

Babaji – The Co-founder of Rebirthing

Although it is well known that Babaji has performed thousands of miracles over the centuries, perhaps his greatest miracle is co-founding Rebirthing – Intuitive Energy Breathing – with Leonard Orr, his American devotee whom he appeared to in the flesh in 1977 in US. Millions upon millions of Indians are devotees of Babaji. Many of them have written beautiful books about him. One such is Swami Fakira Nand, who

wrote “Blessing of Bhole Baba”. The following is the introduction a brief history and One Chapter clearly explaining Babaji’s extremely long presence on Earth and how He calls his devotees to Him. Enjoy reading about the Founder of Rebirthing and know that these miracles are available to you, as Kevin discovered when he attended my Rebirthing Training. Kevin and I made a CD about his miracle. The photos are from that CD.

In Truth, Simplicity and Love

Pauline <http://www.cellular-memory-release.com>

INTRODUCTION

Blessings of Bhole Baba is an excellent compilation by Swami Fakiranand. Swarniji has described. In this book the divine leela of Babaji, which had never been published before in any literature. We feel excited as we read the miraculous events’ of Babaji’s leela and perceive the blessings Babaji bestowed upon the mankind.

Swamiji has presented and preached the practical concepts of Dhyana (concentration or meditation) and the wonderful effects of recitation of mantra 'Om Namah Shivay'. Importance of the jap is rightly emphasized in Ram Charitmanas thus;

Mantra Jap Marn Dradha Vishwasa!

Pancharn Bhajan so Ved Prakashal!

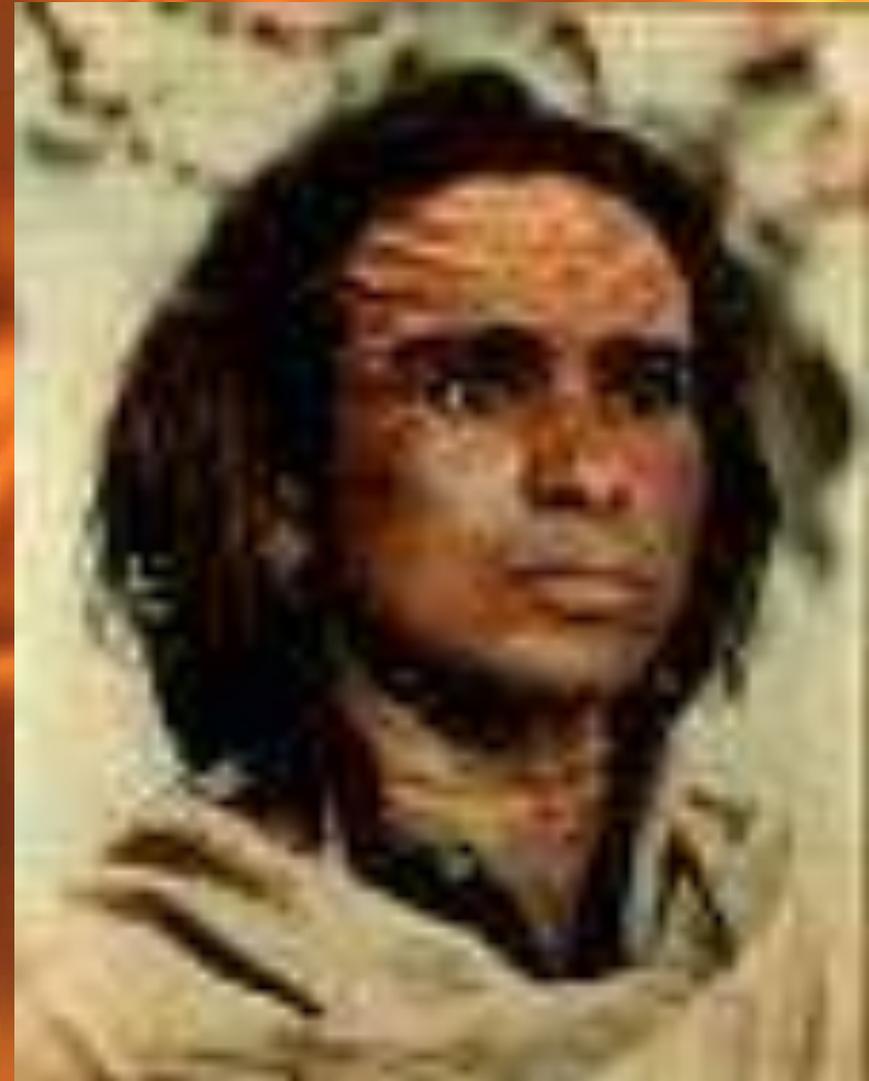
(I have immense faith in practising recitation of 'Mantra' that is the fifth cult of devotion described in the holy Vedas).

