SEMINAR OUTLINE

**Gentle connected breathing rhythm. The most important is to keep the person breathing.**

Ten 2- to 3-hour individual sessions with a trained breathing guide (Rebirthing Breathworker) is the responsible way to teach Rebirthing Breathwork.

**In the beginning of the session**

**First**, observe the breathing for at least 10min before giving instructions (unless something is really wrong) to see if the client is relaxing into the Diving Energy, if the Energy takes over. (Even if the breathing is weak and slow at first.) Give instructions only when necessary.

**Second**, watch if the exhale is not too short or too long. See if the exhale is released, snapped. Notice if the inhale is long enough or complete, and conscious. A gentle rapid rhythm is another possibility and a good option.

**People have a different ability to breathe energy as well as air.** Some people breathe very softly, we can hardly hear it, but there still may be a tingling and vibrating sensation in the body which shows that the energy is moving; can be tetany, etc. When the energy is moving, don't push the breathing, trust the Divine Energy. Sometimes it seems to the rebirther as if nothing is happening, but actually, the most important thing is happening. (If it looks like nothing is happening, the rebirther should ask, "What are you feeling in your body?") The movement of energy is the most important thing and the source of the healing.

**It is best to breathe through the nose during the first 10 sessions.** Most people have congestion during the first 10 sessions. Then they need to breathe through the mouth, until the nose gets unblocked. In case the rebirther and the client agree that breathing through the mouth would be a good experiment, start and finish the session through the nose.

**Making the client feel safe** 1)emotionally 2) physically (if he/she has had operations, a lot of chemical anaesthesia - be careful when client is standing, walking during the session as a means to keep them awake)

**Breathing into both, the belly and the chest. Free and full breathing,** no control or forcing. Don't suck the belly in.

Physical sensations. Tingling and vibrating sensations show that the energy is moving.

Tetany (cramps, strong tension, most often in the extremities) - stored stress and tension is being released. Can also be a manifestation of 1) the unconscious death urge 2) the client is being too hard on himself/herself, too demanding or self-critical. You can suggest him/her to be more gentle and loving with himself/herself.

**Anaesthesia** (going unconscious during the session)

1) Physical - too tired, overworking or emotional energy pollution

2) Emotional - trying to (subconsciously) avoid experiencing painful feelings, memories, etc. that are about to surface

It is good to ask the client, "What are you feeling?" Often, they say, "I don't know". Then ask, "If you knew, what would it be?" You can also ask, "Does it feel like depression, sadness, anger, frustration, emptiness, disappointment?" Then, "What are you depressed, sad, angry, etc. about?" After you explore the feeling(s) verbally for 5-10min, go back to breathing.
3) Chemical - anaesthesia from operations; if mother was anesthetised as part of the birthing process; medical and recreational drugs. Sometimes you can smell it.

4) Out of body experiences

**How to keep the client awake**
1) Calling; touching; rocking
2) Turn to the side; then the other side
3) Knees up
4) Sit up
5) Open eyes
6) Walk on hands and knees - activates all muscles of the breathing mechanism, relaxes, distracts the client from the pattern of holding their breath
7) “Pump” the knees
8) Stand up
9) Walk

**The most important qualities of a rebirther**
Presence, intuition, love, gentleness, service

**Presence** - seeing, hearing, feeling. Doing *spiritual purification practices* with earth, air, water and fire, upgrading the quality of our thoughts and healing our emotional mind improves the quality of our presence infinitely. "The greatest gift we can give to another person is a high personal presence." (Leonard Orr)

Conscious rebirthers channel energy. Just like it can be done through the hands, rebirthers do it through their solar plexus.

Talk minimally during the session. **Let the energy do the work.**

Good to ask the client before the session: "Is there anything you would like to share?"

The rebirther should talk minimally before starting the breathing. Better to talk after. It is best to explain birth trauma, etc. when they have had a good session (may be after a few sessions). Don't talk too much before initial sessions (so you won't bore your clients.

The rebirther should **keep the person breathing for at least one hour.**

**Self-esteem.** One of the biggest problems of low quality rebirthers is low self-esteem. They feel that they have to say and do something to earn the love, respect and money of their client. Talking and doing more than necessary can be destructive to the rebirther-client relationship. Let the results of the sessions speak for you.

It is not necessary to create a goal for the session during the first 10 sessions. After that, it can be a good idea.

The rebirther should be totally focused on letting the energy do the work. **The more you allow God to do the work, the more you deserve the love, respect and money of your clients.**

The session should always end in **peace and relaxation** - a sign of completion of the energy cycle.

**Completed energy cycles are the essence of high quality rebirthing.**

Do not encourage drama. Encourage the client to accept what they are experiencing and remember that they can breathe through everything.
Rebirthing pregnant women

Pregnant women don't usually have tetany. There have been cases in the medical practice, where pregnant women, who spontaneously hyperventilated and had tetany, had a miscarriage. Medical people are afraid of hyperventilation. No miscarriage has ever occurred during a rebirthing session, even if the woman had tetany. It could only happen if the woman stops breathing and is ruled by fear.

