

THE STORY OF REBIRTHING

by the founder Leonard Orr

My Rebirthing story is the story of discovering the whole process. I am known as the founder of the Rebirthing movement. The main part of this discovery took about ten to fifteen years. The giant leap occurred in 1974-1975. The discovery is still going on for me. Every year I learn more about breathing and spiritual liberation in very practical ways.

Development of Rebirthing

I was born in Walton, N.Y. Walton is a small town of 5,000 people - a dairy farming town. I have always thought of it as the perfect small town. It is nestled in the mountains with a river and creeks running through it. Everyone is friendly and there are lots of large maple trees and churches. It was a "dry" town during my whole childhood; no alcohol was sold in town until I was nineteen.

My childhood was externally idyllic. But I was already damaged so much internally that I couldn't enjoy it much until after I developed and did plenty of Rebirthing practice. The first Rebirther training centre was in Walton in 1975.

My mother had her first three children - girls - almost exactly eighteen months apart. Then she decided she had enough children. In spite of this decision she had three more - about four years apart. I was last. An unwanted child after my mother had held the decision to have no more children for twelve years.

Through Rebirthing I have remembered a lot. I have remembered coming into her womb and feeling excited about being back in the physical universe. But my joy soon turned into trouble when I discovered I was an unwelcome guest. When my mother found out I was there during the second or third month of pregnancy, she was very upset. This is when my miseries began in this life. Later, I concluded that the only way I could please my mother was to disappear - to kill myself. I tried to hang myself on my umbilical cord. It was an unsuccessful attempt. I was a breach birth with the cord wrapped around my neck three times. At birth I came as close to dying as is possible without actually dying. The cord was around my neck so tight, that the doctor decided to pull me out by my legs far enough to cut the umbilical cord, he then pushed me back in, turned me around and pulled me out with forceps. I have relived much of my womb life, birth and infancy during my Rebirthing healing process. I never felt welcome in my family and most of the time I still don't.

Rebirthing can be a series of physiological memories. These kinds of Rebirthing experiences started in 1962 and have been going on for twenty seven years. Now, in 1990, I feel close to experiencing a liberated white light body. I feel divine most of the time and I love life. I feel very alive today because of the Rebirthing practice. I love to breathe energy every day. A Rebirthing session can lift us out

of our misery sometimes in one hour. And new layers come to the surface of consciousness to be cleared away. Daily practice clears away emotional garbage as fast as it surfaces. Consciously breathing energy and other spiritual purification techniques are an ongoing practice, that is as important for the total health of mind, body, and spirit as eating food.

My birth was a long one. I remember the suffocation. I remember my mother's shame at having her legs spread. At one point in 1977 I had a rash around my neck in three strips, which was a physiological memory of the umbilical cord.

My mother decided during my third month in utero that the only way she could not have any more children was to not have any more sex. As far as I know she never did. As a result of that decision I was a virgin till I was twenty five. Probably the last person of my high-school and college graduating classes to have sex.

Physical immortality and the death urge

In 1962 I began reading books about physical immortality. I was fascinated with the idea. Rebirthing couldn't have happened if I hadn't unravelled my death urge.

My first Rebirthing experience was in 1962. One morning I couldn't get out of my bathtub. I stayed there for two hours before I had enough strength to get out. I was late for work that day.

From 1965 to 1967 I was suicidal most of the time. My life was coloured by inner misery. Physical immortality ideas as well as what I had learned from Joel Teutsch about body, mind and spirit saved my life. During the summer of '67 I had a living death experience. I was in bed for over a week and felt like dying. After that I took charge of my life and I have been mostly healthy and happy. I've been able to heal all my diseases myself. I haven't had any cavities in my teeth since 1968.

Many studies by psychologists have been released in recent years revealing that a hundred per cent of teenagers who commit suicide had difficult births. Birth trauma and suicidal tendencies go together, because birth trauma creates an internal struggle that cannot be resolved except by death or by Rebirth. The Rebirthing movement already has prevented tens of thousands of suicides by liberating people from unnecessary struggle and misery.

I didn't perfect the Rebirthing method until 1975. But between 1962 and 1975 I had numerous Rebirthing experiences. One of the most dramatic was in about 1973, when I had a head pain. One day when I had a terrible headache, I got the intuition that I should get down on the floor on my hands and knees with my head down so that it touched the floor. I had a birth memory and immediately the pain stopped.

