

## Rebirthing Integration — The Inside Story\*

Jim Leonard

Integration is the purpose of rebirthing. A simple definition of integration is: *The process by which you cause something unknown and unpleasant to become a blissful part of your normal awareness.* Integration ultimately results in all parts of you enthusiastically supporting your aliveness, effectiveness and pleasure.

This chapter is based on the two years of research into the exact nature of rebirthing integration that I have done since I returned from visiting Herakhan Baba in India in 1979.

**What causes integration?** If a person does connected breathing for forty-five minutes and then suddenly integrates, does that mean it took forty-five minutes of breathing to cause that integration? My research says not. Something was present, along with the breathing, during that moment of integration, which was not present before. Had that particular something been present after one minute of breathing, integration would have happened then.

The advantage of integrating sooner instead of later is not only that more can be accomplished in each session (it can) but also, especially, that it makes the rebirthing much pleasanter for the person who is being rebirthed. Rebirthing can be extremely pleasurable if you integrate quickly, but if you have to spend an

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hour with an experience that you originally suppressed because it was so painful, then rebirthing can be pure hell while you're waiting for that integration. When both the rebirther and the rebirthee have a thorough understanding of what makes integration happen, then material can be integrated when it is still at a very subtle level of manifestation, almost immediately after it comes into conscious awareness. This adds greatly to the client's sense of comfort and safety with the rebirthing process.

I use the term *integration* instead of the term *release* because release implies the letting go of something bad. The truth is that there is never anything bad to let go of; thinking that something bad needed to be gotten rid of is what caused suppression to happen in the first place. Rebirthing can be called "the science of loving all of yourself." This includes all the things you once decided to think of as wrong or bad.

### *Suppression and Integration*

Integration is the opposite of suppression.

You can always make anything good or bad, pleasant or unpleasant. It has nothing at all to do with the thing itself and everything to do with your decision about it. If you insist on believing that anything is bad, then this is the same as insisting on having an unpleasant pattern of energy in your body. For instance, if you insist for any reason that you don't like punk rock music, then the bargain you're signing yourself up for includes having an unpleasant feeling in your physical body every time you hear it or even think about it. The music is the same whether you like it or not. If, sometime when you're hearing punk rock music, you decide to enjoy the feeling you get from it, then this is exactly the same as changing your decision about how good or bad it is. It works the same way for everything—



including communists, stomachaches, and family fights. A decision to love is always a decision to feel good and it's always 100% up to you.

*Suppression is the process of deciding that something is unpleasant and then withdrawing awareness from it in an effort to feel good.*

*Integration is the process of allowing yourself to become aware of something you once suppressed and choosing to enjoy it.*

Every thought has a corresponding pattern of energy in the body and a corresponding pattern of manifestation in one's life. For example, if a man has the thought "driving is dangerous," this thought will cause fear in his body and traffic accidents in his life. If he suppresses the fear he experiences, the thought will become unquestioned reality, the fear will become unconscious tension, and the traffic accidents he will experience (both his own and other people's) will reinforce his negative belief. This vicious circle is what makes some people accident-prone. The man in the example could change this pattern any time he chose, either by using the affirmation "driving is safe," or by getting rebirthed and integrating fear.

The suppression of any experience always involves the suppression of a corresponding negative belief. A negative belief is any thought which has both of two components: "It's unfortunate that it's that way (unpleasantness), but that's just the way it's got to be (choicelessness)." When a belief is suppressed it is no longer experienced as a belief; it is experienced as reality. The more someone tries to tell you about "the hard realities of life," or some such thing, the more suppressed material that person has. It's a lot like putting on a pair of sunglasses and then forgetting you have them on—you adjust yourself to a dark world and that's that.

This would be  
"Vibrational 6"  
core belief system  
work.

v1 calm abiding  
in pure consciousness  
and oneness  
with Source  
v3 centering in our  
sacred free will and  
cosmic individuality  
v6 sacred storehouse  
consciousness that  
holds every belief and  
value that we have  
chosen to believe  
v12 generating, moving,  
and flowing with energy  
v24 self reflection  
and emotional  
processing  
v48 cultivation of  
good habits and skills  
v96 robotic biological  
evolution of challenge,  
selection pressure,  
and response

Another way of describing suppression is in terms of the relationship between your physical body and your spirit body. Your spirit body is the body you have in your dreams. It includes your mind and all your conscious awareness. During dreaming you do not experience your physical body because your spirit body is not *in* your physical body. When you are awake, you experience your physical body to the extent that your spirit body is in contact with it. Some people have much more body awareness than others.