If the pregnant woman has tetany, don't be afraid of it, continue breathing. All 9 months is a rebirthing session. This period causes hundreds of spontaneous regression experiences. They can happen to both parents. Pregnant women can be given rebirthing sessions from day 1 until during delivery.

It is common that pregnant women breathe for 10-15min and then an emotion surfaces that they need to talk about. (See section about emotions on page 2.) You can talk about it for 5-10min, then breathe again. Then, another emotion may come to the surface. Talk, then breathe, etc.

**The first 10 sessions**

One of the goals of the first 10 sessions is to get past the physical (tetany) and emotional drama. If you encourage drama, it may go on forever. The goal is to release the drama with the breath, not to act it out.

The breathing release - reliving the moment of the first breath. It is the main event in learning to breathe energy as well as air. It liberates the breathing mechanism. Nobody knows when it will happen, it cannot be induced. It happens when the person feels safe enough. During the breathing release session, people can feel like they are suffocating and are going to die. Their breathing mechanism and throat can become totally constricted. It's like their lungs and throat are in tetany.

Basically, as they panic, the breathing mechanism becomes constricted and they try to force the breathing. The more they force, the more it gets constricted and the harder it is to breathe. The recommendation, then, is to breathe softly, to "sneak" the air in and out - just get a little bit of air in and out. As a result of that little breath relaxation happens and the breath gets bigger and bigger.

It is important to do the energy breathing exercise (20 connected breaths, pull the air in so softly that it doesn't make any noise, meditate on breathing energy as well as air) to help bring about breathing release. Statistically, the breathing release happens between the first 5 and 10 sessions. In some cases, it may happen much later. Usually by the time people have done 10 or 20 completed energy cycles, they can give energy cycles to themselves.

After 10 sessions, most clients like to do warm and cold water rebirthing sessions. It is good to have a weekly support group for your clients during the first 10 sessions and at least the first year.

It is good for rebirthing breathworkers to be familiar with the goals of the first 10 sessions. [http://www.rebirthingbreathwork.com/](http://www.rebirthingbreathwork.com/)
Profile – Ghislaine Bousilaka

1. Where do you live and who do you live with?
I live in Sydney, Seaforth on the North Shore, near Manly.
I live with my husband of 25 years and with 2 out of my 3 children.
The oldest is studying in Canberra.
The other two are students. One is at Uni and the youngest is in year 12.
I have 2 boys and 1 girl, in that order.

2. Who or what inspired you to become a Rebirther/Breathworker?
My children went to a Rudolf Steiner primary school and Alakh Analda was running a rebirthing group with a few mothers.
I could see the flyers that Alakh had posted on the communication board and was very attracted to them but very afraid at the same time. The fear was that something would happen to my soul?!!
One day one of the mums looked like she had gone to an amazing beautician, she looked 10 years younger and so relaxed!
I wanted the name of that masseur or facial lady!
On inquiring I found out that she had just come from a Rebirthing session!
Gosh, when will I get the courage!
That afternoon in the car park, I bumped into a car, and as I got out to apologise I realize it was the mother in charge of organizing the group.
I needed no more, I knew it was not only safe more me to do but inevitable.

3. Who have you done Rebirther/Breathwork training with?
Alakh Analda, Sondra Ray, Leonard Or, Pauline Win and a few workshops here and there with Michael A’damedes and Jonine Lee.

4. What benefits have you and your family received from Rebirthing/Breathwork?
My relationship with myself benefited and therefore with everyone around me. Each session has allowed me to grow up and to take responsibility for what was happening in my life. Rebirthing has given me a map for knowing how to do life!
It is thanks to rebirthing and my training with Alakh that I decided to study kinesiology as a modality to carry Rebirthing Breathwork.
Kinesiology is a little more mainstream than rebirthing Breathwork!

5. Does Rebirthing/Breathwork present any challenges for you and/or your family in daily life?
Challenges only come out of fear. I think that the most fearful thing that I heard is when Leonard once said that you cannot stay married with a “mortalist” when you are an immortalist. At that time I was having difficulties in my marriage and this is exactly what I needed to fuel the fire of my unhappiness and to convince me that I was wrongly married!
A part from that, it is thanks to the process of Rebirthing that I have learned how to stand up straight to go forward in my life with trust.
I love it how you can in one session clear fear, negativity and confusion and feel so light and loving afterwards.
And I have needed many sessions!

