

Its Elemental Water 2018

Newsletter of the Rebirth International Aussie & Kiwi mob

Earth, Air, Water, Fire

By Bob Frissell

We are Nature, and we are Nature in the most profound way. We can't really draw a line and stand apart from it and say, "That's Nature and this is us." We can't do that because we are Nature. Let me show you.

Let's begin with air and let's begin by following one breath. Now 1% of the air is an atom called Argon. Argon is an inert substance so it doesn't react with anything, so you breathe it in it goes into your body, and you breathe it out so it comes right back out again. So it's a good atom to follow, and in case you're wondering how many Argon atoms there are in one breath. Well there are 3 followed by 18 zeroes, that's a lot of Argon!

So very quickly, everyone in your room is breathing zillions of Argon atoms in that one breath. And then suppose the door opens and out goes billions of Argon atoms that everyone breathed. It goes around the Earth and one year later, if we were to come back into that same room, every breath would have about 15 Argon atoms from that one breath you took a year ago. So that means then that every breath we take was once in the body of Jesus, every breath we take was once in the body of the Buddha, and if you go back 65 million years, every breath was once in the bodies of the dinosaurs. So air is this wonderful substance; it gives us life, and it connects us to all living creatures, past and into the future.

How about water? Well every one of us is at least 60% water by weight, so we're basically just a big blob of water. And yes we have enough thickener added so we don't just drivel away on the floor. And as you know, our bodies leak water; we're losing it all the time. Yet the amazing is , our bodies know that, We don't have a big gage, we don't need one, telling us that we're nearing empty, because our body knows exactly how much water is in it, and it's constantly keeping that level just right.

Water covers 70% of the planet and it evaporates; it forms clouds and it rains over the land, and it runs into rivers and lakes. And then it evaporates, and around and around it goes. So it cartwheels all around the planet, connecting us all together just as the air does, because we are water. And that water has come from all over the planet. So whatever we do to the water, we're doing it directly to ourselves.



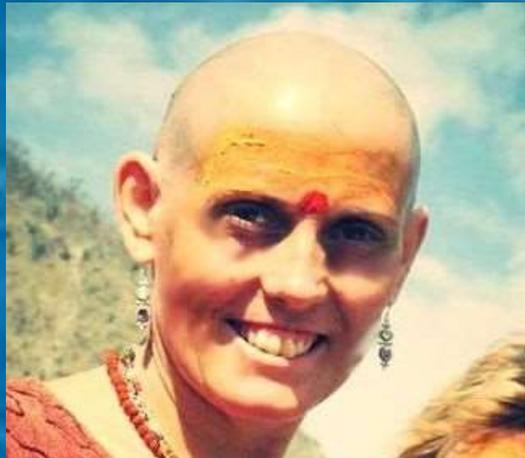
How about Earth? Well the soil is what keeps us alive. We talk about how thin the atmosphere is, but the soil is just a very thin layer, and we are the Earth, we are the soil in the most profound way, because most of the food we eat is grown in the soil. So you put the food in your mouth, you take the molecules out of the food, and you make it into what we are. So we are the Earth because we're created from molecules that plants have absorbed from the soil and we make it into our own body.

How about fire? We are fire because every bit of the energy that makes us live and grow and reproduce; all of that energy in our bodies is originated as sunlight. Plants as we know, have found a way to capture this energy in the sunlight through photosynthesis. Converting sunlight into chemical energy which is sugar, and it can be stored. So that sugar holds the energy.\, and when we burn sugar we release that energy. So we eat plants and we get that sunlight captured in the plants, and it makes up our bodies

So we are fire in the most profound way. And every bit of fire that we make, that is, outside of our bodies, every single bit of it was sunlight that was captured by plants and stored as fossil fuel, or stored as trees that we burn. Every bit of the energy that we use, was sunlight. We are fire!