Suppression, in these terms, is the longterm withdrawal of the spirit body from areas of the physical body where something is happening which one has chosen not to experience.

If you decide to withdraw your awareness from an unpleasant experience you've created for yourself, what you are actually doing is withdrawing your spirit body from part of your physical body. The unpleasant pattern of energy will still keep happening in your physical body just as much as ever, but you will no longer be aware of it, except indirectly.

The spirit body is what organizes a bunch of molecules into the neat form we call "your physical body." The withdrawal of the spirit body from areas of the physical body, because of suppression, results in a blockage of vital organizing energy to that part of the physical body. The molecules become less well-organized, a condition we call "aging" or "sickness." The areas of blocked energy inevitably affect other parts of the body. If the person decides that these areas feel unpleasant too, this creates more suppression and more blocked energy, and so on.

Similarly, every negative belief has a built-in limitation that will decrease one's effectiveness at getting what one wants. For example, if I have the negative belief that chocolate milk isn't good for me, then either I won't drink it even if I want it, or else I will and I'll get a bad result from it. Limitation results in getting what one doesn't want, which experience can be made unpleasant and then suppressed, leading to more limitation.



In this way, suppression, once begun, usually results in the buildup of layer upon layer of suppression and the more-or-less steady withdrawal of the spirit body from the physical body. Death is caused by suppressing all the way out. Almost everybody begins suppressing at birth. If you don't remember your birth, then you know that you began suppressing at that time. Later I shall explain in detail how you can use integration to break this fatal chain of events.

Exactly how do people suppress things? There are several ways. Drugs are a popular way. Recreational drugs, prescription drugs, and the anesthesia given by hospitals and dentists are all excellent ways to cause suppression. Although not everybody gets the same result, generally alcohol suppresses fear, nicotine suppresses anger, marijuana suppresses sadness, and caffeine suppresses the long-lasting, energy-sapping results of anesthesia and other forms of suppression. If you use any of these substances habitually, try stopping abruptly for two weeks if you want to find out whether you have been using the substance to suppress. If you're honest with yourself, just *thinking* about stopping for two weeks may be enough to tell you the answer.

To get an idea of how this works, consider that anger causes dilation of the blood vessels, making a person turn red in the face. Nicotine causes the blood vessels to contract, thus suppressing a normal physiological feeling of anger. An observant person can see the suppressed anger in the body language of cigarette smokers, particularly in younger ones who have not yet learned to suppress body language. If you wish to quit smoking, I recommend using affirmations like: "My anger is a lovable part of me"; "It is OK for me to experience my anger now"; and especially, forgiveness affirmations in the format "I, \_\_\_\_\_, forgive \_\_\_\_\_ for \_\_\_\_\_."

Similarly, fear causes contraction of the blood vessels, making a person go pale; alcohol dilates them. Go to a bar fre-

mented by alcoholics and look at all the men there who would rather die than express fear. That's why drinking is macho—*machismo* is mainly about suppressing fear.

Regarding the suppression of anesthesia by caffeine addiction, this is very common. It doesn't seem to matter whether the person got general anesthesia at birth (when it was given to the mother) or later in life (in preparation for an operation), people who have had general anesthesia are very commonly addicted to caffeine and very commonly have the classical anesthesia pattern come up during their rebirthing sessions. I have also seen heavy use of alcohol, barbiturates, sedatives, antidepressants, opiates, and even marijuana connected to caffeine addiction and the anesthesia pattern. In addition, people who are very suppressed may feel a need for constant doses of caffeine just to function, because maintenance of their structure of suppression is taking so much of their energy. Suppression means diverting some of your energy to hold back other parts of your energy. It's very energy-consuming. People also use other stimulants such as cocaine, amphetamines, and sometimes nicotine in the same way that people use caffeine. Some people are addicted to daily hard exercise to achieve the same end.

