

Nushka Tai

HEALING BY BREATHING

"How I healed myself with the power of the mind, combined with breathing".

When I discovered the power of thought, I never imagined that, some years later, I would be faced with such a trial as being four months pregnant and having tuberculosis.

I was never keen on taking allopathic drugs, and having a new being in my body, provided another strong reason to avoid putting any extraneous "poisons" into my body. So I decided to use only homeopathic remedies, rebirthing-positive-affirmation, and creative visualisation to heal myself. And I am happy to report, I took only two weeks totally to clear out all signs of the tuberculosis. And that only by using my mind and my breathing. This is how I did it.

Rebirthing

This is a simple but powerful breathing technique which heals the mind, body and spirit for anyone who is willing and able to breathe continuously for one to two hours and let go of all the negative mass within him/herself. (1)

It is a way to free and purify oneself from all kind of energy block, physical delusions, life-killing negative thought and doubts about one's spiritual connection with the universe. Breath is the physical connection to life energy itself. As illness is always a distortion of life energy, manifested either as too much or too little energy, breathing is a wonderful way of regulating this energy.

An important stage during a rebirthing session is when one feels that one is not breathing but "it" is breathing one. (1) ("It" being considered as God, Diana, Ki etc.). After two hours of this kind of breathing, the ego will have disappeared and there is no more resistance within the person to allowing themselves to be healed. This may seem an extravagant claim, but I know from personal experience many cases of healing of disorders just as serious as mine. Often really like a miracle!

I have one rebirther colleague who cured himself of chronic hepatitis within three days (as proved by blood tests taken before and after treatment). I have a woman patient who was 52 years old, and who cured herself from serious kidney disease after her first rebirth and one week working on her negative thoughts which were related to her kidney problems. Her doctor was totally amazed and called her recovery a "miracle". She became a rebirther herself afterwards!

I rebirthed myself about four hours a day during a period when I was dealing with the tuberculosis. The first week I was so drained of energy that I was breathing and falling asleep, and then breathing again and falling asleep again. (I think that it was my resistance to being healed and the reactions from my subconscious mind as I was reprogramming it positively which put me to sleep).

But I went on constantly, and by the second week the tuberculosis was nearly cleared. I went to Britain by sea, breathed in the sea air and then I did a rebirth experience in very cold water. I was still coughing during the following night but my intuition told me that I was already healed and that this was just a leftover symptom. I relaxed, knowing that the positive results of this self-healing process was already happening. I rested for one day, maintaining my spirits at a very high level and trusting that everything would be all right. The next day after having strengthened my thoughts, I went back in the water, rebirthed myself again and felt completely free of any symptoms.

Positive Affirmations

Disease is always a result of a negative neutral thought pattern stored in our subconscious mind. (The subconscious mind is the bridge between the unconscious and the conscious mind. It is a recorded store of all our experience, the seat of our subjective beliefs, making no difference between imagination and reality). So, as we are responsible for the thoughts we put into our bio-computer in the brain, and as we create our life in the way we think (and if you think otherwise, consider how much your thoughts are affecting reality for good or bad) If we try, we can control our thoughts, play with them and choose what kind of thoughts we want to live with.

" . . . in order to permanently eliminate a condition, we must first work to dissolve the cause . . . the mental thought patterns that cause more disease in the body than all the rest put together, are criticism, anger and resentment" says Louise Hay (2). She had listed the mental causes for physical illness and the metaphysical way to overcome them.

I used the positive affirmation she suggests to counteract the negative pattern corresponding to tuberculosis and "saturated" my subconscious with it by repeating it inwardly during the rebirth. I was also writing it and letting the negative resistances to it come up until I felt in complete harmony with it, without any more negative reactions. In other words, until I totally surrendered to the Ultimate Truth.

An affirmation is a positive thought suggestion you imbed in your subconscious to produce a desired result.

" . . . when you use affirmation, you open the door which gives you access to your subconscious and you discover what is frustrating you and preventing you to be always in the right place, in the right time and involved in the right activity. You can then get rid of those limitations based on fear and the different subjective beliefs which are at the origin of our negative programming and walk in the golden way of the Universal Harmony". In this way you re-align your subconscious belief system to a higher truth (3).

The Creative Visualisation.

Besides the affirmation technique, I also used the power of creative visualisation (4) while I breathed or during alpha or theta mental states. These are altered states of consciousness induced by certain brain waves that one can trigger at will after training. They create a deep state of physical and neutral relaxation where visualisations are very powerful.

So I visualised my lungs healthy again with as much detail as possible - nice colour, nice texture of the tissues, energy flowing freely through them etc. Creative visualisation is a means of unblocking or dissolving the barriers we ourselves have created to the natural harmony, and the abundance and loving flow of the universe. Visualisations have a deep effect on the subconscious mind and all the doubts we have about getting healed. The results of visualisation prove again how powerful the mind is. Creative visualisation will always be effective if you have:

- a strong desire to create what you want to achieve
- a powerful belief that it will happen
- a true acceptance of what you want (Are you **really** wishing to have it?)

In one word you have to have a genuine intention about getting what you want, then you can relax and trust and it is bound to happen. You do the visualisation while you relax your body and your mind, having a clear idea, focusing on it often and giving it positive energy.

So I can say now that I am grateful to have had tuberculosis as this enabled me to experience the wonders of the use of the mind, once one knows how to master it. What a wonderful opportunity this was to test out all the things I have learned and all the things I have been teaching.

*Nushka Tai is a certified rebirther trained by Leonard Orr, the founder of rebirthing, She is now creating a New Age community in the Caribbean Island of Santo Domingo and travelling to Europe and the United States giving workshops on Rebirthing, Alpha and Theta training, soft bioenergy and enlightenment intensive. She has published a book on the subconscious mind **Positive Affirmation** (2.50 from Self and Society).*

- (1) Leonard Orr "**Rebirthing in the New Age**" Celestial Arts
 - (2) Louise Hay "**Heal the Body**"
 - (3) Nushka Tai "**The Subconscious and Positive Affirmation**"
 - (4) Shalet Gawain "**Creative Visualisation**" A Bantam New Age book.
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Richenda Power

NATUROPATHY

Naturopathy can be considered the original holistic medicine of the West. Modern naturopathy traces itself back in essence to Hippocrates and his idea of the vital life force of the body. So does orthodox medicine but it is sometime hard to see how the life force and 'intelligence' of the body are recognised by it, with the emphasis on the person as passive and being invaded by disease or attacked by microbes.

Current naturopaths embrace a wide range of treatment approaches and may disagree among themselves about what can and cannot be called legitimately naturopathic. I would place myself with the "straight nature cure" thinkers and I am going to explain this.