So I would suggest that you go camping to remind yourself of just how pleasurable it is to sit in front of a good campfire. If you have a fireplace or a wood burning stove, use it. And if you don't, burn candles. We know that a room full of burning candles creates a wonderful atmosphere, a beautiful "Cathedral" type effect. So give yourself the direct experience of fire. And water, just how soothing is it to sit by a stream or creek and soak in all the negative ions. And how about swimming in the lake, or better yet, in the ocean. Is that refreshing or what? And your shower or bath tub? Here's a simple question for you, "Did you feel better before your bath or shower, or did you feel better after?" Let me remind you of the importance of filtering your bath or shower water. It's quite harmful to the body on an accumulated basis, to be bathing in chlorinated water. And the same is absolutely true for your drinking water. And Earth, spend time in the beauty of Nature.

Bob Frissell email: info@bobfrissell.com Website: www.bobfrissell.com



Mundan

Mundan is a complete head shave, an offering to the Divine of our vanity and a sign of surrendering and new beginnings. Babaji wanted everybody coming to Herakhan to take a mundan. He said that it was easier for Him to enter our head. Our hair holds much accumulated mental energy which is not so easy to wash away with shampoo. For a fresh beginning to the rest of your life mundan is highly recommend for the full experience!

Physical Immortality Centre Australia - News



The walls are up

Building update

As you can see from the photo's Pete is well advanced in finishing our shed house home. It's darn hard work lifting large sheets of gyprock but it is keeping us fit. It will be finished (is it ever finished) by Xmas.(maybe)

Training

Pete and I had Dharshan of Babaji again and went on to Navaratri in March. We then went on to Greece where Stathia and Paul organised a Breathworkers training for me in Athens.

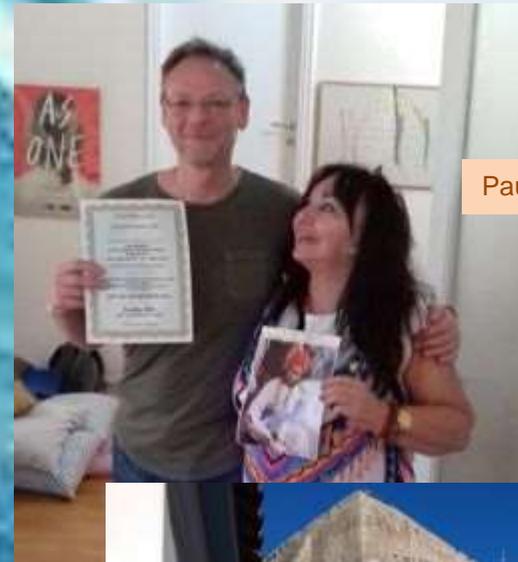
The venue was opposite the Acropolis. The training included a visit to a beautiful island with hot springs to do a weekend Water Rebirthing training. The hotel was gorgeous and would be ideal Hotel for a restful holiday or honeymoon. We had fires on the beach.

I loved the training. The Greek participants were so easy going and beautiful to be with. The website for the Hotel www.9queens.gr if you feel like a great holiday.

Thank you Stathia and Paul for all the work you put into this training. Love Pauline



The fabulous group of participants



Paul and Pauline



View from balcony of training centre

Rebirthing for 40 years Rebirthing for 40 years

How did I find out about Rebirthing? I lived in a small town, my youngest was 10 and I was looking for something else. I had just finished a Co Counselling course by John Herron, they sent a monthly newsletter.

I came across a book in the Library called Rebirthing and I was totally determined that this was what I wanted to do. Just reading about it filled me with joy.

Six months later a woman arrived from England who was a Rebirther. I travelled to the city to have sessions with her for about a year then did a training. Then I moved to Australia and did more training, then worked with others there. This was a wonderful journey for me.

So today working with clients still brings me as much joy as when I first read about Breathwork forty years ago I feel so blessed to be able to share this work with others.

