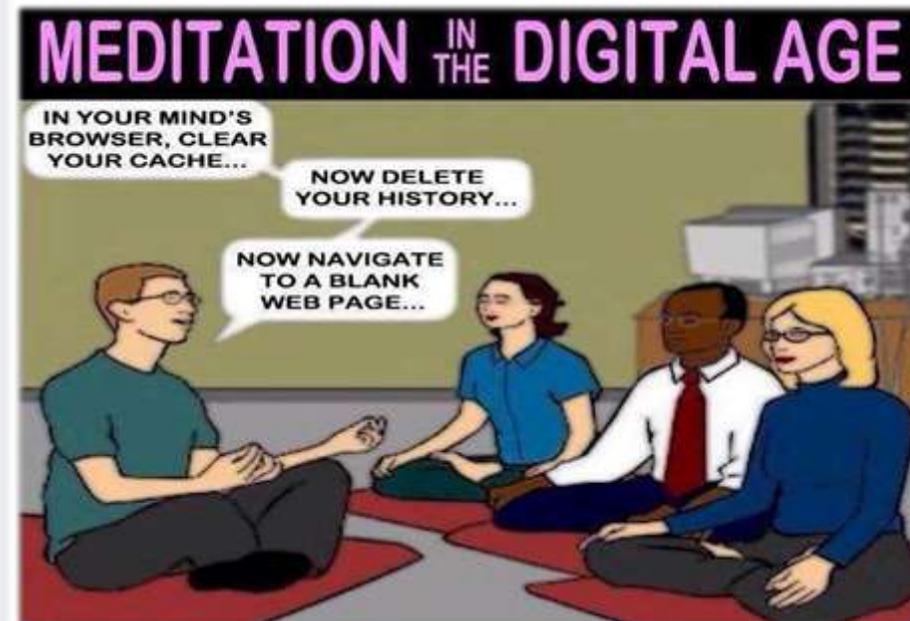
www.Smashwords.com
or [www.Rebirthing-
Breathwork.com](http://www.Rebirthing-Breathwork.com)



18 April 1980

I am come to help you realize unity beyond division. I am not talking about the kind of unity they talk about in party politics; I am talking about a unity never before achieved, a unity we will obtain by way of mutual understanding. No bombs. guns or force. You must all seek that unity. I will build a water hole where the lion and the goat may come together to drink. What I want for you all is unity and an awareness that we are all the same.

What held this meeting together was the energy you spent on pulling down the mountain. From 'Teachings of Babaji'



Air in Delhi is not so good

New Delhi: According to a report by WHO, air pollution in Delhi has gotten worse since 2011 sparking higher risk of heart stroke, lung disease and cancer. The Experts assert that breathing in Delhi's air for 24 hours is equal to smoking 10 cigarettes a day. The 2014 report of the Ambient Air Pollution (AAP) database holds results of outdoor air pollution checking from almost 1600 cities in 91 countries.

The WHO reports that the situation is grave in Delhi. The air in Delhi has PM2.5 concentrations of 153 micrograms and PM10 concentrations of 286 micrograms which is much more than the permitted limits.

People who are under the influence of Delhi's polluted air, are expected to suffer nasal, respiratory and chronic diseases. The affect is much greater among children.

The 'Heal Foundation' reports that four out of 10 children in Delhi have lung problems. A lung screening test on children between the age group of 10-14 discloses that 21% of them have weaker lungs in comparison to Mumbai and Bangalore where the percentage is 13% and 14% respectively.

The need of the hour is to implement proper policy framework on the matters concerning environment and pollution.

According to the Max Planck Institute for Chemistry, air in Delhi is very toxic due to high concentration of Particulate Matter (PM), which is the sum of all the solid and liquid particles suspended in air. The matter has been recorded at 2.5. The high level of PM concentration can cause respiratory illness on prolonged exposure since it penetrates into lungs.

It has also been reported that in another 10 years, Delhi might record world's largest premature deaths.