About a year later I woke up one morning with the same kind of terrible pain. I hung myself over the arm of a chair with my head touching the floor. I experienced a flash of pain and white light and then the pain was gone.

Daily practice ...

The peace that passes all understanding ...

Anyone can breathe themselves to bliss

About ten years later, after my daughter was born in 1985, for a few weeks I had a series of migraine headaches every few days that lasted an hour or less. They only lasted one hour because every time as they came I laid down and breathed away the pain with connected breathing. Each time the headaches got shorter and on the last day I had one about every two or

three hours for about ten minutes. Then the pattern dissolved. I have had only one headache during the past four years. It was fun. It is fun to heal ourselves.

Almost everyone reports the peace that surpasses all understanding at the end of most breathing sessions. And this goes on for ever. Any one can breathe themselves into bliss. An energy breathing session is sometimes called a biological experience of God, a cosmic orgasm or the filling with the Holy Spirit.

From the very beginning it was my goal to make people spiritually self-sufficient with Energy Breathing - to give them enough sessions until they could rebirth themselves. Next I experimented with the connected breathing rhythm without the water and found it was much better to do ten one-to-two-hour sessions out of the water before giving

*make people
spiritually self-
sufficient*

people a session in a hot tub with nose clips and a snorkel. Dry Rebirthing was born. This made it possible for Rebirthing to become a mass movement. Getting in a hot tub, nude except for a snorkel and nose clips, and reliving your birth, was a little esoteric for most people. But now all people had to do was lie down and breathe and they could have the most marvellous experience of their life.

I found that most people can learn the connected breathing rhythm and how to breath energy as well as air in ten two hour sessions. I gave sessions to infants, to people in their nineties, and all ages in between. Rebirthing is good for any one who is breathing or who has a body.

The world wide demand for Rebirthing was instantaneous. I learned how to train Rebirthers. Then trainers of Rebirthers. In twelve years Rebirthing or Conscious Connected Energy Breathing, spread all around the earth to over ten million people. I can still not keep up with the demand. I created a whole new healing profession. There are now over 100,000 professional Rebirthers. A high percentage of health professionals have learned Rebirthing and incorporate it into their work with people.

Conclusion

My lifestyle is a paradox. I love practising advanced spiritual austerities in the forest. I also love participating in the world. I am a monk and a prosperous business man. I love serving and teaching people. And I love taking a few days off

to bliss out on God through the simple arts of spiritual purification with earth, air, water, and fire.

I am pleased that there are many high quality Rebirthers who are among the greatest healers in the world. There are also mediocre Rebirthers who need more training and do not have enough self esteem or motivation to give it to themselves. People who have no self discipline also resent receiving discipline from others. I am willing to train Rebirthers whether they pay or not, so money has not been a barrier for people to learn this vital work.

The Rebirthing movement continues to expand faster than ever. It is interesting to think about what the world will be like once physical immortality is as popular as death.

Consciousness Village - Campbell Hot Springs in Sierraville, California is still the best, most inexpensive, and most available training centre on the planet. We never close.

Statement by the British Rebirth Society

The British Rebirth Society, like many organisations, has been growing and defining itself. We now feel that it is time to clarify our aims, aspirations and visions for the future.

Our history is that we set up as a group of dedicated rebirthers in the 1980's, to support the evolution of the rebirthing process and to set standards for its practice. As we ourselves grow, we bring in new techniques and ways of working; these we share in our regional support groups.

The BRS is the linking body for rebirthing and allied breathing techniques in this country. As a Society, we welcome people from many fields of alternative therapies and varied life experience. Our unifying experience is of being an open hearted group of strong individuals who engender the principles of truth, love, trust, healing, spirituality and simplicity. Our intention is to embrace and encompass all universal truths.

We hold four meetings a year to discuss business and deal with Membership applications. These meetings are a powerful coming together, listening and sharing.

We see our function as supporting 'breathers' who are willing to extend their joy, energy, spirituality and UNITY in the world.

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The British Rebirth Society has 18 Registered rebirthers, 37 Member rebirthers and 27 Apprentice rebirthers. Its address is The Patio, Bridstow, Ross-on-Wye, Herefordshire HR9 6AL Tel 0989 768 722