LSD and other psychedelics work basically as "super-stimulants" in this context. The only reason why LSD allows people to experience otherwise unconscious parts of themselves is that it "suppresses the suppression." A way to verify this is to consider the physical and mental condition of most people who have taken "large" doses of LSD frequently over long periods of time. Anything that promotes deterioration of the mind or body is suppressive.

Generally one can suppress almost anything with a stimulant, and stimulants are the most suppressive and widely used of all suppressive drugs.

I'm not writing a pharmacopeia, but this gives you an idea of



how chemical suppression works. Generally, if it makes you feel "different," it is suppressive. Integration means feeling "the same" and enjoying it.

Other popular suppressive techniques include habitual distraction (watching TV, sleeping, overeating) and telling lies, either to oneself or to others. Add your own favorites to the list.

Suppression is always accompanied by either the holding of the breath or the control of the exhale. Observe how most people breathe when they are watching TV. It is virtually impossible to suppress while keeping the breathing connected and the exhale relaxed.

Rebirthing is the science of bringing the spirit body into full contact with the physical body. Rebirthing causes youthening of the physical body in every case.

### *The Five Elements of Rebirthing*

The quality that must be present with rebirthing breathing to make an integration happen is called "surrender." This means dropping your defenses, ceasing the struggle that is necessary to keep suppressed material out of your awareness, and extending acceptance to all parts of your being. The purpose of the breathing is two-fold: it simultaneously brings the suppressed material into your awareness and "cellularizes" surrender.

Rebirthing is a single process which can best be described in terms of five components:

1. Circular breathing
2. Total relaxation
3. Awareness in detail
4. Integration into ecstasy
5. Do whatever you do because everything works

The first element, Circular breathing, is part of what I have renamed as "breath mechanics". It is the "how to" of the breathing process:

- (a) inhale deep, slow, and full
- (b) exhale slow, soft, and smooth
- (c) belly expanding on the inhale
- (d) belly relaxing on the exhale
- (e) smooth transition between inhale and exhale with no pauses
- (f) no strain
- (g) diaphragm moving down into belly on the inhale
- (h) diaphragm moving upwards on the exhale
- (i) lungs expanding on the inhale without strain
- (j) lungs relaxing back on the exhale

Whenever integration occurs, all five of these elements are present. Whenever all five of these elements are present, integration occurs. I shall explain each one in detail.

### Circular Breathing, the First Element of Rebirthing

"Circular breathing" means any kind of breathing that meets these three criteria:

1. The inhale and the exhale are connected together with no pauses anywhere.
2. The exhale is relaxed and not controlled at all.
3. Either the inhale and exhale are both through the nose or the inhale and exhale are both through the mouth. In through one and out through the other is not circular breathing.

The breath is the link between the spirit body and the physical body.

Circular breathing causes "complete circuits of energy" in the body, which you can feel, so it has the effect of bringing all parts of the body to a person's awareness. This is tantamount to bringing the spirit body into contact with the physical body. Suppressed material becomes "activated," which means it begins to affect the rebirther's conscious awareness instead of just affecting the person from an unconscious level.

If you didn't know anything about rebirthing besides how to do circular breathing, and if you kept at it long enough, eventually you would achieve integration. Probably you would have a very uncomfortable experience. The breathing would activate material that you originally suppressed because it was unpleasant. Without using the other four elements, the material would be just as unpleasant this time around. If you kept doing circular breathing, the material would not go back into sup-

#### Note:

"Activation" is an important idea in that it will happen during conscious breathing. One will feel emotions arising from the body sensations and tensions that are present. An activation can also happen "in life" by sense experience. It is important to notice that one is activated. It is an opportunity to dissolve some karma and adverse conditioning. How one handles an activation is a skill (upaya) that is integral to the spiritual path. Converting an activation to an integration is when one has mastered breathing.



pression but would keep becoming more and more activated. Eventually you would either stop doing circular breathing, in which case the material would gradually go back into suppression, or else you would decide that it was never going to go away anyhow, in which case you would surrender and integrate it. The other four elements enable you to surrender right from the start, which turns rebirthing into an extremely pleasant experience of going into deeper and deeper states of ecstasy as layer after layer of suppressed discomfort integrates.