The worship of God through fifth cult i.e. 'Mantra Japa' is not so easy. It is made possible with the blessings of learned saints. Lord Rama has described the company of saints to be the first cult of devotion.

Swami Fakiranandji is a devoted eminent saint. He is above all the worldly worries, malice and enmity. He is endowed with the rare wisdom described by Lord Krishna. The practice of 'Japa' of various mantras and completion of 'Durga Saptshati' (holy book in praise of Goddess Durga) is part of his daily routine. Before departure from this world, Babaji blessed and empowered

It's Elemental Fire 2011

The Newsletter of the Rebirth International Aussie & Kiwi Mob



Swamiji by bestowing powerful waves of divine light into his body. This enabled Swarniji to cure curable as well as incurable diseases. In this fearsome world he is able to liberate and make a fine way for wandering evil spirits. He relieved many ailing patients of pain and agony with the help of divine power bestowed upon him by Babaji. He blessed the issueless with children through 'Putrayashti Yagna' and enlightened many people with divine knowledge. Many devotees had Darshan: vision of Lord Shiva and other deities through Swamiji

Swamiji eliminated hurdles and enabled devotees to have Darshan of Babaji by merely applying Jhara (process of waving a bunch of peacock feathers over the body). Devotees are thus benefited with the grace of Babaji and inspirations of Swamiji. I read the 48 letters received by Swamiji over a period of time from devotees in India and abroad, which describe the blessings of Babaji bestowed upon them by Swamiji through his intense yogic practices. These letters, full of teachings and guidance, are published in this book, besides the divine leelas of Babaji during different manifestations.

Dr Gopal Prasad Pathak
Shri Mahendralaya, Lohvan
Mathura, UP, India

He whose undertakings are all free from desire and thoughts of world, and whose actions are burnt up by the fire of wisdom, him even wise call a sage.

Bhagwat Gita

BHOLE BABA'S ARRIVAL

The fourth manifestation of Haidakhan Baba became famous by the name 'Bhole Baba'. Babaji appeared as a young boy on 17 June 1970 at Haidakhan and sat for dhuni. From Haidakhan, Babaji went to Sidheshwar for a night and came back. Before Navratra, Babaji went to 'Kurmanchal Kailash'. Thousands of people had his darshan at Kurmanchal Kailash. The radiating and his Godly figure, way of conversation attracted many people. Anyone who submitted himself to Babaji was blessed for the rest of life.

Lord Shiva had manifested himself in human form for the welfare of mankind.

The great saint of Haidakhan in a very short time came to be known as one who fulfilled one's wishes. I had the special privilege to have witnessed all the four manifestations of Babaji. They were Lama / Baba, Munindra Baba, Brahmchari Baba and Bhole Baba. Followers of all the religions came to serve him and were blessed without any discrimination

Revered Mahendra Maharaj had described Baba Haidakhan in his compositions as manifestation of Lord Samb Sadashiv. Amongst the special devotees of Baba Haidakhan, Mahendra Maharaj had written about Thakur Guman Singh Naula, Shiromani Pathak and Shyama Charan Lahiri. Intimate devotees and followers never discriminated between Baba Haidakhan and Mahendra Maharaj. They treated the two as manifestations of the same lord. The main reason for this belief was that according to the predictions of Mahendra Maharaj, Haidakhan Baba would manifest a year and four months after his Mahasamadhi.

Haidakhan Baba is known by many names such as Shiv Baba, Mahavtar Baba, Mahamunindra Baba, Trayambak Baba, Brahmachari ' Baba and Bhole Baba etc. Vishnudutt Mishra (Shastriji, Vishvacharya), I Girdharilal, civil judge Bharatpur, Jagdish Prasad Sharna, Ajmer, Jeewan Chandra Joshi, Almora, Dr Hem Chandra Joshi, Pithoragarh and so many other scholars and learned persons had described their personal I experiences about Babaji's Godly powers and divine leelas of different manifestations in their literature.

