

# Its Elemental Water 2017

Newsletter of the Rebirth International Aussie & Kiwi mob

## Taking it to the next level by Pauline Win

One of the most rewarding parts of your career as a professional Rebirther is guiding a client through the 10 session series. It, the 10 session series is not only a service, it is also a product. Once mastered as a product it becomes a breeze to inspire people to partake of your service. The 10 session series has a beginning, middle and an end and each Rebirthing session has a beginning, middle and ends in a complete energy cycle resulting in a clean and balanced Energy Body.

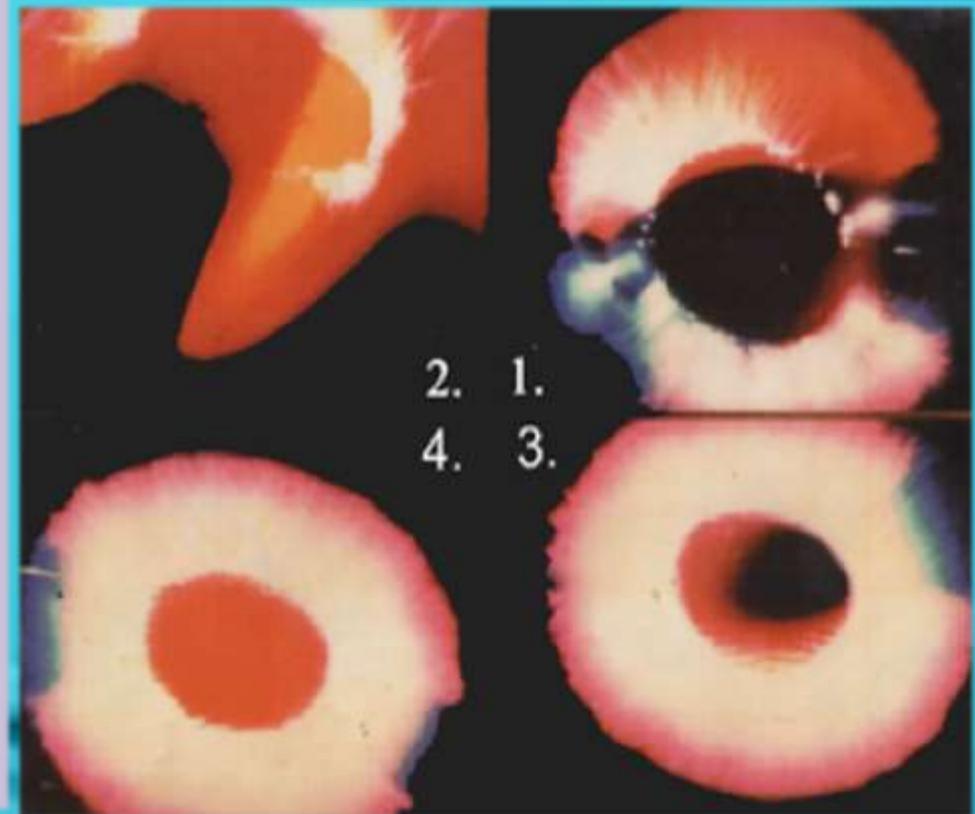
This can clearly be seen in these sequential Kirlian photos of a Rebirthing session taken over 11/2 hours an energy transfer has taken place.

The dark part in the centre of the circle is the physical body. It is obvious that the prana over the 11/2 hours has not only cleared and balanced the client's energy body (electro- magnetic field) but has also flooded the physical cells with prana.

Leonard Orr has always said that completed energy circles have their own reward. A10 session series is a completed energy circle that not only rewards the client (with an enormous change in their breathing mechanism) but also it is a completed energy cycle that not only benefits the client in numerous ways but also of benefit to the Rebirther in that you are rewarded with the satisfaction of a "job well done" and in many instances a friend for life. Having a product (the 10 session series) that you know and trust makes it easy to sell to people. I have also noticed if people don't pay in some way, not always money, but services to you that are equal to what you are putting in, they do not get the same rewards. I do not rebirth people or even talk about it to people who are not earnestly asking me or signed up for 10 session series already and paying. In other words I do not rebirth people for free or rebirth loved ones, relatives or anyone I have an investment in.