Mary Marsh



The beautiful
Mary Marsh



Steve Jobs , of Apple Industries

It is reported that founding director of Apple Industries, Steve Jobs, met Haidakhan Babaji in India. Jobs died from pancreatic cancer in 2011. Recently his friend Daniel Kottke, who went on to join Jobs at Apple Computers, states that he and Jobs were initiated by Babaji in Haidakhan in 1974. They had flown to India to meet Neem Karoli Baba in the Kumaon Hills of India. But Neem Karoli Baba had just taken Samadhi and Jobs and Kottke were advised to travel further to visit Haidakhan Babaji. According to the official Biography of Jobs by Walter Isaacson: Jobs visited the ashram of Haidakhan Babaji for spiritual enlightenment.

Steve Jobs planned every detail of his own memorial service, held at Stanford University in October 2011, including the brown box each attendee received as a farewell gift. In it was a copy of Autobiography of a Yogi by Paramahansa Yogananda.

He practiced meditation regularly during his life. It is claimed that he believed that he received inspiration and knowledge during his meditations and that these have transformed our world.

A poem dedicated to those who surrender to the highest power found in the breath.

By James Anthony Ellis

Here's to You, Dear Searcher

*We come to this space of unconditional love
Seeking to find what is below and what is above
Opening our minds and opening our hearts
To return once again to that brand new start*

*It begins with surrender, and then a deep breath
A rebirth into bliss, to a life beyond death
Into the timeless, the spaceless, into the sweet will
Where thoughts cease fire, and deep waters run still*

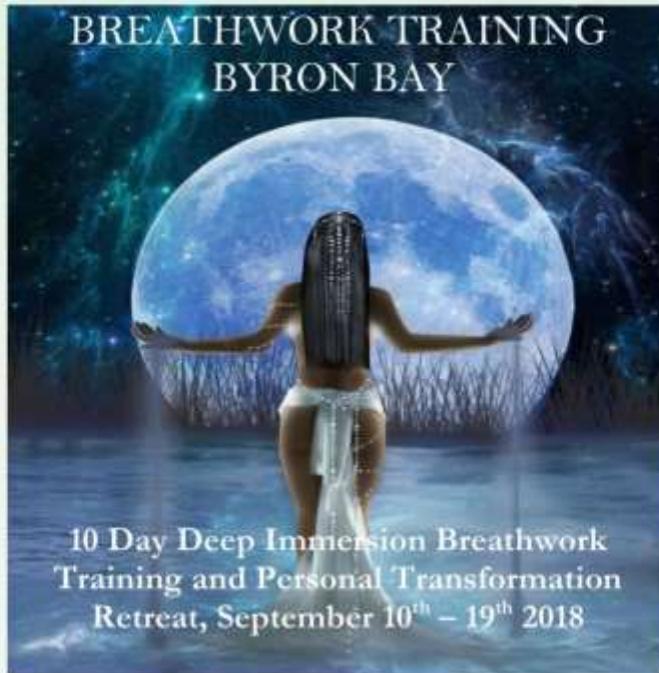
*Here's to you, dear searcher - you'll find your way home
Where there is the one reality, where you're never alone
We dive within ourselves, to discover that pure gold
The innocence that is our birthright, a love story to be told*

*So celebrate today and always, be here and now
Traveling as far as you wish, what your safety will allow
We acknowledge all you've done, and all there is to do
As you discover the meaning, and the truth of the real you*

*Here's to you, dear searcher - planting seeds to be sown
Realizing your true nature, finding you own pathway home*

James Anthony Ellis is an author of 8 books, including "Breadcrumbs; Poems and Prose Designed to Lead You Home."
www.LegacyProductions.org





Join us for a transformative 10 days of Rebirthing Breathwork.

This is a professional training that will qualify you to practice as a Breathwork therapist on completion of LEVEL 1 AND LEVEL 2.

*Level 2 Mentoring program and Level 3 Master classes of Water Rebirthing, Past life regression and Group facilitation are available once Level 1 is completed.



Your Facilitators: Redlyn Parker and Aurore DeCampo

Redlyn has over 20 years experience as a healer and facilitator of change. She holds an extraordinarily deep space to assist in liberation from past wounds negative self-beliefs and stories. She is motivated by the joy of witnessing people emerge powerfully from suffering to a life of liberation.

