

charge, sell or give them away, he would only come up with new ideas and new tapes, the supply was endless and it was more important to share the information. Over the years I have seen and experienced many spin-offs of his original ideas from those who worked and trained with him long ago. Trainings like the LRT and Vivation, numerous prosperity workshops, natural and underwater birth, books and so on, all owe much to the creativity and generosity of his original thinking and self-exploration.

Breath With Everything

by Catherine Grundy

Mention the word ‘rebirthing’ and expect the sorts of negative responses which salesmen (persons) are trained to tackle. Mention the word ‘breathing’ and expect a more gentle put-down (“I know it all already — did Yoga/NCT/Relaxation or Singing classes, etc”). Advance with trepidation further into the conversation and attempt to put three words together — ‘mercury amalgam fillings’. Stand firm against the barrage of glazed eyes and tight professional smiles. It is possible that the room will clear at this stage! However, pregnant women and new mothers can usually be relied upon to face the monster of Unwelcome Information and, quaking in their Doc Marten’s, will start asking the dreaded question “Do I have to have my fillings out?”

Only the intrepid informer-of-the-general-public with her or his wounds scarcely healed and battle-scars carefully hidden, will dare to proceed to the next fences. Colon health — watch out for the lavatorial humour, often hilarious, a little naughty and always (dare I say it?) undermining! Vega testing and Mora treatment (more bored looks and yawns), dowsers (relief, now we know you’re simply whacky) and so on. Wholefood provides a welcome break, as many people have become interested in and/or educated about food over the past decade or so.

Only the really foolhardy would mention veganism at the dinner table (especially amongst vegetarians). Go one step further and do it all in print then you won’t need to watch anyone else’s reactions to confirm your suspicions of your own craziness — the mail will do it for you!

For myself, after years of living between bed and sofa (plus a stagger to the shops on a good day), appearing in public (whether in person or in print) has its own particular horrors. These include a certain feeling of exposure, and displacement. It also serves a specific and very personal purpose by reminding me that I am alive. I have faced my nemesis and come through to tell the tale. Mythology is full of heroes (and presumably heroines too) who are given the

precise weapon or implement they require in the nick of time. All they have to do is to be ready and willing to figure out how to use it. The gods can be gracious — if not always kind.

The same thing happened to me. I lost two much-wanted babies (ectopic pregnancies probably caused by mercury poisoning). I was given a year or two's grace — long enough to be introduced to rebirthing, the Est training and my loving partner, Paul — before entering into a whirlpool of hellish symptoms. These included:

- 1) epileptic fits, waiting for a fit and not being able to have a (the worst symptom of all), migraines and tinnitus
- 2) numbness, loss of sex drive, severe and prolonged exhaustion
- 3) breast cancer
- 4) obesity
- 5) hot flushes and nausea
- 6) 'cotton wool' brain, diminished memory, hearing and concentration
- 7) numerous weird sensations in my head
- 8) overactive/racing sensations throughout my body and insomnia

Some of these symptoms went on month after month, year after year. Most are now gone, and my energy level still has to be carefully monitored and maintained. Looking back over these five years in a big dollop like this seems almost unbearable, although I teach others from my own experience almost constantly (the Sheffield Diploma in Humanistic and Transpersonal Psychotherapy, a professional rebirthers supervision group and individual clients). My babies would be schoolchildren now. The fat, tired, middle-aged lady who gazes at me from the mirror is a source of perplexity and pain (why haven't I arrived back at the starting point?) as well as being a source of triumph and satisfaction. My sex drive, always reliable before my illness, is slow to return (shock and kidney meridian weakness). Inside myself, I am such a different person. It takes some getting used to. Every new day is so precious. Every single being is a miracle. Thankyou God.

Thankyou God, thankyou Universe for giving me everything I needed in order to heal myself and remain in this body (until I choose to leave it). Many healing systems helped me out, as did my husband and a handful of very special healers and friends. Knowledge was my sword. The will to live became my shield.

Rebirthing/vivation Breathing rapidly or slowly in a conscious-connected fashion. This was the physical, emotional and spiritual framework from which I could always find a strategy to restore my purpose and tackle the next day, hour or moment. It helps me to live in the present instead of trying to avoid it. Breathing through terror, fits, despair, pain, humiliation, impatience always worked. It has never, ever let me down. So simple, so sure. 70% of the body's toxins leave through the breath.