6. How do you use Rebirthing/Breathwork to add value to your life and the lives of your clients?
Breathing is a gentle, organic and spiritual medium to connect with self, others and the world.
It is a great way to work with the subconscious mind and the belief system that prevents us to live a fulfilling life.
It is a sure way to get to our own answers, to clear the hurt and trauma that is clouding our love for self.
Through the connection that is made with the divine breath we can understand who we are and why we are here.

7. Your 60 second plug for Rebirthing/Breathwork is (a succinct statement for inspiration to anyone you meet who wants to know more about what you do). 
A gentle and natural way to clear anything that is in the way of you living the life that you desire.
8. Your dreams and vision for your future and the future of Rebirthing/Breathwork are............

I see rebirthing Breathwork as a modality to add to other health training as a communication or counseling modality.

Any one that is working in the field of health, homeopaths, massage therapists, reflexologist, counselors and psychotherapist to name a few could be learning that process to not only work with their clients but also to clear themselves.

It is neat and fast way to go straight to the issue without having to ramble into someone’s past, and to clear it with ease and safety.

It is the best way I know for someone to ground himself and connect with his truth.

9. What is the element you are most comfortable with and how does this manifest in your life?

I am an emotional person and I have been dealing with my own health dramas: depression and chronic fatigue to name a few and every thing that I have learned I have learned for my own healing first and then used it in my practice.

So I suppose that I am comfortable with any one that is seeking for a better life.

Anyone that is feeling a little lost or has many fears (that used to be me!)

This can be translated with physical illness or emotional/mental symptoms.

I am always learning and searching for new answers for us to heal and to get closer to our divine selves, to connect with our magnificence.

I like working from all angles: our physiology: maybe the body is “polluted” with heavy metals or unable to produce the vitamin we need? What are the organs or energy channels in our body that are out of balance?

I know for sure that if our digestive system is compromised and nothing is done about it then the body in time, will start collapsing into aches and pain and then into more noticeable symptoms such as illness.

Or our psychology: what are the unconscious thoughts or beliefs that are running our life?

It really is one. A malfunctioning body will make us think unhealthy thoughts and unhealthy thoughts will have disastrous effects on our body.

And we never know which one started first. The sure thing is that it is just an amazing opportunity to clear and transform our genealogy.

10. What is your understanding & opinion of Leonard’s hypothesis of Physical Immortality and its antithesis - the death urge and EEP?

I work with the death urge everyday in my practice, and with my own too.

It seems that it takes us a long time to accept that we are here and to remember why we are here!

For me physical immortality means self worth, knowing and understanding our value, accepting and honoring our shadow side. We have such conditional love for ourselves and others! I think we become immortalists when we are free of the traps of the ego and we can live with and from the motivation of love.

I believe that EEP is the greatest pollution on the earth far worse than the man made chemicals that pollutes our world.

EEP is the greatest “weaker” of someone’s health and it is not the EEP that comes from someone else, it is our own that kills us!
11. What is your favourite quote from a book/person/poem/etc you admire?
A fabulous book I have read lately is “Dying to be me” by Anita Moorjani. She was suffering from cancer and had a near death experience and she tells us about what she understood when she was in the afterlife. It is such an opportunity for us to really get it! It is brilliant, simply written and very profound. A must read!
I love this Chinese proverb. It says it all!
“When there is light in the soul, there will be beauty in the person.
When there is beauty in the person, there will be harmony in the house.
When there is harmony in the house, there will be order in the nation.
And when there is order in the nation, there will be peace in the world”
My ultimate goal is to support anyone to live in peace so that peace can inundate his or her world.

12. One paragraph testimonial from a client about your work with them.
“Dearest beautiful Ghislaine
I was listening to a teaching on “Oprah’s Lifeclass” and she said there are two basic human emotions – love and fear. I realised that one of the reasons you are such a beautiful therapist is because when I am with you all I feel from you is unconditional love. In that energy, my fear is not activated and so I am free to totally let go of my defences and explore the deepest parts of my being in safety with your loving support.
You are a beautiful soul spreading love and light. I feel blessed to know you.
All my love
Em xox”