Aurore weaves together a gentle yet present way to embody energy. Through movement, sounding and grounding techniques allowing one to feel planted on the Earth. Her strength and nurturing energy provide a safe and powerful space to integrate these practices.



Investment for the training is \$2500 includes Accommodation (Camping) and light nourishing meals to support your Journey *Deposit to hold your place \$500

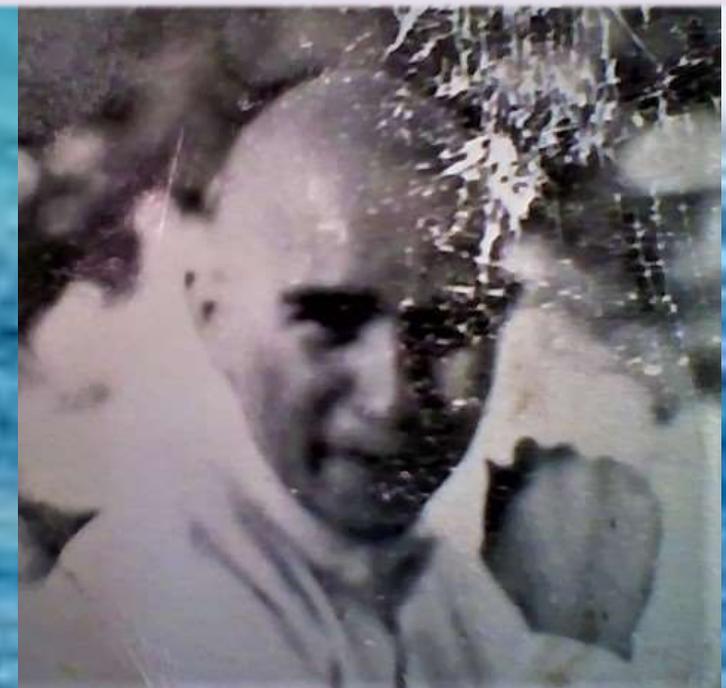
To book in please send an email to redlynparker@yahoo.com.au or call 0425233128