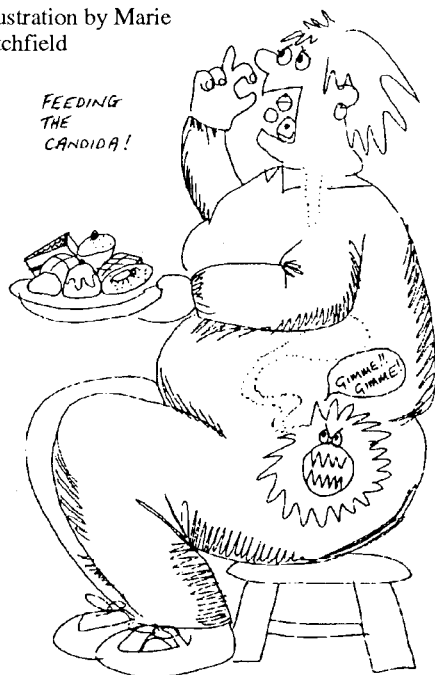
Vega testing and mora treatment Simple electronic devices, which measure energy and energy blockages. Hence, I was able to understand that my fillings were 'doing me in' and

that all the weird feelings in my head were caused by the combination of leakage from my jaw, a dysfunctional digestive tract and geopathic stress. Mora helps me to balance my energies until my body is able to do so unaided.

Dowsing Alf Riggs dowsed our house and discovered that my side of the bed was full of harmful rays, whereas Paul's side of the bed wasn't 'too bad'. This correlated precisely with my sense of unease in that bed whereas Paul had always been able to relax in it easily.

Colon health 30% of toxins are released through faeces, urine and skin. I had too much of the yeast *Candida Albicans* in my bowel, plus a gritty faecal lining to my bowel wall. *Candida* grows through the bowel wall and dumps its toxins back into the bloodstream. It also takes over the delicate ecology of organisms required for the fine tuning of digestion which should be occurring unhindered throughout. It is the cause of many systemic illnesses such as cancer, arthritis, ME, migraine, colds and flu. The restorative diet is a vigorous rejection of sugar (in any form), yeast, fermented products, stimulants, salt, and dairy produce. I had weekly, then fortnightly, colonics until my colon was healthy again.

Illustration by Marie Litchfield



Mercury amalgam fillings Ordinary fillings are now banned in Sweden for pregnant women and are the subject of much controversy in the USA. It is much easier to insist upon hard resin fillings than to cope with a badly damaged immune system, malformed fetuses or loss of life.

Nutrition It is always a good idea to follow a wholefood, vegan diet. 'I am what I eat' is very true in the material sense. Refined, overcooked allergenic foods cause problems and do not nourish the body. Abuse of animals and the land has no integrity in it. Chewing food slowly and thoughtfully is a must. I still rush at my grub and bolt it down untasted if I do not pay attention first.

Acupuncture The benefits are well known. Anthony Scott-Morley recommended that my acupuncturist add two sessions of extracting geopathic stress energy through eight points in my back. It worked. The strange, distinctive sensation I experienced was identical to that I experienced during a crystal healing session.

Course in Miracles Binnie Dansby's tremendous understanding of the book *A Course in*

Miracles has helped me to grasp the nature and purpose of forgiveness as well as reviewing my whole attitude to life. Louise Hay has been a great help too.

The Unintegrated Child Barbara Dochar-Drysdale and Donald Winnicott taught me during my career as a residential social worker that even the most destructive person/element in life is simply trying to belong, to integrate with the whole. This principle assisted me both as a grassroots worker and as a manager in children's homes. It helped me to make a friend of my illness, when it was necessary to do so.

Diploma in Humanistic Psychology (IDHP, London 1980) A muddled, poorly managed and inspirational training then in its infancy. I am tremendously grateful for the doors it opened to me. It introduced me to my body (David Boadella kneeling on my back) and to — wonder of wonders — Direct Experience (through the enlightenment intensive with Eva and Jake Chapman). It gave me the sense of being a child again at the beginning of my learning, and a profound respect for the holistic approach,

Rest, stimulation, pottering about Dealing with severe illness was for me a matter of realising that I was already grossly over-stimulated even though in a prone position most of the time. Breathing helped me consistently to live at a completely different pace. To rest and do more resting. To enjoy fragments of pottering about. To choose stimulation carefully — the song of a bird, the sound of laughter in the street. To think positive thoughts. To avoid the 'friends' and members of my family who wanted to 'dump' on me. Thankyou for our garden, for the company of our dog, for the touch of a loved one's hand . . .