All the scholars concluded that Babaji descends on the earth to relieve mankind of pains and sufferings with His supernatural powers and inspires human beings to follow the path of truth love and simplicity

ANCIENT AKSHA MALA (PEARL .GARLAND) OF BHOLE BABA

During the summers of 1972, I was in the service of Babaji a Samb Sada Shiv Kunj at Brindavan. A saint, Gangotri Baba from village Jhala, in Himalayas, came to have darshan and claimed to be the old disciple of Babaji. I made him seated and informed Babaji about his arrival. Babaji asked me to bring him inside the room and granted him darshan. He was overwhelmed with joy and paid his regards by bowing at Babaji's feet and received his blessings. Gangotri Maharaj told the audience that in the year 1922 he went to Kathgharia Ashram for Babaji': darshan under instructions of 'Somwari Baba' (a renowned saint of Kurmanchal who always described Haidakhan Baba as his father and offered his seat as and when the latter came to his ashram). That was the last darshan of Babaji, which he had.in 1922.

"Today again I am having Babaji's darshan after 50 years. Bhole Baba is my Guru (teacher) from many births. Swami Fakiranand.is in his service for the last four births only", said Gangotri Maharaj, Gangotri Maharaj narrated many stories from the past connected with Babaji. He said Babaji was in Tibet in the thirteenth century. That time he was in the form of Lama (a native saint of Tibet). At that time Somwari Maharaj, Jai Kishan Baba and Fakira Baba were with him. Contemporary Dalai Lama was his devotee and co-operated with him in Bhajan-Kirtan, Yagna and Satsang. Jankshoo Lama was his personal assistant, an embodiment of deep love and devotion.

In today's context, Gangotri Maharaj told the audience Babaji has come for a short period. Mankind would be benefitted by his messages and visits to different places. Not only human beings, even the birds and animals would be benefitted. He has come to teach humanity, satya, saralta and prem (truth, simplicity and love). Through these teachings he would motivate the souls to the spiritual world. Next day, Babaji instructed me to ask for his Aksh mala from Gangotri Maharaj. No sooner did I mention about it to Gangotri Maharaj, the saint took out a withered mala wrapped in a very old cloth and said, "Today it gives me immense pleasure to return the sacred mala which Babaji gave me 50 years ago at Kathgharia Ashram in 1922". At the time of handing over the mala to Gangotri Maharaj, Babaji had said, "Keep it with you - I am going to the other world leaving this one. Whenever I come again - I will ask for it".

Gangotri Baba informed the audience that the same year i.e. 1922, At the time of handing over had gone into Mahasamadhi at the confluence of Kali Ganga (sharda) and Gori Ganga (Sarju) at Pithoragarh.

After listening to Gangotri Maharaj, devotees were overwhelmed and had a feel of and a look at the sacred mala with great reverence. They touched it to their forehead and heart.



Kevin A little Miracle?



Before commencing a ten weekend Rebirthing training with Pauline Win, I had a cyst the size of a golf ball just above my left ankle. It had been there for more than a year, and acupuncture, massages, good diet and prayers didn't seem to be making any difference. A specialist concluded it wasn't cancer and my doctor felt that since it wasn't getting any bigger or causing pain, it was up to me if I wanted it cut out or not. I decided to live with it and have faith that somehow, someday, sometime I could dissolve and release this false growth. Through the connected breathing and emotional releases that the ten weekends offered, I found a week or so after the course had finished, the cyst had shrunk by



about 80%! As I write, there's still a little, (hardly noticeable) more to dissolve and release. I'm looking forward to closing this up if I can, in future breathing sessions, returning to my doctor and saying: "Hey Doc, guess what!"

Thanks Pauline, and thanks to the other course participants who shared and cared so much. Bless you all!

Love and Best wishes from Kevin Barry in Melbourne 0409 740 297

BREATHE AUSTRALIA CONFERENCE 2011

The Breathe Australia Conference (BAC) is the annual event of the Australian Breathwork Association. 2011 was the eighteenth conference held on 29 October to 1 November in Sydney. Veronica Pasfield was the organiser. Veronica is amazing. She was dedicated to making the event a success, and this is an expression of her commitment to sharing breathwork and how it works to the wider community. I would like to acknowledge Veronica for the energy, steadfastness, time, love, and enthusiasm that she put into making the conference such a great event. Veronica also did so many special things that added a very personal touch to the conference and its value.

I wanted to include an article about the BAC for three main reasons. The first one is selfish, self interest! I am one of the organisers, along with Ann Harrison, Pauline Win and Robyn Fernance, for the 2012 BAC which will be held in Sydney on 15-18 November, and I wanted to let you know about the conference and extend an invitation for you to attend. The second reason is that I wanted to acknowledge Veronica for the 2011 conference and her commitment to keep breathwork growing. And my third reason is to let you know that there is an annual Australian breathwork conference that is worth attending if you get the vibes to attend.