In the "old days" of Rebirthing, we used to say that Rebirthing a person 2 or 3 times leaves them incomplete and "stuck" in the incomplete energy cycle. I generally gave people the first Rebirth with the proviso that they could pull out of the deal at the end if they felt it was not for them, but I do not even do that now. It's sign up or shut up.

A professional Rebirther is one who knows their product, knows its value and can guarantee a beneficial result with the 10 session series. I have always thought that the Rebirther has to get the same completed energy circle as the client or in the long term they will quit due to lack of "job satisfaction". Job satisfaction is an extremely important component to any career as any workplace psychologist will tell you. A 10 session series rewards the Rebirther with this important component of their professional life.



## The 10 session series in brief.

I suggest that the client reads my “Overcoming The 10 Inhibitors To Bliss” Chapters 1 and 2 (It’s free on [www.Smashwords.com](http://www.Smashwords.com)) before their first session. These Chapters explain the basis of birth trauma. Also give them the long client interview form which is in the “Rebirthing Manual” on the above Website.

These 10 session series of Rebirthing consist of a consultation followed by the actual Breathing cycle.

1. Review with client the client interview form.
2. Explain The Theory of Emotional Suppression, particularly focussing on the theory that birth trauma causes us to repress our divine energy flow and fear of death is the result of this suppressed trauma. The theory (and that is all it is) of Physical Immortality is the antidote.
3. I ask my clients to tell me all about their life from birth to today.
4. Personal Law Consultation
5. Relationships & Family Patterns.
6. Physical Immortality in depth.
7. Circumcision Trauma & School Trauma.
8. The Ignorance of the Fundamental Practices of Spiritual Purification.
9. Religious Trauma.
10. Completion.

All of the above can be alternated according to the client’s needs.





## *The supreme value of 10 sessions* by Leonard Orr

It is not possible to hurt anyone with connected breathing rhythms, especially during the first ten 2 hour sessions with a well-trained breathworker. Of course after ten sessions, when people give breathing sessions to themselves, the question of harm becomes irrelevant.

The worst thing that can happen during a session is that it is incomplete. If a person has an incomplete energy cycle, their energy or feelings can feel stuck and imbalanced between sessions. This can produce uncomfortable symptoms like pain in the arms, legs, back, or other parts of the body or cold symptoms, etc. During a breathwork session, the current of energy cleans the body and energetic system of negativities that would eventually manifest as cold, flu, or other disease. These would be happening anyway, but they are unnecessary if the energy cycle is complete. And they normally disappear completely during the next session. This is one reason why teaching Breathwork in at least ten sessions is the responsible way to teach it. Everyone has a new more healthy energy body after ten sessions and the new ability to do energy breathing enables them to keep their Energy Body clean and balanced forever.

Everyone's energy body is relatively unbalanced before doing sessions. And our energy body balance is always temporary. We normally lose our clean and balanced energy body when we go into the supermarket or pass someone on the street.

We may be perfect and in balance when we get out of our bath in the morning and lose it by having breakfast with a family member.

In my family, when one person has a bath, we avoid all other members until each one has bathed. This is a family principle! We do not approach a person who has bathed until we complete our aura cleaning with bathing-water purification.

When we become sensitive we can feel the pain and energy imbalances in others. A clear, shining and balanced energy body is always temporary. This is why conscious people bathe twice per day and use other spiritual purification practices with air, fire, earth and meditation. Everyone, we all have to clean our house, our clothes, our dishes etc more than once, why not our Energy Body everyday – our soul. We have to clean our Energy Body everyday – even twice per day morning and evening. Conscious breathing in our bathtub may be the ultimate and most efficient way to do it. Most people master this ability by the time they receive at least 10 sessions with a good Breathworker.