Creativity I discovered during my illness that I always need another 'making-it-up-as-I-go-along' project as part of healing and entertaining myself. This reflects the nature of this thing called life, as I understand it. My project was to start the Sheffield Rebirthing Group five years ago (terrified that I'd have a multiple fit in front of everybody) and then later, as my health improved, to embark upon the Sheffield Diploma in Humanistic and Transpersonal Psychotherapy as well as setting up, with others, the Sheffield Birth and Healing Centre. These projects have been, and still are, tremendous fun, and have provided me with something profoundly interesting to do, plus buddies to do it with. We teach best what we most need to learn (*A Course In Miracles*). It is wonderful to be up and about with my work already established and growing — instead of starting from scratch. I am surprised when I remember that during the first twelve months of the rebirthing group, I never actually had a fit on the group day. By breathing along with everyone else and receiving their loving acceptance of my state, it was possible to remain calm. Sometimes the way forward is not already ordered in black and white.

I have used orthodox medical practitioners to help me, too. Breathing has assisted me in dealing with ignorant and patronising attitudes wherever I have met them and to allow loving service in.

There are many, many well tried and tested healing techniques. Sometimes I feel as if I've

sampled them all, although this is not true. I've attempted here to introduce you, the reader, to the package which was most useful to me. At the moment, I'm gearing up for a regular regime of simple exercise and body harmony (hands-on healing). It is fantastic to be able to dance again.

Resources

Rebirthing Leonard Orr, *The Five Biggies* tapes

Vivation Jim Leonard, *The Science of Enjoying All of Your Life* in *Breathe* magazine

VegaMora Stan Richardson Tel: 0924 402763; A. Scott-Morley Tel: 0202 733762

Dowsing Kathe Bachler, *Harmful Earth Radiation*; Alf Riggs Tel: 0992 719735

Colon Health Leslie and Susannah Kenton, *Raw Energy*; various Green Farm Books supplements

Mercury Amalgam Fillings Sam Iff, *The Toxic Time Bomb*

Nutrition Kath Clements, *Why Vegan?*; Brian Hampton Tel: 0742 551345

Acupuncture Michio Ohashi, *Do-it-Yourself Shiatsu*; Bernie Nolan Tel: 0742 552048

Rebirthing/A Course in Miracles Binnie Dansby's training 'Birth into Being' Tel: 0273-25502

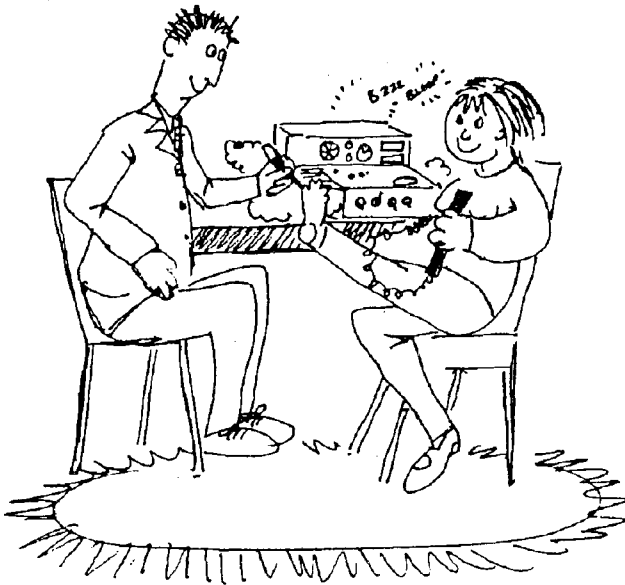
The Unintegrated Child B. Dochar-Drysdale, *The Unintegrated Child*; D. W. Winnicott, *Playing and Reality* and *The Child, The Family in The Outside World*

Enlightenment Intensives Eva and Jake Chapman Tel: 0908 510518

Also Recommended

Barbara Ann Brennan, *Hands of Light*; Louise L Hay, *You Can Heal Your Life*

Other Enquiries Tel: 0742 509751



Vega Testing,
illustration by
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