

NATURAL HEALTH SERVICES

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Rebirthing Breathwork

By Keith Post, ND

Rebirthing is a form of healing that was discovered in California during the 1970s. It was originally called "Rebirthing," because during a session, the original birth trauma will often resurface. By continuing to breathe in a connected fashion, this trauma can then be released, allowing emotional, mental & physical healing to occur. The original rebirthing sessions were performed mostly in hot tubs, in order to simulate the womb experience, but nowadays dry land rebirthing is considered to be equally as effective. Rebirthing is a deceptively simple, yet extremely powerful form of healing.

Note:

Instead of using, the word client or patient, I am substituting the word "rebirthee."
Instead of using the word therapist, I am substituting the word "rebirther."

Physical:

The actual process is to simply have the rebirthee consciously connect the inhalation to the exhalation in a deep, continuous rhythm, ensuring that the effort is on the inhalation only. Immediate physiological benefits include:

- Rejuvenation of every cell of the body by maximizing the oxygen/carbon dioxide exchange to where every cell of the body is eventually fully oxygenated.
- Corrections of longstanding habit patterns of inhibited or shallow breathing (subventilation).
- Allows the body's organs and systems to function at their maximum potential.
- Allows for the healing of disease conditions to occur, i.e. the restoration of health.

The rebirthing breathwork process:

- It typically involves 5 to 10 "dry" sessions on land or until the "breathing release" is achieved. Then, "wet" rebirthings may be introduced, which tend to be more pleasurable (warm water) or unusual (cold water).
- Especially in the earlier treatments, the rebirthee's cellular fear and resistance may lead to muscle spasms with or without sensations of temporary paralysis. By continuing to breath, however, the symptoms will gradually convert into pleasurable tingling or vibrating sensations, as the fear and resistance is being released.
- The "breathing release" usually occurs sometime in the first three sessions. This is when the rebirthee reexperiences the difficulty and scariness of their first breath, with amniotic fluids still present in the throat. This is more significant with clients whose umbilical cord was cut before all pulsations had naturally ceased and they were already breathing safely on their own.
- The "energy release" usually occurs sometime after the "breathing release" during the course of treatment. This is when the rebirthee experiences their reconnection to the Universal life force or divine healing energy.

Symptoms that you, the rebirthee, may experience include:

- Feeling very hot or very cold
- Muscle spasms, cramping, jerking or twitching
- Choking sensations (during the “breathing release”)
- Heaviness or pressure in the chest area or shortness of breath
- Tingling or vibrating sensations
- Lightheadedness, dizziness, headache or nausea
- Unusual sensory experiences, involving any of the five senses
- Feelings of rage or terror
- Birth memories or near-death experiences
- Excessive dryness of the mouth
- Confusion, claustrophobia or feelings of temporary insanity
- Excessive sadness or euphoric, blissful joy (during the “energy release”)
- Out-of-body, spiritual or telepathic experiences

Signs that I, the rebirther, may witness include:

- Shivering or sweating
- Muscle spasms, cramping, jerking or twitching
- Gasping or choking (during the “breathing release”)
- Unusually deep or rapid breathing
- Assuming the fetal position or other unusual positions
- Crying, yelling, screaming or other signs of emotional catharsis
- Unusual or irrational-sounding utterances

Mental:

- In many ways, the benefits may be largely unconscious, but everybody will experience an enhanced sense of clarity and well-being.
- Some rebirthees may actually witness scenes from their own birth or flashback to other traumatic episodes of their life.
- By focusing on and persevering with the deep, continuous, rhythmic breathing pattern, any remembered or unremembered traumas are being released and healed.
- For, it was the inhibition of the breathing mechanism during the traumatic episode(s) which caused the trauma to be locked into the person’s consciousness and cellular memory, in the first place.
- Defense mechanisms, i.e. rigid thought patterns, which once had a functional purpose, but now are dysfunctional, can now be released and replaced by newer, more functional patterns.
- The net result of rebirthing breathwork is that energy is now able to flow much more freely throughout the mind and body without obstructions.

Emotional:

- The emotional tendency towards reactivity, which previously served to trigger the engagement of outdated dysfunctional defense mechanisms can now be released and healed.
- As the energy flows more and more freely throughout the mind and body, any stored-up grief, anger, resentments and fears are also able to be released and healed.

- The resulting unobstructed energy flow is often experienced emotionally as feelings of divine bliss or unconditional love (“energy release”).
- The net result is that the rebirthee feels more positive towards life, in general. This is because negative emotions are only able to accumulate in life situations where a person’s energy flow is somehow obstructed or distorted.

Spiritual:

The rebirthing breathwork process often leads to profound changes for the rebirthee, both in term of feeling more whole or connected within themselves (microcosm), as well as feeling more connected with their surroundings and fellow inhabitants (macrocosm), i.e. the Universe. Here are some of the positive changes that may occur for a rebirthee:

- An increased sense of their own life purpose and the purpose of life, in general.
- Increased motivation towards fulfillment of goals, but without the stress and tension of feeling unnaturally “driven.” There tends to be more of a feeling of fun and excitement, as you achieve or modify your goals.
- Goals will often develop with the potential to benefit mankind and creation, in some way.
- A rebirthee will often feel a greater sense of enjoyment of life, accompanied by a greater experience of love, peace, joy, harmony, abundance, wisdom and health.
- There will often be an increased sense of awareness of sensory impressions from the five physical senses, as well as from the metaphysical senses, including increased intuition.

This article was written by Keith Post, ND, a board-licensed physician practicing in the Portland, Oregon area and is available at <http://naturalhealthservices.info>.