Each of our first ten sessions with a breathworker gives our energy body a new balance which normally more stable than the one before. This is because each session removes old tension and stress, which are energy concentrations from our lifetime collection – our chakras- permanently. Each session, which is a completed energy cycle, gets us back to our pure Divine Nature. We feel it as peace, bliss, and as clean productive energy.

Pain is the effort of clinging to a negative thought or feeling. When you identify the thought and release it the pain disappears. Fear is the same. The ultimate negative thoughts are that the pain won't go away, and that the pain will get worse until it kills us. Boredom is the effort of suppressing negative thought or feeling. When we start looking for the suppressed feeling, boredom disappears. Conscious Breathing is the ability to breathe energy as well as air. The cost of the sessions is up to you. We generously negotiate the fee for each 2-hour session to fit your budget. We believe that no one should be deprived of this important skill because of money.

Taken from Creative Ideas for a Better Life Volume III

# Profile – Redlyn Parker

## 1. *Where do you live and who do you live with?*

I live in the Blue Mountains with my Two children.

## 2. *Who or what inspired you to become a Rebirther/Breathworker?*

I came to be a Breathwork therapist after years of my own therapeutic Journey with the breath where I witnessed and embodied my own transformation into a more present and emotionally centred person. I have studied and participated in many different forms of Breathwork and am now a highly trained and skilled Breathwork therapist, Bodywork therapist, Crystal Dreaming therapist, a Tantra Breath group facilitator, Creative Artist, Mother, Entrepreneur and Adventurer.

## 3. *Who have you done Rebirther/Breathwork training with?*

I have always had a deep inquiring spirit, and a desire to know myself in the truest and most expansive way possible. I come from a lineage of "Wild Women" who taught me to walk to the beat of my own drum, I regularly sat with my Grandmother whilst she would use her hands to soothe and sometimes heal people with terminal illnesses. She had a thick grey plait that hung down to her thighs and I knew she was different. It seemed like the most natural thing in the world to offer your love to another through touch. This led me to study and participate in many different healing and creative modalities over a period of 30 years.

I have spent time with whom I consider masters of their modalities such as Shantam Nityama with whom I learnt Tantra breath and body work, Leonard Orr with whom I studied Rebirthing, Sarah Jane Singing Raven whom I have had the privilege of sitting in sweat lodge, sacred medicine circles and sacred feminine power teachings from the Lakota tribes of North America.

I have trained extensively in Deep connected Body work, Tantric and Kundalini Breath, Cathartic Breathwork and Rebirthing Breathwork, Ayurvedic treatment, Naturopathy and Herbal Medicine, Astrology, Numerology, Counselling and Massage.

## 4. *How do you use Rebirthing/Breathwork to add value to your life and the lives of your clients?*

I have been a practicing therapist for over 10 years, have run my own thriving healing centre and have held sacred healing space for hundreds of people.

## 5. *What benefits have you and your family received from Rebirthing/Breathwork?*

My own personal healing journey has led me to participate in many healing modalities throughout my life including Somatic Counselling, Family constellation, Tantric Body work, Sacred Plant Medicine Ceremonies, Sacred feminine group work, Sweat lodge, year long personal Breath Work Therapy and many more.

My journey toward self love has taken me to the very edge of comfort and each time I come back from that edge stronger and with a deeper faith and trust in my spirit my purpose and my connection to the divine.

I am grateful to be of service and full-fill my life's purpose



## Testimonials:

*"Little by little I find my body is clearing and recently I experienced a remarkable event in a session with Redlyn. Something 'held' in my body finally LET GO and I knew afterwards that this letting go saved me from having a heart attack! This has been verified."*

*"Not only did Redlyn's Breathwork address what was presenting in my body it was also a valuable guide for deep spiritual transformation"*

*"Her Breathwork in particular is exceptional. Utilising breath and sound she assisted me into a full state of relaxation, from that space she is able to help me access deep emotional blockages that have been there since childhood. Her soft caring manner provides reassurance in what can sometimes be confronting realisations for me,"*  
*"During our sessions I have become very emotional and physically present, this can be uncomfortable and with some swearing and tears. The outcome is a feeling of body and brain connection. This becomes very rewarding in the days and months following the session".*

# Rebirthing Breathwork

## Practitioner Training Level 1

In the Leonard Orr tradition

An intensive 12-day  
Rebirthing  
Breathwork training.