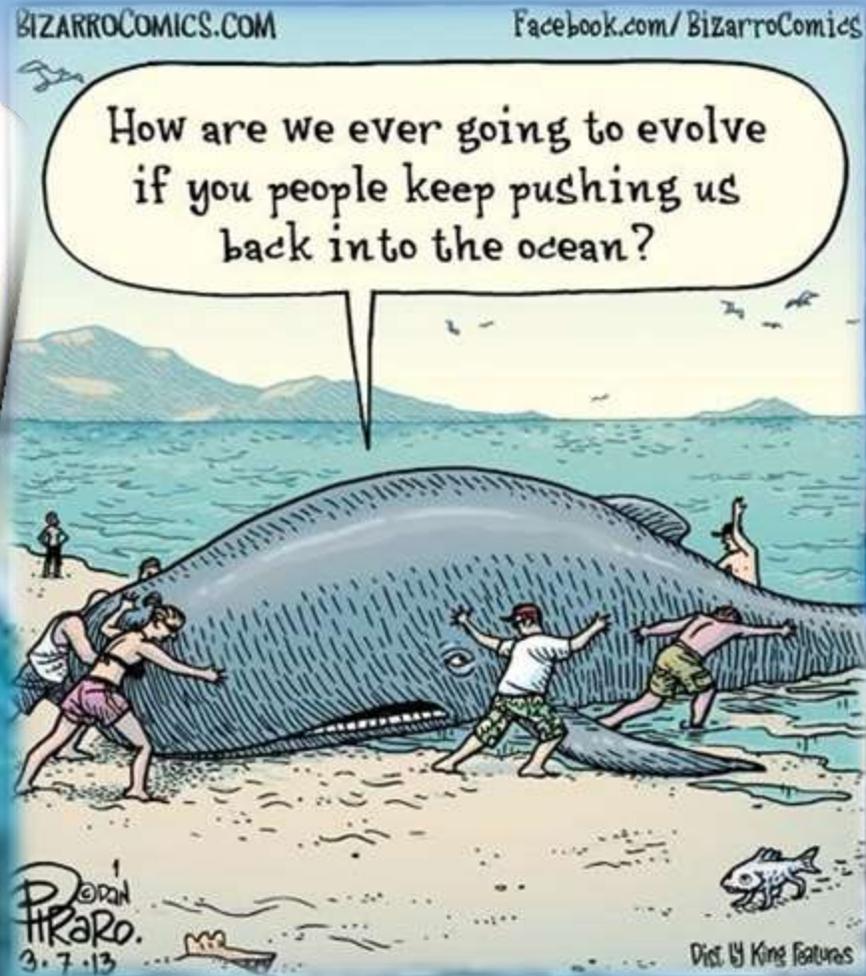
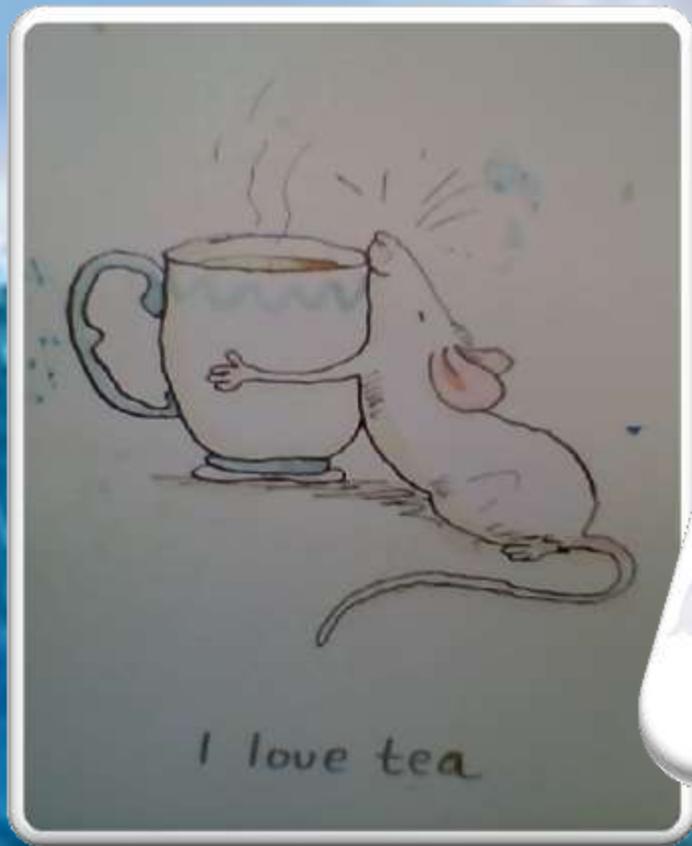
www.nativespirit.com.au

“I will always be with you”

Babaji

Once upon a time Lord Shiva and His consort Parvati Devi were sitting on mount Kailash looking at the world. Lord Shiva saw the suffering of humanity and said that it is time that I go down there to set things straight. I will go to earth as Haidakhan Baba and re-establish dharma for the people. Parvati Devi said then: I will also go to earth as Mahendra Maharai and announce your arrival. All the attendants and ghanas who were sitting around jumped in joy and said hurray! We are going to earth. Lord Shiva said: No you will stay here and watch it unfold from here. O' Lord please they begged let us come with You. No Lord Shiva, said I do not want you with me this time. Again they begged the Lord to allow them to come. Alright the Lord said but you will not be aware of whom you are and you will be as ignorant as everybody else on earth..... and so it happened;.....and is happening ! Be happy ! The Lord of the Universe is amongst us. Show Him your deepest devotion, leave no stone unturned to do His sava. Support Him to the best of your abilities to live and exact Truth, Simplicity and Love.





The most important thing for most of you to remember, is that circumstances don't matter.

Only your state of being matters. How you respond to circumstances is what determines your state of being

Bashar

Common Sense About Life

By Leonard D Orr

This essay is another attempt to put the truth about abundant life and personal mastery or physical immortality in one page.

