

It's Elemental Air 2017

Newsletter of the Rebirth International Aussie & Kiwi mob



"Pauline's breathwork training course has been the best and most loving training session that I have experienced, rebirthing with Pauline and her seminars have changed my life. I was carrying heavy burdens both in my heart and feeling low in spirit, I now find myself feeling joyful and I have begun to reduce in my bodily weight and know that life will get better for me because now I have a deeper understanding of birth trauma, my energy body and how to breath correctly taking in Prana energy and so much more. Thank you Pauline for helping bring back my will to enjoy life again and teaching me ways to continue on in my journey". **Eva Korchma, Teacher**

"The Rebirthing practitioner training with Pauline Win held in July 2017 in the Blue Mountains was absolutely amazing. Pauline is a wise, gorgeous, loving, caring and ruthless teacher. She has an amazing ability to know what is needed in each moment. Don't be fooled by Pauline's easy going and friendly nature! she has a very sharp mind and is always on the ball. I had the privilege to be rebirthed by Pauline twice during the course and I felt greatly held and supported. Thanks so much Pauline for sharing your wisdom and expertise so gracefully". **Vicky Puig, Saint and wise woman.**

Hi all

Recently I facilitated a 12 day Rebirther Practitioner training in the Blue Mountains with Redlyn Parker. I had the most fun ever in this training. The participants were gorgeous, insightful and really tuned in to the Rebirthing process. They were such a pleasure to be with.

The following is Eva and Vicki's comments on the training. I wish all the group the very best for their futures and lots of love from Pete and I. **Pauline Win**

Breath training in the Blue Mountains

Why my childhood

by Joanne Eisemann

I was contemplating a group of physical symptoms I had manifested recently. I asked myself, how do they make me feel? The answer for each one of them was the same – limited.

I had been thinking about the idea of unlimitedness on and off for over thirty years. The body realisation of my unlimitedness came all at once when I acknowledged that I felt limited.

My whole childhood flashed before my eyes. I saw that the primary lesson my parents had tried to teach me with all their rules, regulations and disapproval was that I am a limited being. In that moment I felt more appreciation for my parents than ever before because in teaching me that so strongly, they had also given me the opportunity to realise the truth of my unlimitedness, with equal strength.

Energy rushed, as I let the realisation flood through my body that I could be do or have anything if only I focused my attention and feeling in the direction of my desire.

I had once heard someone say after a Rebirthing session that they understood 'why my childhood'. I never really got that till now; it felt just like that to me.



Aboriginal colours and the 4 elements

Aboriginies painted with only four colours – black, yellow, white, and red. Some of their ancient red and yellow ochre mines are regarded as sacred sites today. Black corresponds to the earth and is invoked from the South. It represents the happiness and light and joy of life on earth. Yellow corresponds to water, the Rainbow Snake, birth and love, and is invoked from the west. White corresponds to air and is invoked from the east. It represents the ascended if of physical immortality, the breath of life the wind the stars and the sky. Red represents fire, and is invoked from the north. Red symbolises the essential energy and spirit of earth and life and the magick power of ritual and True Will to direct that energy, in devotion to greater liberty.

The above four directions are valid for any site south of the equator. If you were working this system north of the equator, then simply reverse the north and south elements. Invoke fire from the south and earth from the north. East and west attributions would remain the same.

Traditional Aboriginal art uses only these four colours.

From 'The Rainbow Serpent and the Holy Grail – Uluru and the planetary chakras' by Robert Coon

Leonard Orr in Australia September 2018

Leonard Orr, Pioneer in Longevity, Physical Immortality and anti aging is facilitating a 10 day Rebirthing and Spiritual Purification training at the Physical Immortality Centre, Gwabegar, NSW in September 2018.