Held over  
4 long weekends in  
the Blue Mountains.  
July 7<sup>th</sup>-31<sup>st</sup> 2017

Full price \$1895

Early Bird \$1650  
(if paid in full by  
May 31<sup>st</sup> 2017)

Payment plans  
available



*“Rebirthing involves merging the inhale with the exhale in a gentle relaxed rhythm in an intuitive way that floods the body with Divine Energy. Rebirthing Breathwork is the ability to breathe Energy as well as air. It is the art of learning to breathe from the breath itself. We cannot have disease and relaxation in the same space at the same time. Relaxation is the ultimate healer. Every breath induces relaxation.”* Leonard Orr.

Rebirthing Breathwork is perhaps the most valuable self-healing ability that humans can learn, it can unravel the birth-death cycle and this involves healing birth trauma, parental disapproval syndrome, past-life karma, religious trauma, school trauma etc.

Pauline Win has been a Rebirthing Breathwork Practitioner and Trainer since the 1970's where she assisted both Leonard Orr and Sondra Ray to bring Rebirthing to the west. Pauline teaches the purity of the work unchanged in its perfection yet matured in its quality.

Redlyn Kym Parker is a Breathwork Practitioner in the Blue Mountains with over 10 years experience, she brings a fresh and modern quality to this ancient art.

This intensive training will qualify you to begin practicing as a Rebirthing Breathwork therapist.

You will be able to apply for membership to the Australian Breathwork association and Rebirthing International.

Level 2 of this training will be offered later in 2017 and is recommended for those wanting to practice as Rebirthing Breathwork therapists.

All enquiries please contact Redlyn Parker 0425233128

# Native Spirit

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# Babaji

24 December 1981

"The message to all of you is that the most important thing in the world is humanitarianism, or humanism. For this, we should sacrifice all our self-comfort. Do not think of yourself or your comfort, but think of others. This is the great humanitarian principle.

"In any town there is always a central place; all the roads in the town or from out of town lead to that central place. Similarly, all religions lead to one point, and that is God Himself; and therefore following any religion you will ultimately reach God.

"In the past, mankind and humanitarianism had always been in trouble. Today the same situation has arisen. It is therefore that God has come Himself, to give you this message of humanitarianism and to protect you through a mantra - the universal mantra of 'Om Namah Shivay,' which has been spread now throughout the world.

"As you know, throughout the world there are factories of armaments which are being produced and stored to destroy mankind, or cause damage to mankind. Similarly, Bhagwan Herakhan's Vishwa Mahadham is a great factory, which has produced only one element - that is Om Namah Shivai. The energy of Om Namah Shivai shall destroy all contradictory energies of hydrogen and atom bombs and will protect you.

"There are proofs in the scriptures that it was a great Gautam Rishi who created the atom energy and he has said clearly that the only thing which can conquer that atom energy or the hydrogen energy is the Om Namah Shivai mantra by itself.

"Today all of you have come from different parts of the world. You are all welcomed here; furthermore, you are all congratulated for coming and having received the blessing of Bhagwan Herakhan. And also in the future, you should come here in great numbers so that the world will accept the sanatana dharma and Om Namah Shivai mantra, which is the origin of sanatana dharma.

"Bhole Baba ki jai!"



# An interview with Galina El-Sharas

## from the Pranic World Festival 2016

My name is Galina Al Sharas, I don't consume physical food since 7 years, it wasn't anything extraordinary for me, I didn't do hard practices but today I realize that I went all my life toward this event.

In 2000 I stopped eating for the first time spontaneously at that period of my life I started to feel the pain of my soul and I spontaneously stopped eating. I was feeling very good, this state lasted for two weeks. But my family was worried and they asked me to start eating again, by doing so they created fears also in me at that time I didn't know anything about breatharianism or raw foodism.