NEWS FROM MATOULA AND PAUL
For us it has been a great year of growth and expansion through constant letting go and learning, learning and letting go and becoming.
We still find ourselves in the process and are just about to accept the fact that...it never ends! -lol- once we’ve surrendered to it.
Since last June, we had started the Breathing Circle once a month in Auckland, New Zealand.
Sometimes we included other local Breathworkers to share the inspiration and connect. Not much were happening here.
It is a process still on going once a month and we would really love to see it thriving as still we are young and new comers in New Zealand.
Later, in late September till early November 2011 we travelled to Greece, Holland and Turkey for Reiki & Breathwork workshops.
In Greece we ran two Breathwork workshops in Athens and Mykonos and two Reiki seminars in the same places.
Very few private breathwork sessions at that time.
The energy was quite wild and we could hardly believe what our senses would pick up from the collective consciousness.
People in shock, rage, fear.
And then the few loyal people to Breathwork full of passion and willingness for things to change for them.
We felt sad, as Greece is a country we feel very connected to and inspired at the same time.
In Turkey, at that time, we worked more with private sessions and facilitated a workshop as well. More and more people would recognise the benefits of Breathing.
We felt truly blessed.
In Holland it was more fun than work - lol - and now that we think about it we really needed it!
We connected deeper with friends there, ran a Breathwork workshop and felt like we’ve opened a door, which is still open and awaits for us to go back and work some more.
Then we facilitated another 10 day Breathwork program in India, in March - April 2012.
A small group of participants that shared the physical journey as well as the spiritual, in every depth.
We came back exhausted as we went very sick this time - actually the whole ashram (monastery) was down this year!
It took us some time to recover before we felt like starting a new project.
The new project is on its way and we will probably be off soon for a Rebirthers Training in Greece, with participants from all over Greece and Holland.
We will know soon if it is happening on the dates we had originally planned, August 18 - September 1, 2012, or later in the year.
Other news to share with you is that we have completed our supervision as required from the New Zealand Breathworkers Association. Officially, we are full members, now of the NZBA.
The supervision reassures that the Breathworkers who have joined the Association actually move towards growth and expansion and also are supported efficiently in their careers. Although our PDS (Parental Disapproval Syndrome) -lol-, initially, was very activated around it -LOL- we find that it is very useful and insightful and truly supportive to be part of it.

More news is that we are starting our first trimester with Paul in General and Applied Psychology and feel very scared and excited about it. We will be needing to do laboratory experiments so if you wish to become part of our scientific experiments, please feel welcome to write us and tell us that you want to become part of History - to be! -lol!! And, last, we are in the process of building our own workspace right beneath our house which will make our work even more professional, easy to work and fun!

Attached are some photos from our trips to Greece, Holland, Turkey, India and from our workshop on Waihiki Island in Auckland, at the Breathworkers Gathering in February, with participants other colleagues, people experiencing the Breath for the first time and from the medical world.” [www.rebirthingbreathwork.net](http://www.rebirthingbreathwork.net)

“We live at the bottom of an ocean of Air”
Brendan McMahon, Meteorologist, Tasmania
Air… breathe it in and follow it to the deepest point within, feel the gentle stretch of expansion and set it free. Close your eyes and follow the breath deep inside once again, this time keeping your attention at this ‘within point’ and observe for a moment or two the continuing cycle of breath and return; inhalation/exhalation; receive and release. From this point expand your breath to its full capacity at any given moment; see how your capacity changes and the many places and spaces you are able to expand even further and stretch into the deep recesses of your greatest potential; playing with sound and space and gentle movement connecting with the deep primal senses and mechanisms of the physical form, stretch and breath… and giving in to a great expansive YAWN… knowing it, feeling it, experiencing it for the delicious life support mechanism of the human body that it is…. And, say YES! I Am Alive!

At birth we become Air breathing expressions of this physical creation. We draw our breath out of the environment we all share. It is the living expression of the interdependence of life on planet Earth; the common pool of exchange freely given. There is not a single breath or molecule of air that we breathe that has not been breathed before. The health and well being of all life forms on this planet are mutually dependent. The living human organism and its environment are one. The Green Nations, plants and trees, are as much a part of our respiratory systems as our lungs. Submerged in the watery, dream like nature of the womb for 9 months we burst forth and are born into the passion of a more heightened conscious existence. One of the key peak moments in this great initiation is the first breath of air; an awakening moment when we enter into our fully formed system of aliveness and are received by our human family. Fluid is exchanged for air stretching and inflating our lungs and activating numerous changes throughout the infant body in this amphibious moment when we transition into an independent air-breathing earthing.

This initiation is an athletic moment; an act of power; a dance of victory in the story of earth and humanity. It has been so in the past, remains so for many, and is being recognized preserved as a possibility for future generations. Conscious Birth is the reawakening of an enlightened humanity; a return home to our true nature; and the saving grace of our sanity. Air is vitality, aliveness, and function. It is energy and light. It is water and fire. It contains and transports Life force; the current of Life and, the true currency. Air and our lives are our Birth Right. We do not have to earn them. We have accomplished our births and have earned our right to be here in that single act; that single right of passage.

The act of being born is an expression of our personal and collective will to live and the drive to thrive and be active players in unfolding creation. We all deserve a great deal of respect for our willingness to be here as the powerful beings and expressions of divine creation that we, having been born into the human family, truly are.

Each child born is a miracle. Each child born is precious. Each child born is important. Each child born deserves the best care and the highest quality of loving attention. Each child born is responsible for the next generation and the next and the next. This is not a new concept. In fact, it is ancient, as ancient as life on Earth. Earth, this precious gem with an atmosphere of AIR that supports an exquisite and fascinating and apparently unlimited display of Life.

