

Surrender to the Universe — Heal

by Phil Copper

Phil Copper works in computers and is studying humanistic psychology

I am four sessions into a ten-session course of rebirthing. This is my first experience of rebirthing and so far I have found it to be a very positive and subtly liberating experience. My rebirther has been trained by and is a member of the Loving Relationships Training (LRT) founded by Sondra Ray. Each session starts with a chance to share the events of the previous week, to see how I feel about the affirmations I have been working with and to explore any dreams I have had. This is sometimes followed by a period of creative focusing, taking an issue that is currently important for me, focusing on how I would like it to be, how it is now and finding a suitable affirmation. The central part of each session is the rebirth itself - connected breathing with guided visualisations and affirmations spoken by the rebirther. Once the rebirth is over I am guided through a grounding process to close down the chakras and make sure I am fully back in the room. As soon as I am fully grounded we discuss the rebirth and what came up for me.

It has been a powerful experience for me, during the rebirth, to visualise myself as a child. It feels as though this child has been neglected and his feelings denied for many years. Here is a chance to get to know each other again. I can explore his fears and desires, reassure him that he will be listened to, that he is safe and valuable, that we will not be parted again. I offer to take him seriously, to listen to and protect him, he offers me his childlike wonder and spontaneity and an impish sense of humour that I'm rather enjoying.

Throughout the sessions there is great emphasis on achieving a balance between the masculine and feminine principles, of nurturing and heeding intuition on the one hand whilst having regard for practicalities on the other. To give an example, I am dissatisfied with my career in computers and have a gut feeling that I want to work with people in some healing and caring capacity. My masculine, practical side tells me I cannot make the switch in an instant. Through creative focusing and affirmations such as 'the divine plan of my life is slowly unfolding' I can acknowledge the truth of my intuition and work towards it, with training financed by my current career, knowing that when the time is right I will make the change. The power of the focusing and the affirmations make me sure it will happen, the balance of intuition and practicality lessens my impatience, both are honoured, and life unfolds. This balance also, of course, works towards acting from my own power, to knowing what's right for me and exercising the assertiveness to act accordingly, "The more that I say 'yes' to myself, the more it becomes safe to say 'no' to anyone, anything, or any situation that's not right for me". I have not been used to saying 'no', except to myself, for fear of appearing selfish. To be assertive, to come from my own choices has always been a source

of fear for me, it still is in part, but now offset by a tremendous excitement.

There is a spiritual awareness to rebirthing that appeals to me greatly, an awareness that we are one with the universe, children of God, and this is reflected in affirmations like “I exist in my own right. I am a child of God”. During the rebirth much is made of receiving prana, the breath of life, of surrendering to life and choice with faith. To go with the universe rather than against it. The idea that it is possible to simultaneously surrender to the universe whilst increasing the power of choice feels good, it feels right — for me anyway. It fills me with a sense of power and safety, a sense of being an important part of something larger, a guiding principle without the religious dogma.

After only four sessions I feel very differently about myself and my relationship with the universe. I feel altogether more positive and optimistic, more accepting of myself and excited about the future. I am learning to drop the masks I present to the world, to act from my own power and to simply be myself.

“The primal simplicity deep in people is complicated enough. When people become more complicated, they are less able to find themselves. The less they are able to find themselves, the less power they have. The less power they have, the more threatened they feel and the more they struggle with others. Deviating from primal simplicity is the beginning of trouble.” (Ray Grigg, *The Tao of Being*, Wildwood House).