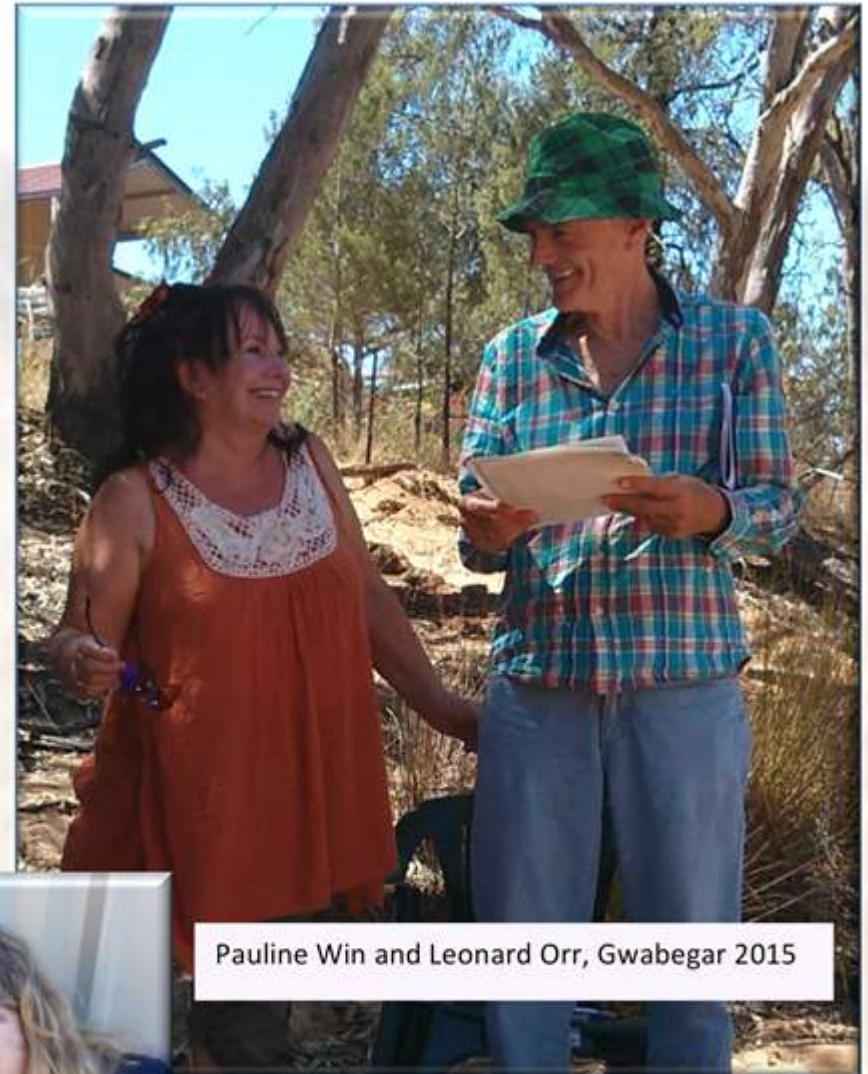
Leonard is the world's leading authority on the subjects of longevity, physical immortality, anti aging and youthening the body. His research into these subjects has resulted in him meeting numerous immortal Masters and Masters of conquering aging and death.

Leonard has the largest library in the world of books on Physical Immortality which is registered with the American Congress of libraries.

At this retreat he will share his vast knowledge and experience and you - the participant - will practice in a practical form what he recommends to increase your energy levels and learn how to overcome illnesses and aging.

The retreat centre is in the perfect place for you to experience the Aussie outback, clear night skies, brilliant stars and sleep with a fire under the moon.

Joanne Eisemann shared this about the Rebirthing Centre in Western NSW outback. "There are so few people living in this area that the Earth has the loudest voice, you cant help but hear it and feel it"