I am so grateful to be alive and for the opportunity to breathe with all of you.

Blessings,
Peace

www.RebirthingNYC.com
One of my fears in life is writing and imagine Pauline has asked me to write an article! In fact, Babaji has been asking me to start creative writing for quite some time which I have been avoiding.

I got to know about Rebirthing in a dream, when I was quite unwell and bedridden. I dreamt that I should breathe to heal myself.

For me it was just another breathing technique until I took 9 days Rebirthing Training with Leonard. I was amazed to see that it not only helped me in my physical healing but also helped in my spiritual growth.

REBIRTHING IN DELHI
I started rebirthing in 2001. Initially when I used to speak about it I usually got the response that “we have been doing pranayam since childhood or for so many years and know all about breathing. How is it different from pranayam as both are breathing techniques?” But now people on their own have started coming and asking about it and showing a great amount of interest in it. Earlier even my relatives and friends were little skeptical about doing it and used to express doubts. Now even people unknown to me are calling me up and showing interest and willingness to learn.

MY TRAVELS WITH LEONARD ORR
The first time I met Leonard was in 2004 in Rishikesh, India, where I attended 9 days Rebirthing Training. Then I had another opportunity to be with him in Sariska, Rajasthan in 2006 where we had gone to meet the immortals.

I had heard from people in Haidakhan that Babaji has blessed Leonard with healing powers. I was totally taken aback when I got a chance to witness one of his healings!

We were at Shankar’s (the pujari of Bhrathari temple) house. Leonard was on the terrace looking at the fields and called me upstairs to translate something for him. After a while he asked me to help Shankar’s 10 -11 years old son, who was lying on the cot, to stand and hold him. On holding him I realised that he was shivering with fever and wondered to myself why Leonard was making this child stand. Leonard kept his hand in front of the child’s forehead for less than three minutes and went downstairs leaving both of us clueless! Next morning I saw the child playing in our hotel’s lawn. Seeing him playing and running around I was quite surprised as the day before he was even unable to stand. On asking him about his fever he answered “I had malaria and now it has gone” and ran away leaving me speechless!!!

I am sure that this is just one healing incident and there are many more.

TIME SPENT WITH PAULINE
When writing about Rebirthing I cannot but make a mention about Pauline as she is responsible for introducing Rebirthing in India.

I met Pauline in Sariska and learnt Cellular Memory Release from her. We travelled together to Jaipur and Shastriji’s house in Rajgarh. She also invited me to the Navratri festival celebrations in Haidakhan in 2007. I had the pleasure of meeting her again in 2011 in New Delhi.

Together we made many memorable visits to a number of temples in Sariska and Jaipur. For me the time spent with her has always been fruitful at every level. Be it personal or spiritual. The energy she vibrates is full of love and compassion. Her willingness to listen and share her views and guide has guided me on a path that I know will take me closer and closer to my spiritual goal. For this I will forever be grateful. Chitra
EEP Adventures (Emotional Energy Pollution)

About a year ago in a breathing session I remembered this incident from my childhood. I was three years old, playing with my four year old brother. My father was having one of his regular violent outbursts over something my brother and I were doing, he picked up my brother and threw him against a nearby wall. (God bless him because I still sometimes have trouble!) I remembered feeling my brother’s life force fading, the pain was too much (the emotional not the physical) it was time for him to check out from planet earth. As a three year old I could feel this happening and was able to respond consciously by taking on some of his pain so that he didn’t need to die. I could do this as naturally as breathing. My session was then about resolving the residue of pain that I took on.

After pondering this scene I thought ‘hey this is pretty close to resurrection’, I began to think maybe I was something special (not that I have any idea how to do that now), then I realised I was romancing with myself – that this is a natural ability we all have that is part of our oneness.

It sets me to thinking about how EEP works and whether there will be a time in the future when everyone looks after each other like this not just when they are about to die but for minor energy disturbances as well, is this part of what the end of separation involves?

I do seem to pick up pains from other people, I’ll be somewhere talking to someone then all of a sudden a pain enters my body – it’s not my pain, I know my aches and pains quite well and this won’t be one of them, then I go home and it’s not until I do some elemental purification that the pain will go away.

Sometimes a few hours after I come home from work I go into a spontaneous rebirth session, by this I mean I become so overwhelmed by an emotion moving through my body that all I can do is stop whatever I am doing and be with whatever is going on in my body. I am usually thinking to myself ‘what the f… is going on?’ as there has been no trigger that I can perceive which is what would normally occur in my personal process for me to be in such a place. It slowly dawns on me that I am doing a session for someone I’ve been with that day, I don’t always know what it is about, sometimes it’s pure emotion, but sometimes I know in detail the thoughts of the person that are being unravelled in this process. I don’t know why but it is nearly always men that I am working with in this way. Once complete I go back to where I was at before it started, to the same thoughts and feelings I was having beforehand.