With willpower I forced myself to eat again and sometimes, when invited, I even ate meat. It happened then that the higher forces have begun to teach me and 7 years ago I made the transition to the pranic nourishment in a very conscious way. I was not interested in eating or not eating. In 2000 I saw a picture of Jasmuheen in a book, the woman who doesn't eat. For me that was hard to believe but it intrigued me a lot. I started to wonder that if a person is capable of this who knows what else she is capable to do? My heart knew that there was something behind this limit absolutely beautiful, a space of absolute happiness, a space where there are no suffering and pains.

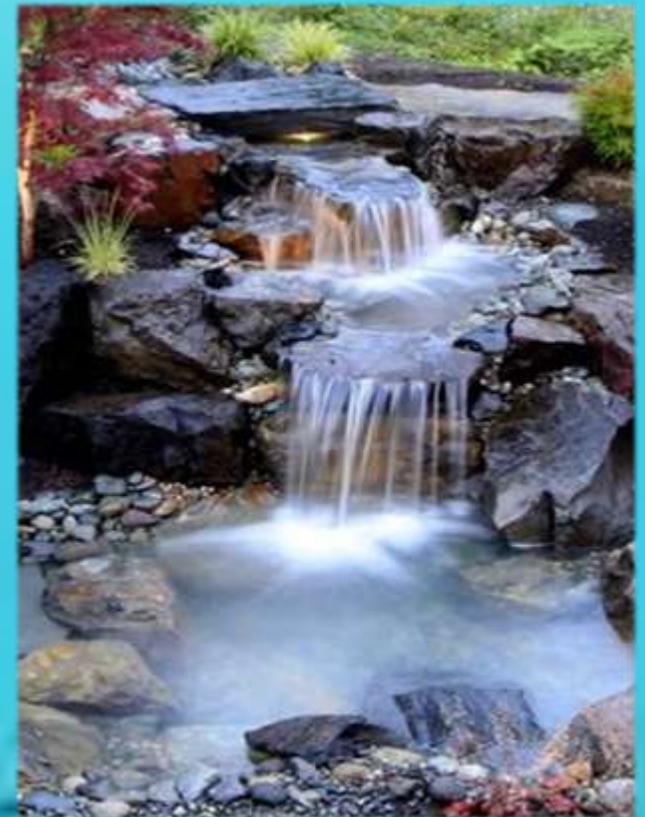
And so it has happened, and the space of clairvoyance is a wonderful place and the so called super powers are actually the natural human powers. My transition was very easy without pain or suffering. Today I don't see the so-called superpowers as superpowers because I have simply discovered all of this in me. With the pranic nourishment the clairvoyance comes to you as a matter of fact, the diseases disappear, I stopped using hormones, life force and endurance increase. And by knowing our multidimensional nature we can easily travel between dimensions, and live in total happiness, in a body that you love, here on this beautiful planet.

I have friends both in this physical world and the subtle world where I also have different masters that teach me. In the subtle world I have also learned to live without breathing, my sleep has been reduced to a few hours, 2-4 hours are enough for me and sometimes I can even not sleep for days at a time. The most important thing is that from that moment I started to radiate a beautiful love, I love all.

Sometimes it happens to me to cry for happiness, to cry tears of joy. Today love is the most important thing in my life. Heaven is here on earth, it's the multidimensionality and we choose in which dimension to be, its in our power to choose to be in heaven right now, here, on earth. Many people on earth already live in this reality, these people are changing the vibration of the entire planet. Thanks to that, suffering, famine, and war will disappear and our planet will become soon a paradise.

What I received in my first year on prana was different from what I receive now. So much new information arrives that sometimes I find it hard in my brain even though I do not live in my brain. The most important thing is that in the subtle world, where God is, all is simple. I receive the new healing practices and I see the world in a completely different way. Now I see it as a whole universe, I see it as a unit; I see all the cosmic laws and the consequences of these cosmic laws in every single situation. I cannot always share with people what I see. I have many friends in the subtle world and it gives me so much joy, they come to me in a very simple way, as friends.

