

# Rebirthing

## *Self-Transformational Breathing*

by Marianne Friend



*Within us all exists incredible  
Joy and Excitement  
We can get in touch with this  
Joy and Excitement  
by healing our Birth at a  
cellular level*

REBIRTHING BREATHWORK OR THE 'RE-CREATION OF BIRTH' IS A relaxed, revitalising, connected breathing process that brings to your awareness unconscious thoughts, feelings and memories – some of which may go back to your birth, although this is not the only focus – with the intention of accepting and integrating anything 'negative' in the cells of your body.

Leonard Orr (the 'father' of Rebirthing Breathwork) developed the process in the early 1970s when both he and his early clients relived their own births and discovered the tremendous impact birth had had on their own lives.

Nowadays rebirthing is a more holistic process – focusing as well on our childhood and life experiences, and since birth has a major impact on our lives, Rebirthers tend to be advocates of natural, gentle childbirth practices.

It is a very simple, profound and joyous breathing process where you usually lie down, fully clothed (apart from water rebirths which, as the name suggests, are usually in warm water) or sit down as in the case of tantric breathing where you gaze into your rebirther's eyes – and breathe in a relaxed, connected cycle.

It is one of the fastest ways of getting to the root of why things happen in our lives. Through it you can discover the incredible joy of being YOU and being ALIVE!

The ultimate goal of Rebirthing Breathwork, and surely of life, is to regain true, high self-esteem in every area of your life. I'm sure there would be fewer wars and less destruction on the planet if everyone in the world had high self esteem.

*Rebirthing helps you free your  
breath in a safe and exhilarating way*

Birth is a sacred and to be celebrated event. Happy births equal happy beings. How many of us though had happy births?

Many of us don't breathe very fully or openly which is understandable given that many of us had our umbilical cords cut too soon at our births, and may have been turned upside down and smacked on our behinds to get us to take our first breath.

Imagine the thoughts and feelings of a tiny baby experiencing this – and please keep breathing as you read this and maybe

affirm your safety (even if this sounds strange), because just reading about it can get you in touch with possibly unsettling memories.

This is absolutely not to blame the medical profession, or whoever was there at your birth, because it was often their panic just to keep you alive and start you breathing as soon as possible that made them perform these actions. However, most of the time this abruptness absolutely wasn't necessary and, in fact, these events in themselves, with all the thoughts and feelings surrounding them, could have a lasting and devastating effect on your breathing.

This is why it is so important to heal our birth patterns. We are meant to enjoy breathing! Our births can also have an effect upon how we feel about men and women in authority and can have been the beginning of any thought of being a victim rather than of having a choice in life. We do always have a choice, and the good news is that we can release safely any possible trauma associated with the events of our birth through the breathing and by choosing new thoughts – to create new lives for ourselves.

### ***What is a typical session like?***

Each session involves both counselling to start with and the connected breathing process. The first session may take between 2-2 1/2 hours; thereafter a session lasts approximately two hours. As already mentioned, the connected breathing cycle rejuvenates the cells of your body and brings to your awareness unconscious thoughts, memories and feelings.

By accepting anything that occurs in a session and making it alright (all right), as opposed to all wrong (which is why it got 'stuck' in your physical system in the first place), and continuing with the breathing, you are able to dissolve the original 'charge' and integrate whatever is happening. At some point there is usually a re-connection to Divine Energy, and as a result you may experience vibrating and tingling in your body. This is what is called an energy release – a cellular cleansing of tension and stress in the body. If this happens it almost always leaves the client in an extraordinarily peaceful and sometimes ecstatic state.

How a client breathes in a session tells me how a client breathes normally and how they are in their lives. After the breathing is integrated and complete the client will be able to share their experience and any insights they now have. I then share my own insights and intuitively give them specific, positive affirmations to attract what they do want in their lives.