One way of revealing it is spiritual enlightenment, spiritual purification, and spiritual community. Another way of saying it is to enjoy just being, which may have many healthy purposes, to have pleasurable activities to do everyday of which spiritual purification practices are a part of our healthy habits, and to have an abundance of healthy relationships with lots of enlightened people who are doing the same thing.

If you understand the words of the preceding paragraph, you have all the secrets that you require for a long, pleasurable, productive, and meaningful life, which can and probably will include physical immortality. At least, you will have a personal and easy choice about it.

Spiritual enlightenment involves knowing the basic truths about life.

“Energy becomes what it thinks about” is one way of expressing it. All there is, is energy, thought, and form. We are Infinite Being, Infinite Intelligence, and Infinite Manifestation and can express ourselves artistically forever.

When we realize this in the space between our thoughts, we are spiritually enlightened, and can exercise almost absolute control over our personal reality.

And of course, when we are in that space between our thoughts, we are one with the absolute power of the Universe. Our next thought as we move out of that space tends to determine our future.

Then we have to participate in or with the Universe. We can express it another way by saying to enjoy participating in life in all its wonders. This involves living with the rhythms of life.

The existence of the physical universe is dependent upon cosmic habits like the dependable turning of the earth, the daily light and heat from the sun, sleeping and waking, eating, working, relationships with people, our shelter, etc.

The physical universe is the intelligent interaction of earth, air, water, and fire. Therefore, the human body is the supreme intelligent action of earth or matter, air, water, and fire. Consciously honoring this action or interaction of the basic elements of life is the secret to spiritual purification. Building this awareness into ordinary, but special and actually very pleasurable spiritual practices is what gives full aliveness to our mind and body. These practices are bathing twice per day, conscious energy breathing, a healthy vegetarian diet, adequate exercise, and adequate exposure to fire sufficiently to clean and balance our energy body. The flames of fire can clean our emotional body as bathing in water does. They each do different things that maintain our creativity and bliss.



This assumes that we are aware that we have an energy body. Happiness, productivity, health and human life as we know it, seems to be dependent upon basic spiritual practices that maintain the life energy in the body. Spiritual community involves the enjoyment of other people in our environment who are doing enough purification to support rather than drain or damage our energy body. It involves participating in pleasurable ways with others in our purposes for using our minds in community projects, political goals, and the economy in ways that are meaningful and satisfying to all. Our community consists in agreements in time and space. Honoring the principles of spiritual enlightenment, spiritual purification, and spiritual community, seems to make physical immortality natural and eternally pleasurable. It is good for this essay to have an anonymous author, because you are the author of your life. If these ideas are not common sense for you

SCIENTISTS DISCOVER CHILDREN'S CELLS LIVING IN MOTHERS' BRAINS

The connection between mother and child is ever deeper than thought

The link between a mother and child is profound, and new research suggests a physical connection even deeper than anyone thought. The profound psychological and physical bonds shared by the mother and her child begin during gestation when the mother is everything for the developing fetus, supplying warmth and sustenance, while her heartbeat provides a soothing constant rhythm.

The physical connection between mother and fetus is provided by the placenta, an organ, built of cells from both the mother and fetus, which serves as a conduit for the exchange of nutrients, gasses, and wastes. Cells may migrate through the placenta between the mother and the fetus, taking up residence in many organs of the body including the lung, thyroid, muscle, liver, heart, kidney and skin. These may have a broad range of impacts, from tissue repair and cancer prevention to sparking immune disorders.

It is remarkable that it is so common for cells from one individual to integrate into the tissues of another distinct person. We are accustomed to thinking of ourselves as singular autonomous individuals, and these foreign cells seem to belie that notion, and suggest that most people carry remnants of other individuals. As remarkable as this may be, stunning results from a new study show that cells from other individuals are also found in the brain. In this study, male cells were found in the brains of women and had been living there, in some cases, for several decades. What impact they may have had is now only a guess, but this study revealed that these cells were less common in the brains of women who had Alzheimer's disease, suggesting they may be related to the health of the brain.