We arrived here through many civilizations, the past civilizations were much more developed that our present one and we bring all this information with us in our DNA. We have all the information about these civilizations that lived before us. Lemuria, Iperborea, Pleiades. I get information on how to use these skills written in our DNA. According to physical laws the information can be found in our field, they vibrate around us. Everyone chooses in what to believe, this also depends on the karmic limitations.



In the human body nothing can die, our physical body is made of atoms. What can happen with an atom of hydrogen? All the atoms are eternal, what makes us alive is our divine essence, What can happen with our eternal divine nature? Death doesn't exist, death is only an illusion of the mind if you believe in it. And now on planet Earth with the new vibrations there is the very special opportunity to become immortal in our physical body. I like that! The first step towards this is to become independent from external sources of nutrition. Today on our planet there are persons that are immortal, in their physical body we can also reach that state. The female energy is becoming very active now on our planet. All of us in past lives were both men and women and today the DNA of the world is activating the layer of the feminine energy. People become subtler, and more intuitive, more sensitive towards each other. I really like the feminine energy. Actually on the subtle planes there is not much difference between male and female energies the energies compliment each other. With pranic nourishment the person becomes independent of all the aggregate and from religious aggregate too. Sometimes I like to go visit churches and sometimes I feel very strong energies in these places. What a person sees in the other is the reflection of their own deficiencies; it's a sacral geometric displacement. I do not see this as something negative because I do not judge, I love all. For the universe there is no negative energy. The same event can arouse negative energies in a person and not in another that simply happens because the event resonates with some memory of this person and the person releases that pain from the past but love heals everything. God is the consciousness of all the people together so each of us is both a God and a part of God and by feeling more and more love we show more and more of our divine aspect. The word Love, translated from Sanskrit means the people who know God.

I am very happy for the processes that are taking place today on the planet. I infinitely love the people who participate at the seminars, that are interested in these themes that have gathered at this pranic festival, these are very special people. I am very glad to be among these people. It's us who stimulates this energy in others, who allows to live in this energy of love and to create heaven on earth. I am very grateful to each of these people and to every living creature. That's how I live today, thank you.

*Galina El-Sharas, lives feeding on Prana since 2009. She is a healer of the new times, a researcher, teacher of meditation, creator of more than 10 different workshops. Galina opens hearts in resonance with the vibrations of the universe and teaches breathing Love.*





Unless we make our shadows conscious they will continue to be projected out onto the world. War is nothing more than two sides, each projecting their shadow onto the other  
Teal Swan





## 400 year old Sharks

Scientists say a large shark found in British waters lives longer than any other vertebrate in the world. Some Greenland sharks, slow-moving giants which can be more than five metres long, have been found to be 400 years old, according to new research.

They have an average life expectancy of 272 years, which is longer than other species known for long life, such as turtles, tortoises and some whales.

The scientists worked out the age of the shark by using a radiocarbon dating method previously used to establish the age of whales.

They examined eye lenses from 28 female Greenland sharks measuring between one and five metres long, which had accidentally been caught in fishing nets.

They measured a life expectancy of almost four centuries.

The massive shark has a heavy cylindrical body and a short rounded snout, according to the Shark Trust. It can be found off Scotland, in the North Sea and in parts of the English Channel, as well as the east Atlantic.

The Shark Trust says it lives in depths ranging from coastal shallows to more than 1,200 metres.

It eats fish and crustaceans, as well as mammals including seals.

The new research says the only creature to live longer than the Greenland shark is the ocean quahog, a type of edible clam which has a life expectancy of more than 500 years.

Previous research suggested the shark grows at a slow rate, of around 1cm each year.

Female Greenland sharks may not reach sexual maturity until they are around 156 years old, the team found.

Its flesh is poisonous because of the presence of a toxin which produces effects similar to extreme drunkenness.

from skynews.com.au

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The next edition of IT'S ELEMENTAL will be Air, please share your stories ideas and pictures by emailing them to [jj.eisemann@gmail.com](mailto:jj.eisemann@gmail.com) by September 1st 2017 Many thanks to all those who contributed to this Water edition, Joanne