The strangest experience I have had with EEP started in the supermarket. I was pretty high that day, feeling good and bouncing around doing a spot of shopping, I got to the checkout and suddenly felt as if I was about to fall asleep, the young woman at the checkout was trying hard to connect with me (which is fairly unusual) but I could barely keep my eyes open let alone speak with her. I managed to complete the transaction and drag myself to the car and drive home, all the while battling unconsciousness. When I did get home I lay down on my bed and let myself collapse into the feeling, I became flooded with visions of ritual sexual abuse, the details were extraordinary – names of people and places were evident, this went on for about three quarters of an hour then stopped just as suddenly as it began – too weird – what am I supposed to do with that I wonder?

Some days it seems to me a bit rough that the more I take responsibility for my own energy the more I seem to have to take responsibility for others’ energy as well. Then I remember an incredible breathing session I had at the Leonard Orr retreat at Mt Tamborine, Ghislaine sitting with me. Babaji came and showed me the perfection of all things, right down to the tiniest detail, every ant, dew drop and breath of wind all geared to mine and everyone else’s healing, all perfectly orchestrated in a way that I can barely begin to understand. I lived in the presence of this perfection for weeks afterwards before gradually heading back to my mortal ways, what has stayed with me though is the notion that - just because I don’t get it, doesn’t mean it’s not perfect! Joanne Eisemann
Air Pollution. What can you do about it? Pauline Win
Do you sometimes look out at the increasing amount of pollution, crime, child abuse, war…… and think – “It’s all too much: what on earth can I do – I’m only one person?”
Lee and Fritz Rigma have the answer – more about them later. The following statements by Lee and Fritz have been extensively studied by 100’s of scientists and proven beyond doubt that everything they say on their Website is fact that you can do something and this is it……..

Agnihotra
Heal Our Environment and We Heal Ourselves
A super science from Ayurveda
There is a super science from Ayurveda that can reverse the polluted conditions and lack of love in this world. Let me introduce you to Homa Therapy, for healing of Nature, ourselves and for sanctuary during the ecological turbulence over the years to come.
Due to pollution the planet is deteriorating rapidly. The 2005 Stern Report revealed that 2/3 of the planet’s ecological systems are disturbed and states that we have less than 10 years before total ecological and economic catastrophe
Homa Therapy is a super science from Ayurveda that heals nature. We have forgotten how to give back to nature. We consume and consume – air, water, the plant, animal and mineral kingdom – for food, shelter and energy resources
Homa Therapy is able to reverse the effects of pollution.
Even radioactivity can be neutralised with this ancient science. So what is this simple technology we call Homa Therapy? The key is a healing Fire called Agnihotra. A small fire is burnt in a small inverted copper pyramid accompanied by specific Sanskrit resonance at the exact moment of sunrise and sunset. It takes 10 minutes to perform yet the results are awesome.
It works according to the principles of resonance
"At sunrise the many fires, electricities, ethers and more subtle energies (or pranas) emanating from the sun extend all the way down to the coordinates where the sun is said to rise. It is awesome. The flood enlivens and purifies everything in its path, destroying what is impure in its wake…..” - Vasant Paranjpe.
Performance of Agnihotra draws life sustaining energies, from this flood to the copper pyramid. Healing is thrust into the atmosphere. Prana in abundance is drawn down from the solar range enabling nature to heal itself. Everything is enlivened by life force called Prana in Sanskrit. The source of prana is the sun. A polluted atmosphere blocks and distorts prana. Distorted prana produces distorted mental states. To sit for Agnihotra is to experience stress melting away. If Agnihotra is performed as prescribed the basic effect reaches up to 12 kilometers into the atmosphere and a ¾ km diameter around the copper pyramid.
Ancient Vedic Wisdom Reveals How Agnihotra Works
Tremendous amounts of energy are gathered around the copper pyramid at sunrise/sunset. A type of energyfield is created, one which neutralizes negative energies and reinforces the positive. Therefore, merely by performing Agnihotra, one creates a positive environment. Increment by increment the environment where Agnihotra is performed is being purified. Sunrise/Sunset Energy.
Agnihotra is Taught Free of Charge
Agnihotra is taught free of charge by volunteers throughout the world. Lee and Frits Ringma operate a Homa Farm and Centre in the Hunter valley, NSW, where people can come to experience Agnihotra. They also travel out to conduct free workshops. Visit our Workshops & Courses page for more info.
I consider Lee and Fritz Rigma to be Australia’s practical saints of Agnihotra. We are so lucky to have them here. Their unwavering dedication, with more than 45 years combined studying, teaching and performing daily puja and agnihotra is remarkable in itself, especially in today’s world where instant gratification is the latest drug of choice. They demonstrate Love in Action on a daily basis. A stay on their Homa farm, or workshop is not to be missed.
Contact for Lee & Fritz
Email: omshreedham@agnihotra.com.au
Phone: Australia 02-49981332 or International 00612 49981332
Lee and Fritz will be in Melbourne in October 2013