My first thoughts about writing this article were to tell you about the presenters and workshops at the conference. As I looked over the schedule again I realised that might take me a long time and I also realised I was writing to the converted.

So I thought I would just summarise my experience of the 2011 conference and other BA conferences that I have attended. The highlight for me at each conference is seeing the familiar faces and some new faces, and hearing the stories of what has happened in the last 12 months and why new people are getting involved. It is a very comfortable feeling to sit in the room and be surrounded by people who absolutely know that breathwork works, who want to support breathwork to continue to



Veronica closing her Conference and handing to 2012 team represented by Noeline Packham



grow and change, and to add their individuality to the process.

As I attended the presentations and workshops there were similar themes. Each presenter told their personal story as to how they arrived at breathwork. No matter how their life was before breathwork they know they have had permanent change and they have a practice in their life which is saving their life and will be a part of their life forever. They all also shared that they have a daily spiritual practice.

Then to the part I really enjoyed when they shared their uniqueness to breathwork and how they use it for themselves and their clients. For example, Rachana launched the second edition of her Lotus Birth book, Christine Savage shared her Tube Of Light seminar and mediation, Nicholas De Castella shared in depth content from his Passionately Alive seminar which is a training in Emotional Intelligence, Judee Gee shared some of the content from her personal development training, and Bronwyn Barter shared a relationship matrix which is an excellent tool to answer those relationship questions.

There were many other presentations which I did not attend but I experienced the buzz as the participants returned from the workshop and shared the energy. Lloyd Lalande and Elise Carr also gave presentations on their research into breathwork. Lloyd shared from the perspective of working with clients with anxiety and Elise from an anthropological perspective. Both Lloyd and Elise need to be acknowledged for their long term commitment and dedication and for the special gift they are giving to breathwork by providing research material and results. We shared lots of processes which allowed us to make a special connection to each other and the group as a whole which is always just a wonderful feeling. Love that space. And I just have to tell you that traditionally we have entertainment on Saturday night. Well, Veronica organised a stand-up comedian – ventriloquist. We laughed and laughed and laughed!!!! Some of us are still laughing!! It was a perfect evening.

If you want to know more about BAC 2012, I can email you a brochure. Just send me an email to noelinep@bigpond.com and I will email you some information. I also wanted to say Hello to everybody. I am a fringe dweller these days living and working in the Hunter Valley. I live with my parents aged 85 & 87 on a farm so I enjoy any contact from anybody under the age of 80!!!!

Take good care. Lots of love,

Noeline

PS I want to say Thank-you to Joanne for this newsletter. It is a great initiative to give us another connection to each other and to breathwork. I love receiving it and reading the stories. Thanks very much.

Leonard Orr Answers you

Q. “Leonard, you often refer to the ‘death urge’ can you be more specific! What is really the death urge?”

LO: 1) The death urge is basically any anti-life thought.

2) The death urge is the belief that death is inevitable

3) The death urge is the group of thoughts learned from your parents which is causing you to die if you don't change them. The death urge is like a computer program that causes you to die at the same age of your parent of the same sex. And that's what insurance companies are based on. Insurance companies make a profit when you die on schedule.

You can either go with the program or heal it. The easiest way to heal the death urge is by sitting in the presence of fire. But we also have to heal the emotional mind with all of our feelings of self-sabotage and victim consciousness.

4) The death urge is a group of emotions with basic ones like helplessness, hopelessness and depression. When you feel like committing suicide, the death urge is trying to kill you. Your death urge has a life urge and will sacrifice your body to survive.

5) The death urge is a psychic entity – the ghost that is haunting everybody. The ghost haunts not only our nights but our days also. You can see it in the tense expression on people's faces.

People are so afraid of that ghost that they are not willing to go through the paranoia and schizophrenia that is necessary to heal it. But unfortunately the people who are diagnosed with schizophrenia, paranoia, or manic depression don't have the tool of physical immortality to heal themselves.

The death urge is a sup-personality that has an urge to survive. We live with it until we die or until we kill it. It affects our personality until we die or kill it.

People who are diagnosed with schizophrenia are people whose death urge is becoming conscious. That's why they have so much fear and act crazy.

The death urge is what makes people live in fear. In the US, it is common for people to fear the CIA, the FBI, aliens, demons, or relatives and neighbours. These are symbols of the death urge inside of us.

Physical Immortality is the treatment for schizophrenia and paranoia.