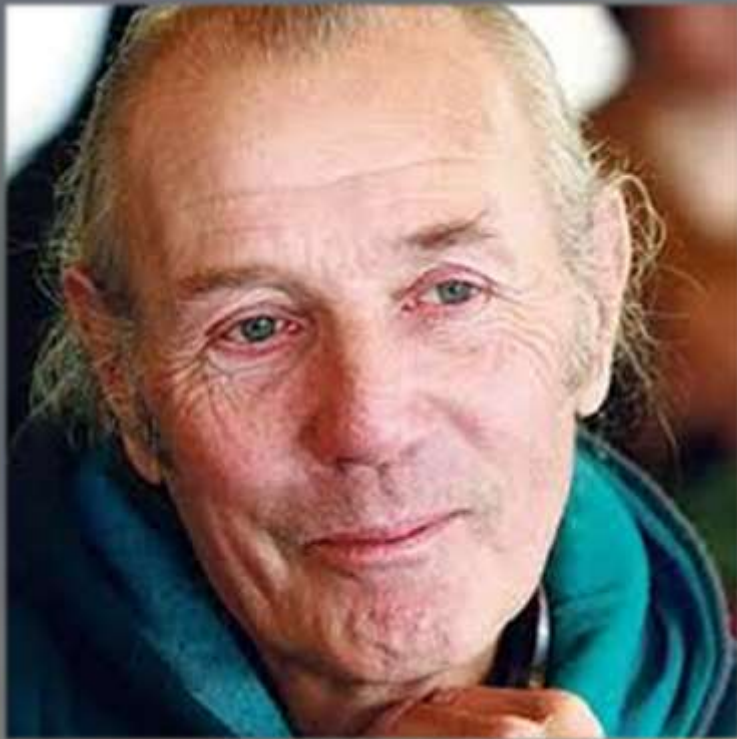
Pauline Win and Leonard Orr, Gwabegar 2015



Full Board - Seminars with Leonard, etc.etc. \$2500.

Please register your interest by emailing india_quest@hotmail.com

Pauline and Redlyn are Hosting Leonard and co-facilitating this training.



Henri Monfort, Breatharian

Born in 1953 in France. Since 23 November 2002 Henri Monfort feeds on Prana, he drinks a little water sometimes. What follows is taken from an interview with him at the world Prana Festival 2016

For me, what matters is not so much the prana, it is the pranic state. Prana has always existed, it is the energy of life, it is all around us. Pranic consciousness moves us into awareness that we can live through this energy. Only through this energy, not anymore being a predator and stop living in the destruction of the planet, but to live in harmony with the planet. We are not anymore disconnected from the universe.

Most people who live in duality are obliged to look outside for their food to look outside for their action. In the pranic state, everything is inside, and from there, unity will be installed in life. Everything becomes simple and easy and from there we enter the space of respect.

Respect is tolerance since every human being is unique. There aren't 2 leaves that are the same; there aren't 2 seeds that are the same. There aren't two human beings that are the same on earth, every being is unique, unique and exceptional, and therefore they must be fully respected.

Once you reach this consciousness of Unity, everything becomes ONE. Each person is equally important to another, is equally fundamental for the universe than another. So whatever is the tradition, the religion, the colour of the skin, the culture, the pranic state allows reaching a state of oneness where everything is ONE.