Breathe Australia Conference 2012
Thursday 15 – Sunday 18 November 2012, Sydney
The Breathe Australia Conference is the annual conference of the Australian Breathworkers Association. 2012 is the 19th annual event. It is a coming together of people interested in breathwork ranging from the pioneers, long term professionals, participants who will always include breathing techniques as a part of their lifestyle, to new participants.
Guest speakers, trainers, breathworkers, and Association members will present the latest ideas, research, practices and outcomes for breathwork and associated fields. It is also a great opportunity to catch-up with peers and friends who have the similar interests.
Breathwork in Australia and Internationally has a great diversity. By its nature, the participants of breathwork become more free, creative, and expressive which has resulted in Australian breathworkers initiating unique techniques and practices which they will share with you at the conference.
For more info go to http://www.breatheaustraliaconference.com.au/
Pauline, Peter and the Rebirth International Australia and New Zealand Group are saddened by the passing of Shri Muniraj, one of the greatest Gurus of India. He dedicated his life to the service of millions of Shri Babaji’s devotees worldwide and his beautiful, serene presence will be sadly missed by all.

**Shri Muniraj**

Shri Muniraj was one of the greatest Gurus of India. He dedicated his life to the service of millions of Shri Babaji’s devotees worldwide and his beautiful, serene presence will be sadly missed by all.

**Rishi L:** Muniraj, when did you meet Babaji?

**M:** (Muniraj, as interpreted by Gauradevi.) The first time I saw Babaji, I met Him in the Kathgaria Ashram, close to Haldwani. Yet, I knew of Babaji before, when I was in the hospital and had to undergo an operation in 1960. Then Babaji gave darshan to me in the hospital. Then Babaji pulled me to Haidakhan in 1971.

**Rishi L:** And was that the first time you went to Haidakhan and what was your experience?

**M:** Yes, it was my first time there and it was wonderful. I had the feeling that I had been in Haidakhan before—I knew the place from before, that was the feeling.

**Rishi L:** When Babaji appeared to you in the hospital, did you know he was your Guru?

**M:** That time I was in the hospital, I did not realize that it was Babaji that appeared to me. But when I met Babaji in the physical body, I realized that it was the same Being whom I had met before in the hospital, the night before the operation.

**Rishi L:** Can you give me a very strong experience you had with Babaji?

**M:** After I met Babaji, I had different visions of Him, like seeing different forms of the Divine and like seeing His form change. The strongest feeling I had was the feeling of having been with Babaji probably for many lifetimes. I felt this connection, the feeling of this old, ancient connection.

**Rishi L:** And why do you think Baba came into manifestation this last time?

**M:** One of the main things is that He taught people to repeat the OM NAMAH SHIVAYA mantra, and now this mantra is spread all over the earth. And then He taught people to live in Truth, Simplicity and Love, and to lead their lives according to these principles. Also He told people that in this yuga, this time, the highest form of yoga is karma yoga.

**Rishi L:** And how do you see people doing after Babaji left his body?

**M:** I don’t have any feeling that Babaji is gone. There is no AFTER Babaji to me. And all the centres and ashrams running all over the world nowadays, they are all running because of Babaji’s inspiration.

**Rishi L:** And even when the ashrams have difficult times, still, they should keep running and doing their work?

**M:** It is normal to have difficulties, always difficulties come and difficulties go. The difficulties make us stronger; they always teach us something.

**Rishi L:** What advice would you give people?

**M:** People should go on according to the teachings that they got from Babaji, and the main teaching is karma yoga. And also, one of the main principles of Babaji is to be human. Also, He never taught us to quit our religion. He always taught us that every religion has the same value. When people really love Babaji and really have this connection with Him, they can never really have difficulties or problems. When they have devotion and love for Babaji, they can never be really in trouble. All the new people who are coming now, Baba keeps giving them strong experiences.

**Rishi L:** Why did Babaji leave you in this role?

**M:** This I don’t know. I am trying my best to do the duty that Babaji has given me, and whatever is going on, whatever is happening, is always because of Baba’s constant inspiration.

**Rishi L:** Muniraj, you do your particular spiritual practice every morning and evening: puja, fire ceremony, aarati, japa, meditation; is this a very important way to stay in close connection with Babaji?

**M:** Yes, because whichever practice you do, this is creating a link with the divine

**Rishi L:** There are new people who come to the Ashram who don’t have a spiritual practice, and want to learn one. They are coming to aarati and doing karma yoga, what else would you recommend?
**Physical Immortality**

“Physical Immortality is defined as incorporating the physical body into the Eternal Life of the Spirit.”