The understanding that everybody creates their own death is essential to heal death.

This understanding puts us in charge. If we don't kill ourselves, no one else will. Rage is also a characteristic of schizophrenia.

Rage is the unconscious death urge becoming conscious. The thought that “somebody or something out there is going to kill us without our permission” causes rage, the desire to lash out at something or somebody.

The death urge exists in the totally suppressed personality who is constantly afraid of their own feelings.

Schizophrenics with the concept of physical immortality can become the healers of society.”

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Leonard Orr Books available from <http://www.rebirthingbreathwork.com/bookstore>



Thanks to
Elvi and
Peace for
the photo
of
Leonard
by the
fire



The Significance of the Phoenix

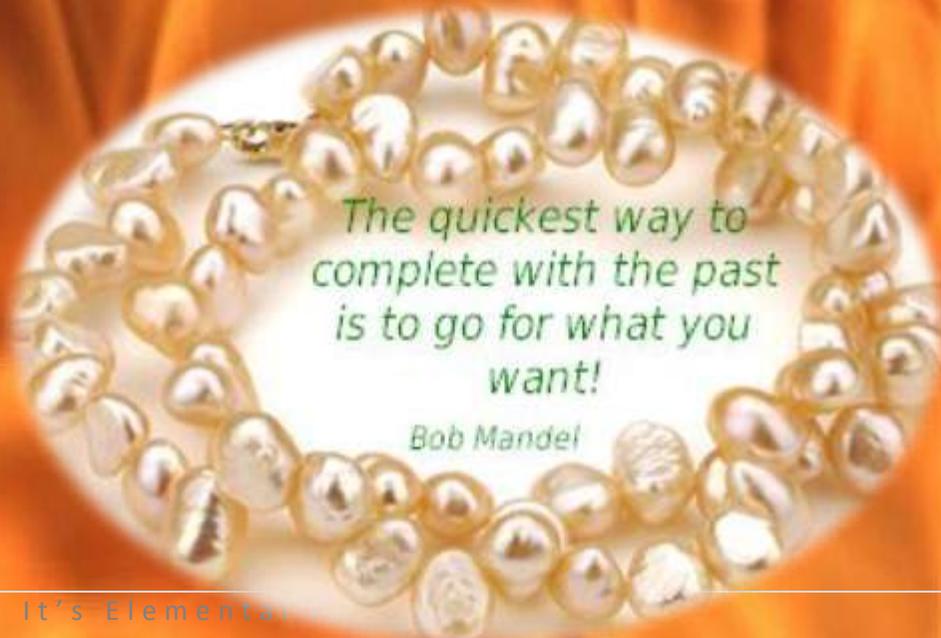
Various tales abound concerning the mythical firebird, the Phoenix. From east to west, and north to south, many have caught a glimpse of its unrivalled beauty, but few have heard its undying song. Its colour is crimson (Mars) and gold (Sun) with a plume of purple (Pluto). The flames of its funeral pyre are fuelled by frankincense (Love) and myrrh (Law). Eternal symbol of Physical Immortality, the Phoenix makes its nest in the top of the Everlasting Tree of Life.

The Phoenix is the higher frequency symbol for Aquarius, the Bearer of the Cup containing the Waters of Life. The Phoenix of Aquarius represents the collective or planetary gaining of Everlasting Life. Those who have the Seal of the Phoenix upon them are the torchbearers of Immortality. They have discovered their Highest Purpose is to attain Physical Immortality in this Life and dedicate themselves to directing Immortal energies for the Evolution of a New Planetary Structure capable of supporting Greater Expressions of Life. If you are one of these beings, then visualize the Seal of the Phoenix upon your brow, or third eye, chakra. The Spirit of the Aquarian Phoenix anoints thee! This Touch of the Fire Bird upon your forehead ignites the pyre that consumes all Chains of Mind and creates Perfect Freedom. Life can not confer the Seal or Grade of the Phoenix upon you until you take the conscious Vow to overcome death and to dedicate yourself to the communication of the Immortal Way.

The Truth and Way of Life Eternal is a most precious Gift to share!

