

My purpose in writing this reply to Nicholas Albery's article on Leonard Orr's Rebirthing has been an attempt to redress the balance of what I perceived to be a biased and somewhat negative article, although it is a succinct review of Leonard Orr's book 'Rebirthing in the New Age'. I believe it is difficult to really understand anything unless we

have experienced it for ourselves.

All new therapies have a tendency to stretch the mind, that is part of their function, and rebirthing is no exception. Allowing integration of the concepts of rebirthing may revolutionise your life and your relationships as it has done for countless others.

References

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NICHOLAS ALBERY comments on

Jill Robinson's 'In Praise of Leonard Orr's Rebirthing'

Jill Robinson does not actually pick out any inaccuracies in my article, but her main animus seems to be against my lack of enthusiasm for Leonard Orr's beliefs about physical immortality etc., which have grown up around the simple breathing technique. I do believe that these unnecessary accretions put off many normal and sensible people and thus do Rebirthing harm.

Jill Robinson quotes Leonard that "even if death is inevitable, it won't hurt you to believe in physical immortality". I disagree - I think the truth does matter, and that to live one's life expecting the body never to die and, as in Leonard's case, having difficulty accepting the death of one's friends - (he planned to dig up the buried body of Babaji so that he would return to life) - is naive and damaging. In a holistic approach surely the intellect too deserves respect.

I should add that I have undergone Rebirthing myself on many occasions and have completed the Professional Rebirthers' training course. I also acknowledge, as in Jill Robinson's case, that my Rebirthing breathing experiences have made a difference to my life, and I am grateful to Leonard for Rebirthing. I am critical as a sympathiser wanting to help improve a method, rather than as a cynic wanting to destroy.

COMPUTER HINTS

L. ROBOT

If you're a computer, people can press your keys. They can push the key programmed for "angry" and you get angry. They can touch the key for "hurt" and you get hurt. They can push the button for "sex" and you get sexy. This can make you feel pretty powerless after a while - it's all so predictable. Somebody only has to press one key down, and a whole speech may come out - the same speech every time. How boring for all concerned - no wonder we want to get out of it.

There are various ways of avoiding having those keys pressed. Let us look at four of them and see how well or badly they can work for us.

1. **Covering up the keys** This is a favourite method. Nobody can see our keys, so nobody knows which one to press. The only trouble is, the buttons are still working, so people can still poke at us at random and be pretty sure of hitting a key sooner or later. And once they've found the spot, they can hit it again and again; so this one doesn't work very well.
2. **Jamming the keys** This is more drastic, because after all it is the keys which make us work. And it's actually rather difficult (though a few seem to manage it) to jam one button without it affecting the others too. So we can't feel anything, even if we want to. This is rather devastating.