*Leonard Orr*

**Physical Immortality – What is it good for?**

By Pauline Win

At last, Mark Twain’s famous quote “There are only two things you can be sure of—death and taxes” has come true—at least in Melbourne.

A family claims that a cemetery slapped them with a $55 carbon tax bill for burying a relative, saying “even the dead don’t escape the carbon tax” - just days after the tax was introduced.

Actually, the term Physical Immortality is a misnomer. One of the aims of Leonard’s Rebirthing style is vrishwahan samadi (soruba) kalpa which means the ability to dematerialise and rematerialise at will the physical body. Immortal authors have written thousands of texts on “how to” achieve this sidhi-spiritual goal. These scientifically studied spiritual siddhis practiced by hundreds and thousands of yogis and yoginis over the millennium have led to many of them being able to dematerialise and rematerialise their physical body. No longer subject to time/space/gravity they can create at will anything that is made up of Earth, Air, Water, Fire in fact anything made up of organic molecules. Sai Baba was one such highly enlightened yogi. Of course Babaji is the supreme master of all the Universe and naturally is way beyond the simple science of dematerialising and rematerialising/physical immortality into……….. only those that can get that far will ever find out.

The Upanishads, Vedas and most ancient spiritual texts were written by immortals who have already achieved the above. Rebirthing is a westernised form, albeit the beginning stages (baby steps) of this ancient yoga of union with God.

It is a Grave Mistake to think that physical immortality is about looking young. That thinking is about the west’s preoccupation with appearance, a kind of fixation. Physical Immortality is the ability to control the carbon based elemental body by mastering the elements of earth, air water, fire, mind and the electromagnetic energy body. The mind must be cleared of all deathist thoughts that reside as pollution in the Energy Body. The Energy Body is then a clean and balanced bridge between the Source Energy (that Einstein talked of) and the carbon based physical instrument called a body.

Shri Babaji demonstrated daily the physical immortality “how to’s” at Haidakhan Ashram. He bathed twice, 3 am and 3 pm each day, performed a daily fire ceremony (alone) and he even took mundun (head shave). Even immortals who take a physical body must keep it free of emotional energy pollution;

- In order to demonstrate to their devotees who are “AWAKE” enough to see the demonstration.
- For their own pleasure (Spiritual Purification is very pleasurable).
- To clean and balance their Energy Body.
Vrishwahan (Soruba) Samadhi Kalpa is the Ultimate Demonstration of Conservation

Vrishwahan (soruba) samadhi kalpa is the ultimate conservationist dream because, at that level, one would no longer impact upon our precious planet – no more global warming – no more carbon tax.

My hypothesis is that if we cleared our minds of all deathist thoughts, we would once again enter the Garden of Eden. The Course of Miracles states “That Death is the central dream from which all illusions stem.” The maya (illusion) of carbon filled skies, air, ground and water pollution, acid rain, and deforestation is the pollution of our human death urge. If we, the Human race, cleared our minds of the death urge, Mother Earth could return to her original state.

Also, when the Energy Body is as clean and clear as Babaji’s, there is no need for:

- Food
- Protection from cold/heat
- Fuel to travel.

About the God question. Who is responsible for Death? Is it the person who dies or God?

Dying and Being Reborn is a re-enactment of the original separation or the religious dogma of original sin. Actually, when examined rationally, and logically, it looks very much like the theory of Birth Trauma.

God, in most religions, is the one who demands death as a punishment for separation.

Babaji said “The supreme cure for the death urge was to outlive it.” We can outlive “it” by drilling down into the antithesis of physical immortality – our death urge thoughts- rooting out any thoughts of separation and practicing spiritual purification as demonstrated by Babaji. We could at least give it a go – to me it seems a goal worth going for in a world where the human race seems to be hurtling towards its own Karmic end. And of course, The Planet is Physically Immortal, so aren’t we also entitled to Physical Immortality – it’s a given – or in this case, A GOD GIVEN RIGHT.

It can be relatively easy to achieve Physical Immortality in Australia

In most places here in Australia we can “easily” get a bath tub – generally people have shared that it is more of a challenge to get an open fire.

Peter and I used to travel with a spa bath and fire place. But now we have our own Physical Immortality Centre. The land and the Lodge (which will be a community place) is all paid for. The purposes of the Physical Immortality Centre of Australia are many and varied. But basically it is a prototype, a centre where people can come and learn first hand how to build a dhunni (fire hut), how to practice the Rebirthing Breath and how to practice all the Spiritual Purification techniques and then to take these practices home, and for those who choose, to build a similar centre in their own town.

This centre will be open for interested parties’ end of 2013. My dream is that Leonard will perform a formal opening in 2014 followed by a Conference on Physical Immortality and Training in Spiritual Purification with Leonard. http://www.rebirthing-breathwork.com

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 November 16th 2012

Many thanks to all those who contributed to this Air edition

Joanne