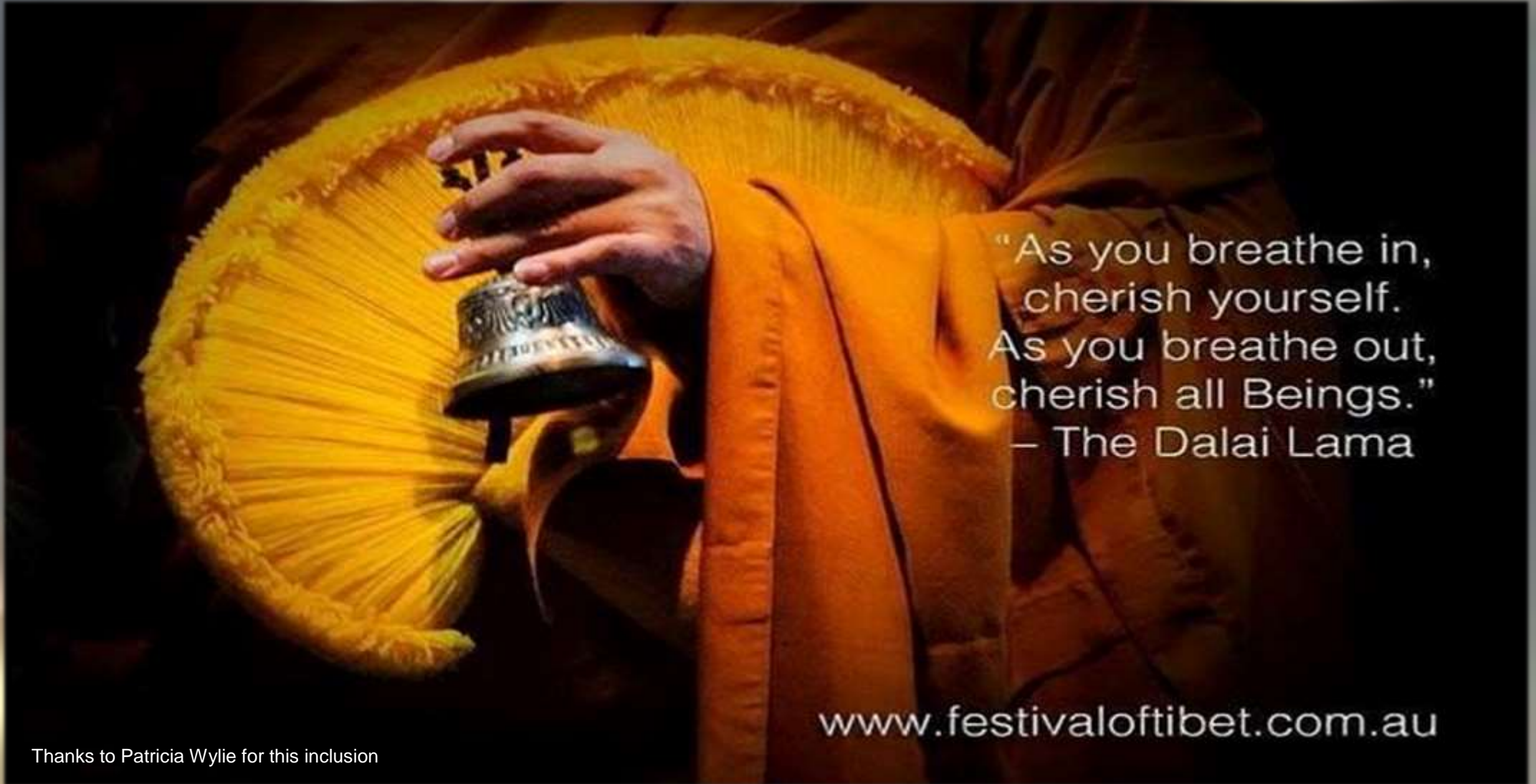
As the Lakota Sioux says 'Om Metakhoyasi' that means all is One, All is Unity and from there, there is no one superior to another, not all people are on the same plane, and from there all the other kingdoms are affected. It means that humans evolve, and with them the animals evolve and the mineral kingdom, and the plant kingdom evolve that's Unity!

There are differences between the pranic state and the present state. What's the difference between someone who is in duality and someone who is not, emotions. Emotion comes from the Latin EX MOVERE that means moving out from himself, emotions decentralize you whether you are experiencing a positive emotion or a negative one, you are no longer you anymore, you are projected, and that's the duality. If you are in the world of emotions you are in suffering. Pleasure and pain are the two faces of the same coin.

Here is only one thing that matters" the feelings, which are not emotions. Disease, pain, suffering are illusions but you can say that only after you come out of it... not when you're still inside. When you're in duality you are subjected to these forces and you're subject to this force called "vital emotional" the forces of thought, that are all around us and use us as puppets.

Coming out of this kind of vessel as Sat Prem said out of the vase of the mental and of the vital emotional brings to a state where there is no duality, all is One, there are no emotions anymore. We find ourself in the feelings. The feelings make us grow. They give us strength, joy, peace, love coincidentally all feelings are positive and when you live in this state you have no emotions, you are never destabilised but you have feelings, compassion is a feeling, but I will not suffer with people. I accept that people suffer but I say that it is not normal that the people suffer. They must emerge from suffering this is what the Buddha also had realised, the suffering had become unbearable for him. Bodhisattvas say' as long as on this earth there will be someone suffering I will be there. This is the sermon of the Bodhisattva of the realised people. It's the same, when you live in unity, you begin to live in a world where sickness, suffering, death don't exist anymore.