What is Air Pollution?

The basic definition of Air Pollution says that it is the introduction of particulates, biological molecules, or other harmful materials into Earth's atmosphere. Air pollution causes disease, death to humans, damage to other living organisms such as food crops, or the natural or built environment. Some of the pollutants that are present in the environment include Sulphur dioxide, carbon monoxide, Nitrogen oxides, toxic metals such as lead and mercury, ammonia, chlorofluorocarbons which can harm the ozone layer and many more.

Facts on air pollution:

- Inhaling air pollution takes away at least 1-2 years of a human life
- It has effects as small as burning eyes to as large as death
- Pollutants that are released into the air are the most harmful than those released in water and land
- The air pollution in Beijing has brought a new disease called the Beijing cough
- Toxic air pollution poses a greater threat to children because of their smaller size and lung capacity
- Smog can affect dolphins and makes them suffer from black lung diseases
- Reports say that air pollution in India is estimated to cause 527,700 deaths, every year
- Recent reports on air pollution say that by 2050, 6 million people will die per year due to air pollution
- Indoor air pollution is 2-5 times worse than the air outdoors.

Some random facts on pollution:

- Almost half of all sea creatures have been documented with plastic found in or around their bodies
- According to a scientific study, about 1 in every 8 deaths is associated with air pollution
- Fish, turtles, dolphins etc. die after swallowing plastic bags that resemble jellyfish
- It takes over 400 years for a plastic bottle to decompose
- Noise pollution is one of the most ignored types of pollution. It can cause serious damage to a human being including stress, hearing loss, sleep disorders, high blood pressure etc
- Air in China is so much polluted that breathing in China equals to smoking over 20 cigarettes a day
- In India, almost 80 percent of all urban waste is dumped into the river Ganges
- Every year, more than 6 billion kilograms of garbage is dumped into the world's ocean. Most of it, is plastic.





The bullying makeover

By Joanne Eisemann

Three years ago the community organisation I work part time for decided to start a community newspaper in response to the closure of the previous one.

During the beginning phase a person who had worked in the print media said to me, “get ready to get bullied, it goes with the territory”

I replied “Oh that’s OK I want to learn how to handle bullies”

I couldn’t believe what I had just said, I was raised by bullies and had spent a long time carefully constructing my life so I could neatly avoid every bully I came across (well, almost). With the statement I had just made I knew I was inviting them in to my life, bigtime, my soul was clearly speaking, whether I liked it or not.

The time since has been nothing short of tumultuous, I have had every sort of bully I can imagine come into my workplace and sometimes my home, the type that use emotional blackmail,

the type that wont take no for an answer,

the type that are completely invested in their rightness, so much so they are unable to hear,

the type that try to get other people to gang up against me,

the type that yell abuse in my face right up close,

the covert type who smile while they are stabbing you in the back

I have had people doing everything they can to get me sacked, I’ve even managed to get myself caught in the middle of small town conflict, with groups of people from both sides telling me I’m wrong.

Each episode would last for a few weeks and leave me in a state of almost constant fear, at one point I even started developing a nervous tic, but then I would have a breakthrough and reach a new place of safety in my skin.

I noticed that the bullies I encountered have a few things in common, they all thought their space was more important than mine, their action is forced rather than allowed and lying to get their way is commonplace.

Being near these people was hard on my energy body and it would take a lot of purification before I could find my place in the scenario.

I spent quite a bit of time resisting the fact that I was in these situations, which of course only prolonged my suffering, I so, so wanted it to end.

Eventually I came to realise that the reason I was attracting these people and situations into my life was because I believed to some extent that they were right, there is something wrong with me and that I deserved to be treated badly.

Not long after it dawned, the feeling and image of my essence/goodness so clear and beautiful that I had to admit to myself, that there is only one way, the way of love, staying soft around bullies is the key for me not to become the effect of their behaviours.

Interestingly, I thought that was the answer at the beginning of my process, now I know it with every cell