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<http://www.angelfire.com/in4/alchemy2084/phoenix.html>



Fire - The Reality Beyond the Mind

by Leonard Orr From Chapter13 of Leonard's amazing book "Fire"

I have stated several benefits of fire purification:

1. To clean and balance our energy body.
2. To bring peace to the mind.
3. To experience spontaneous spiritual joy.
4. To heal the body of minor and serious diseases.
5. To enjoy physical health.
6. To burn pain out of the energy body and the physical body.
7. To stimulate creativity.
8. To bliss out on God.
9. To worship God.
10. For romance or beauty.
11. As a meditation or stimulant to meditation.
12. For warmth.
13. For cooking.
14. For physical power in material production.
15. For practical personal energy.
16. To reduce our need for sleep.
17. To eliminate tension from our mind and body which we accumulate from participating in the world.
18. Fire can also burn away psychoanalytical feelings from the past, emotional patterns, and even past life memories and karma.
19. Fire can stimulate anger and heal anger.
20. Fire is an ultimate friend and healer.
21. Fire contains the Presence of God.
22. Fire makes us productive in our daily life - thus wealthy.
23. Fire can heal overweight problems.
24. Fire heals the death urge and persistent negative emotions that nothing else will heal.
25. Fire helps heal senility.
26. Voluntary fires prevent involuntary destructive fires.
27. Fire can prevent crime.
28. Fire can prevent war.
29. Fire heals depression.
30. Fire is an intrinsic pleasure, an end in itself.

31. Fire is one of the genuinely good things in the Universe.

32. Fire is a physical quality of God.

33. Fire is an eternal vehicle of grace.

34. Fire empowers our breathing.

Perhaps the ultimate benefit of fire is that it leads us into the Reality Beyond the Mind. To live in the Reality Beyond the Mind is to be the Source of the Mind. We are either the Source or the victim of our life.

The Reality Beyond the Mind is Pure Energy, it is Supreme Bliss, it is the Presence of God, it is the Eternal Spirit, it is the Source of Life, and it is the Ordinary Space between your thoughts.

Fire leads us out of our thoughts and feelings so we can feel, enjoy, and dwell in Ultimate Reality. Sitting with the fire will eventually stop the activity of the mind and fill us with peace - the Peace that passes all understanding.

When fire is a daily discipline, when fire is our divine friend, when fire is an ever present and available tool, then our whole life can be filled with peace, and energy, and wisdom. Fire stimulates intelligence.

Fire makes us lazy and sleepy when it is cleaning us sometimes, because fire relaxes us out of the nervous tense energy that leads to exhaustion. Fire makes us aware of how exhausted we are. Fire puts us to sleep to give us physical rejuvenation.

Then fire also can excite us, give us calm strength, and a clear head so that we can be peacefully and joyfully productive.

Fire gives us that good feeling. The regular disciplines with fire enable us to feel that life is good.

'Fire' is available from <http://www.leonard-orr-books.com/>



Wild Fire

I was a volunteer fire fighter for 10 years. Not a 'natural' fire fighter, I got into it because there were not a lot of locals who wanted to hang around after the big flames were gone and put out the 'hot spots'. This could take days or weeks, depending on how big the fire was and the sort of ground it had burnt over. One thing Fire fighting taught me is the importance of hierarchy in emergency situations. I'd always been a 'round table' kind of gal, none of this triangle stuff where people get to boss each other around. In a wild fire situation if you hung around waiting for everyone to agree on a way forward, much vegetation, property and even lives could be lost. It's vital to have an experienced leader to make a plan that the group follows as closely as they can. Most often the leader was someone who knew the local conditions well and could read the fire behaviour and act accordingly so as to minimise danger and loss. Attending fires also increased my skills in focus. In my experience Wild Fire tends to bring people's unresolved emotions to the surface rather rapidly especially fear and anger, the bigger the fire the more this happens. To be effective in this situation I couldn't get involved for one second in their 'stuff'. I just needed to assist in getting 'chaotic' people pointed in the direction of safety and get on with the job at hand. All that 'stuff' had to get processed later on, which again depending on how big the fire was could take days weeks, months or longer!

I was always amazed at how fire purification works for everyone whether they are conscious of its effects or not. Time and time again I noticed that people coming to work on a fire started out full of ego but by the time it was over they were all as soft as kittens.

I had done some sitting by a fire for the purposes of spiritual purification before I became a fire fighter. I gave the practice away for many years and started again when attending Leonard's retreat near Melbourne in 2009.

When I sat by the fire again I was shocked to realise that my relationship with fire was in exactly the same place as the last time I had sat by the fire for purification. All those years as a fire-fighter had taught me something about the nature of fire but hadn't changed my relationship with fire as an element one iota – too much fear!

Joanne Eisemann

Feel free to pass this newsletter on to anyone you think may be interested, if you want to be put on the mailing list or reprint any of the articles please email jj.eisemann@gmail.com