There isn't a path that is better than the other, there is no one who understands and others who do not. The knowledge of the experiences as the shaman say is, I speak of what I know and I know what I have experienced. What interests me is put in communion and transmit the testimony of what I live but I only know what I experience you can not transmit it in words but a pranic being resounds when it meets another pranic being there is such a vibration of love between us that we want to hug each other and want to tell each other 'We are real human beings, together to change the world. It happens that some pranic persons return to take in food they feel to return to something heavy dense, something that is not the reality but that is the body imposed by the food. Everybody can be pranic now. How can we come out of all the big problems that will arise soon on the Earth? In a few years or months overcrowding, destruction of the planet, climate change all these people dying of hunger worldwide etc. All these people that are getting old and sick all that is related to Pranic State is related with food. So if you decide to make a change in your life, become pranic because from there you can change all. Every person can become pranic if they wish so because it's in the mind that it happens, its about going beyond fears and limitations.



"As you breathe in,
cherish yourself.
As you breathe out,
cherish all Beings."
– The Dalai Lama

www.festivaloftibet.com.au

Thanks to Patricia Wylie for this inclusion

The First Certification Process

from Rebirthing in the New Age by Sondra Ray and Leonard Orr

A nine-week training program for Rebirthers that took place during the summer of 1976 in Walton, New York culminated in the establishment of a certification process. Leonard designed the process to insure high standard in rebirthing people and to maintain those standards by certifying individuals who have demonstrated their ability and received the unqualified support of all their associates.

“What qualifies a person to be a rebirther?” Leonard asked the sixty people who were present at Walton that summer. Each one responded by stating what he or she felt characterized a rebirther. All comments were recorded and the session continued until there was complete agreement in the room that all points had been covered completely. It was apparent that the response was a direct reflection of the individual’s intuitive connection to Infinite Intelligence and Infinite Being. The following is a complete list of the qualifications Rebirthers must meet in order to be certified

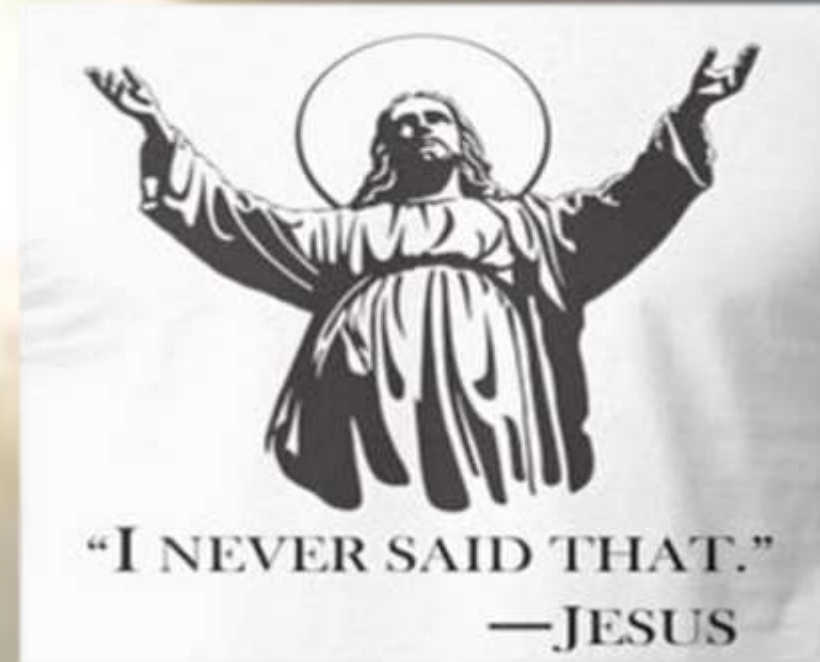
Prerequisites for Rebirth International Rebirthers

1. The ability to produce results with your clients
 - a) completion
 - b) release of body tension
 - c) release of conditions related to birth trauma
2. Completion of oneself – having unravelled the substance of ones own birth-death cycle and parental disapproval syndrome.
3. The ability to function without outside approval from one’s clients and colleagues for one’s well-being and feeling of success
4. The ability to conduct successful rebirth seminars
5. The ability to create successful affirmations
6. The ability to function successfully in a spiritual community
7. The ability to function effortlessly and pleasurably in the physical universe
8. Motivation other than money
9. The ability to remain confident and competent while experiencing helplessness and/or weakness of oneself
10. Confidence in one’s intuition
11. Respecting and valuing the divinity of oneself, clients and colleagues
12. Have completed, or presently be a member of, a one-year seminar (subject to negotiation)
13. The willingness to continue evolving and training as a rebirther
14. Functioning successfully, including financially, as a rebirther for a period of 3 months
15. The willingness to support other qualified Rebirth International Rebirthers and members of Rebirth International
16. The ability and willingness to create support groups for your clients in all areas in which you work
17. Obtaining the written agreement of ten Rebirth International Rebirthers
18. Having attended a rebirther training for one or more weeks at a training centre