With the aid of positive affirmations, given during and after the connected breathing, you are able to create and attract to yourselves exactly what you want in your life. Yes, everything - given patience! Rebirthing Breathwork is based on the

philosophy that **Thought is Creative** - that all our thoughts and beliefs create results in our life. Very simply, if we don't like or are unhappy with our lives then we need to change our thoughts. If we change our thoughts, we change our lives because everything follows on from thought. This is very different from the way many people see what 'happens' to them (as opposed to what they create) in their lives, and it certainly lets go of 'victim consciousness'. We are ALL responsible but absolutely not to blame for our lives and we are truly the creators of them. We can change our negative thought patterns with the help of this amazing, connected breathing process and with the help of new, positive thoughts. Of course, the proof is 'in the pudding', so I encourage everyone to at least sample this incredible technique and see for yourself!

Over time I've noticed that however we experienced our births seems to be exactly how we create our lives. So I think it is highly beneficial to be reborned as it's our thoughts that draw to us our lives so to speak. Obviously the more positive thoughts we can have in our conscious and subconscious minds then the more positive and for some people safer, our lives will be. Remember: what we resist persists, and what we suppress possesses us. So it's healthier to 'let go and let God' and as I say to my clients: it's safe to trust. You only have fear to lose and everything to gain.

Forgiveness also plays a vital role in creating happier lives for ourselves; however, when we realise that we are all responsible for our lives and no one is to blame, forgiveness usually becomes easier.

Three of the most negative thoughts people often have that are definitely worth changing are: the thought that you are bad (not true – we are in essence good and innocent); the thought that you are separate (not true – we are all connected) even though we are unique individuals; and the thought that you are a victim of life. Not true – we are the creators of our lives.

People often ask how many sessions they would need and I would say ideally ten, but this really varies from person to person. In most people's experience even a short-term commitment to the rebirthing process brings long-term and life-enhancing results. You will also learn how to rebirth yourself and gain a precious and invaluable tool for life.

### My Experience

*"I honestly don't think I'd be alive if I hadn't 'found' Rebirthing when I felt severely, clinically depressed and anxious many years ago. Only by my being reborned and trying to think, as much as I could, happy and sunny thoughts (which at the time wasn't, as you can imagine, all that easy) and, with the aid of herbal medicine, did I get my endorphins working again and was I able to lift myself out of the very dark spot I was in. Then I realised the immense power of connected breathing and the effect changing our thoughts has on our bodies.*

*Also, I always get the answers I am looking for during a Rebirthing Breathwork session because, the body doesn't lie and the breathing of rebirthing brings up to consciousness all those thoughts that need changing in order to attract different things to you in your life. It always works!"*

### Testimonial

*"Rebirthing was a new adventure for me when I met Marianne Friend. I was interested in the concept of dealing with the subtle deep issues one can have that may hinder freedom in the present. Marianne explained that the way in which we are born can affect the way we feel. Also the way in which our parents feel about us*



**Marianne Friend**  
ITEC

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*as a baby before we are born can have its impact. The day spent with Marianne was very open, honest and informative. Through the breathing techniques shown, you can tune into your deepest feelings. Marianne has a truly great gift of being able to hone into the issue at hand and offer a positive set of affirmations to heal the situation, it is very powerful and straight forward. Thank you Marianne! Robert Shaw, Surrey.*

### Rebirthing can be especially beneficial for:

- Traumatic Births
- Tight or Shallow Breathing
- Asthma, Cancer, Arthritis, Migraine, Insomnia, etc
- Depression, Anxiety, etc
- Sexual Abuse and Related Patterns of Behaviour
- Psychosomatic Conditions
- Suppressed Emotions
- Recurring Negative Thought Patterns in Relationships
- Lack of Life Purpose
- Loneliness
- General Stuckness in Life

### Some clients have experienced:

- The pain of gallstones dissolving during a session
- Access to hitherto not experienced feelings
- A lady who had been a 'blue' baby turning pink
- An experience of clarity of purpose
- A Past Life memory helping to clarify why a gentleman found it abhorrent to be a man, and how the breathing and specific affirmations helped him to realise his total innocence and to start to reclaim his sexuality as a man

### Bibliography

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*Marianne is a fully qualified Rebirther/Self Transformational Breath Therapist, a Massage Practitioner (ITEC) and an Aura Healer. She also has a special interest in children and the so-called, 'Indigo/Crystal/Rainbow/Star/Diamond' children on the planet today. She plans to be running holistic (rebirthing/massage, dolphin-swimming) groups, again in 2011/2012.*

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