We all consider our bodies to be our own unique being, so the notion that we may harbor cells from other people in our bodies seems strange. Even stranger is the thought that, although we certainly consider our actions and decisions as originating in the activity of our own individual brains, cells from other individuals are living and functioning in that complex structure. However, the mixing of cells from genetically distinct individuals is not at all uncommon. This condition is called chimerism after the fire-breathing Chimera from Greek mythology, a creature that was part serpent part lion and part goat. Naturally occurring chimeras are far less ominous though, and include such creatures as the slime mold and corals.

Microchimerism is the persistent presence of a few genetically distinct cells in an organism. This was first noticed in humans many years ago when cells containing the male "Y" chromosome were found circulating in the blood of women after pregnancy. Since these cells are genetically male, they could not have been the women's own, but most likely came from their babies during gestation.

In this new study, scientists observed that microchimeric cells are not only found circulating in the blood, they are also embedded in the brain. They examined the brains of deceased women for the presence of cells containing the male "Y" chromosome. They found such cells in more than 60 percent of the brains and in multiple brain regions. Since Alzheimer's disease is more common in women who have had multiple pregnancies, they suspected that the number of fetal cells would be greater in women with AD



compared to those who had no evidence for neurological disease. The results were precisely the opposite: there were fewer fetal-derived cells in women with Alzheimer's. The reasons are unclear.

Microchimerism most commonly results from the exchange of cells across the placenta during pregnancy, however there is also evidence that cells may be transferred from mother to infant through nursing

In addition to exchange between mother and fetus, there may be exchange of cells between twins in utero, and there is also the possibility that cells from an older sibling residing in the mother may find their way back across the placenta to a younger sibling during the latter's gestation. Women may have microchimeric cells both from their mother as well as from their own pregnancies, and there is even evidence for competition between cells from grandmother and infant within the mother.

What it is that fetal microchimeric cells do in the mother's body is unclear, although there are some intriguing possibilities. For example, fetal microchimeric cells are similar to stem cells in that they are able to become a variety of different tissues and may aid in tissue repair. One research group investigating this possibility followed the activity of fetal microchimeric cells in a mother rat after the maternal heart was injured: they discovered that the fetal cells migrated to the maternal heart and differentiated into heart cells helping to repair the damage. In animal studies, microchimeric cells were found in maternal brains where they became nerve cells, suggesting they might be functionally integrated in the brain. It is possible that the same may be true of such cells in the human brain.

These microchimeric cells may also influence the immune system. A fetal that microchimeric cells may stimulate the immune system to stem the growth of tumors. Many more microchimeric cells are found in the blood of healthy women compared to those with breast cancer, for example, suggesting that microchimeric cells can somehow prevent tumor formation. In other circumstances, the immune system turns against the self, causing significant damage. Microchimerism is more common in microchimeric cell from a pregnancy is recognized by the mother's immune system partly as belonging to the mother, since the fetus is genetically half identical to the mother, but partly foreign, due to the father's genetic contribution. This may "prime" the immune system to be alert for cells that are similar to the self, but with some genetic differences. Cancer cells which arise due to genetic mutations are just such cells, and there are studies which suggest patients suffering from Multiple Sclerosis than in their healthy siblings, suggesting chimeric cells may have a detrimental role in this disease, perhaps by setting off an autoimmune attack. This is a burgeoning new field of inquiry with tremendous potential for novel findings as well as for practical applications. But it is also a reminder of our interconnectedness.

By Robert Martone

Robert Martone is the Neuroscience therapeutic area lead for The Covance Biomarker Center of Excellence located in Greenfield, Indiana. He is a research scientist with extensive experience in drug discovery for neurodegenerative diseases.

<http://www.scientificamerican.com/article/scientists-discover-childrens-cells-living-in-mothers-brain/>



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 and pictures by emailing them to jj.eisemann@gmail.com by September 1st 2018 Many thanks to all those who contributed to this Water edition, Joanne