Certification of those present began by Leonard’s asking another question: “Who qualified as a rebirther according to the pre requisites we just established?” Everyone was standing the room hummed with scepticism, trepidation and humour. Of the sixty people present, thirty-five sat down and twenty-five remained standing. Beginning with a premise that all are equal in all ways, the thinning of the ranks was rapid and breathtaking.

What was then demonstrated was the most efficient, honest and thorough system of individual selection imaginable, leaving little doubt as to the results produced. As individuals were confronted with reservations about their abilities to rebirth people, they sat down, while the rest of the group continued standing. Those sitting down could still voice objections about anyone left standing.

The room took on a heightened consciousness and a deep felling of spirituality. Intuition pervaded the assembly. The selection continued until there were only five mildly frightened bodies standing. These five vertical bodies had met the agreed-upon qualifications, and they had the unqualified support of everyone in the room. Those seated had demonstrated and accepted that they themselves did not have enough certainty on one or more points of qualification to remain standing. Out of twenty-five people who started this process, five people were certified



Dharshan & Audience with The Immortal Babaji

Followed by Navratri at
Haidakhan Ashram March 12th – March 28th

Escorted by Pauline Win & Peter Bell of India Quest

Following Dharshan we will be attending Navratri Festival at Haidakhan Ashram, Babaji's home during the late 70's & 80's. During Navratri, Haidakhan Ashram comes alive with celebrations, fire ceremonies and other spiritual practices. Navratri is from 18th March to 26th. Navratri is a Festival dedicated to The Divine Mother. The prayers, fire ceremonies and other practices are intended to replenish and uplift the spirit and add more quality, both spiritual and material, to your life. After Navratri we will be taking a group to the Urine Therapy Hospital. Further details on www.Rebirthing-Breathwork.com Phone +61 435153703 Email india_quest@hotmail.com Costs –\$1800, Includes Airport transfers. Accommodation (Twin share). Travel within India and most food.

Urine Therapy Hospital Following our return to Delhi we will be taking a number of people to the Urine Therapy Hospital in Southern India. This will again be escorted by Pauline & Peter and is available to participants from the above group as well as any others who wish to join. Costs will be paid directly by the participants and will involve travel costs (approx \$60 each way by train from Delhi), daily fee of \$AUD60 (a huge discount on normal) at Hospital which covers accommodation, food and treatment, plus Delhi Hotel and Transfer fees to/from airport (Hotel approx. \$45 per night). It is recommended to take 10 to 20 days to master the recommended process at the Hospital)

Please feel free to ring Pauline on 0435 153 703 for further clarification/details or email india_quest@hotmail.com NOTE: Pauline & Peter will be escorting this tour as a special service and will not require any payment.





His Holiness the 14th Dalai Lama of Tibet holding a welcome feather presented by local Aborigines during his last visit to Australia.

“ For as long as space endures
And for as long as living beings remain,
Until then may I too abide
To dispel the miseries of the world. ”

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 Fire, please share your stories ideas and pictures by emailing them to jj.eisemann@gmail.com by Dec 1st 2017 Many thanks to all those who contributed to this Fire edition, Joanne

Rainbow Serpent

Follow the Rainbow Snake, and you arrive at your origin. Legend says that all life on earth has been born from Mala Puta at Uluru. If you return to this point of origin, then you enter the realm of ancient earth memory, where primal Creation Time extends beyond the stars...

Follow the Rainbow Snake and you travel towards your destiny. Aborigines say that when a rainbow appears in the sky, it is a sign that the earth current of the Rainbow Snake is on the move, from one sacred site to the next. So let the rainbows appear, as we follow the way of the Rainbow Snake.

From 'The Rainbow Serpent and the Holy Grail – Uluru and the planetary chakras' by Robert Coon

