

# THE REBIRTHING PROCESS

by Gilly Moden

You can learn Rebirthing or conscious connected breathing most effectively in a series of ten sessions with a trained rebirther or breathing guide. Each session lasts one to three hours as you complete a natural energy cycle. You lie down comfortably and start breathing in a relaxed connected rhythm.

As you breathe, more and more life energy begins to stream through your body. Various parts of your body may tingle and vibrate as tension begins to release. The energy builds up for a time becoming more and more powerful - you are literally swimming in your own life energy - immersed in it. It cleanses you and heals you, rebuilding your mind and your body in the same manner as it created your mind and body in your mother's womb. Physical sensations come and go - the breathing rhythm stays.

After a few private sessions, you can greatly accelerate your rebirthing process by participating in a five day rebirth training. A REBIRTHING TRAINING is an intense exposure to the energy, technique and concepts associated with the rebirthing process. It is also a true experience of the power of love in spiritual community. After ten sessions or so, you will probably be ready to rebirth yourself. You can also begin to practise the technique in warm or cold water which will add totally new dimensions to your experience. You learn to feel the energy of your own life flowing in, around and through your physical body. As you relax deeply and open to larger and larger flows of life energy, you feel more and more alive. Your body becomes a pleasurable and totally safe place to be. You are open to receiving on all levels: you can receive love without fear and you can receive money without guilt. Work becomes play. You are motivated naturally by love and service - you are full and overflowing.

*Spontaneously and when you are not expecting it, the energy release happens. In the beginning, it's a cosmic orgasm, sometimes lights and colours, rushes of blissfully tingling energy, feelings of total love, harmony and union with existence - everyone has a unique story to tell. Suddenly you are in a completely new space totally relaxed, more deeply than ever before and feeling such peace and silence as you have never known. You begin to understand who you really are and so it becomes effortless to love and accept yourself. Life becomes a lot more*

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**IN THE WOMB** you were nourished by life energy through the umbilical cord. It made you grow - it made you - YOU. Life energy still nourishes you - only now it comes through your breath. The transition from umbilical cord to breathing can be smooth and pleasurable as nature provides for a few minutes for our lungs to clear and start working. For most of us (born in hospitals especially) cutting the umbilical cord too soon cuts us off from our food, oxygen, and all other energy and support before our lungs and throats are clear and working. We must fight for that first breath in a terrified panic for our lives. Our first impression of the outside world of birth is that other people are trying to hurt us or don't support us or that our bodies are painful places to be, or that life is a struggle, or that there is not enough nourishment whether it is food, oxygen, love, money or time. Negative experiences and impressions from the birth and early infancy are held in our bodies in the form of physical tension and this tension is directly related to negative beliefs, thoughts and impressions in our minds

**THOUGHT IS CREATIVE.** Whatever you are thinking repetitively, whatever you consistently believe, either consciously or out of habit, determines your experience whether it be physical, emotional, psychological, or any other kind of experience. You, as the thinker, are creating your own personal reality. Your beliefs about reality have become a reality for you. If you have believed since birth that people are trying to hurt you, your fear will attract people who will. If you believe that struggle is necessary, you will struggle. If you believe you don't have enough, you don't. If you believe you aren't good enough, you aren't (for you).

**CONSCIOUS CONNECTED BREATHING** or rebirthing purifies your body of tension and purifies your mind of the negative thought patterns, attitudes and beliefs which are creating that tension. You learn to relax profoundly into the energy of your emotions. As the tension releases, your body opens to allow more and more life to flow through. You begin to notice how the quality of your thinking is determining the quality of your life experience. And you begin to take responsibility for the quality of your thoughts by consciously letting go of negative patterns as you become aware of them through breathing and thinking. The result is a lasting positive transformation in your life experience.

**YOU BECOME THE MASTER** of your emotions by developing the ability to release them through your breath instead of expressing them in old habitual ways. You become so relaxed and safe in your body that you can consciously relax out of tension before it ever becomes disease (dis-ease). You can simply stop getting sick. Current physical symptoms disappear as you become aware

of the belief symptoms causing them. Those symptoms directly related to physical tension disappear immediately.

You are no longer the victim of unconscious conditioning from birth, parents, school, society or any other source. In fact you are no longer a victim of anything - not even death. You choose your experience by choosing your thoughts consciously. As you breathe more life energy into your thoughts, the universe just continues to say yes, faster and faster. **YOU ARE AN UNLIMITED BEING.** All perceived limitations are merely beliefs which can be changed in any present moment. When you experience the vastness of your being with your whole body through conscious connected breathing, you will never try to improve yourself again. In that acceptance of yourself is love. You are good enough - you do deserve to share in the abundance of the universe, just for being alive, just for being you. **YOU DESERVE LOVE**, and as you open yourself to receive it, so much comes to you so fast that you become more aware of how you are limiting yourself from receiving. As you focus your mind on higher and higher quality thoughts, less and less thoughts are needed. You can let them all go, negative and positive. You don't need them any more because your heart or intuition is guiding you spontaneously and naturally. As your body opens to larger flows of life and energy through the breathing, you tune in better with the total flow of life. When you relax and stop improving yourself, life improves you. Your intuition flowers, your heart opens, life becomes effortless, spontaneous and necessary or required. Everything is happening by itself, spontaneously, in you, around you and through you. You are no longer separate from existence. There are no limitations.

**For more information on rebirthers and rebirthing trainers please contact:  
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