Any type of breathing that is circular by the definition I have given will produce the rebirthing breathing effect. Different types of circular breathing do affect the body's energy in different ways, however, and certain types are especially appropriate in certain situations. The variables involved are: how much air is taken, how fast it is taken, whether it is taken through the nose or the mouth, and which part of the lungs it is taken into.

Full-lung breathing has the effect of sending maximum energy through the body and thus it brings suppressed material especially well to the person's awareness. It is especially helpful when the rebirthee is "going off into thoughts" or is otherwise having a difficult time staying "in the body." Sometimes, however, a pattern of energy comes up very strongly so that the person has no problem at all experiencing it. At these times very full breathing would not generally be recommended because it would bring the pattern up so strongly that it would make it hard for the rebirthee to relax.

Rapid circular breathing speeds up the exchange of energy through the complete circuits of energy in the body and thus can speed up the cellularization of the integration once the pattern has come thoroughly to the person's awareness. Rapid, shallow, circular breathing is often very helpful when a pattern is coming up very strongly and the integration is being delayed by not relaxing or by refusing to acknowledge ecstasy.

#### Themes:

- (a) Staying in the body
- (b) We are an "embodied breath"
- (c) We are present in the body through the union of three breaths (breath of space aka awareness, breath of energy aka cellular breathing, and breath of air aka the usual lung breathing which can be conscious or unconscious)
- (d) rapid rebirthing breathing emphasizes breath of energy
- (e) awareness and slow breathing emphasizes breath of space and assists integration
- (f) "going off into thoughts" is contrasted with not staying in the body
- (g) awareness must be continuous in the breathing to stay in body

I suspect that 99 percent of people who have been rebirthed have had some "tetany," the temporary tightening of muscles in some part of the body. There is nothing at all dangerous or wrong about a rebirthee going into hyperventilation and tetany. However, it is worth stating that hyperventilation is not necessary to the rebirthing process. The cause of hyperventilation is forcing or "blowing" the exhale. Relaxing the exhale is what allows the energy from the inhale to return from all parts of the body and make the complete circuit. If more energy is going into the body than is coming out, the result is a build-up of energy that causes the muscles of the affected area to contract. Because of tension stored in the chest from birth trauma, many people cannot completely relax their exhales, no matter how clear they are that it's the right way to breathe. These people get some tetany in their first few rebirthings. When they integrate their chest tension, the tetany goes away forever. There are times when good breathing instructions from the rebirther can minimize the tetany or bypass it altogether and thus allow quicker integration.

When suppressed anesthesia is coming up strongly, which feels like being heavily drugged, then the best breathing is both rapid and full, the fastest breathing possible, since anesthesia is a very strong pattern of energy and makes it difficult to stay in the body. If the goal is to produce the maximum result in the minimum time, then the rebirthee with anesthesia coming up should keep breathing as fast and full as possible, no matter what, even if it means standing up or bathing in cold water to stay conscious.

Anesthesia is not the only thing that can make a person tend to go unconscious during rebirthing. With some things it might occasionally be helpful just to let the person sleep briefly, and with anesthesia it is sometimes tempting to do so, but my research definitely shows that quicker results are achieved by keeping the person awake and breathing.



Whenever a person suppresses anything, the body must put a new inhibition into the breathing mechanism in order to keep the energy suppressed, sort of like putting a dam in a river. Different instances of suppression put blocks in different areas of the lungs, chest, shoulders, and abdominal muscles, and the trachea, sinuses, nose and mouth. Most of the suppression that occurs at birth inhibits the breathing in the upper lungs. For this reason, upper lung breathing usually activates the most material for people who are relatively new to rebirthing. From simple observation, one can discern where a person's breathing is inhibited. Guiding a person to breathe there usually causes the activation of a corresponding pattern of energy in the person's body.

Regarding nose versus mouth breathing during rebirthing, the basic rule is "whatever feels better is better." The mouth is a bigger orifice and when more air is desirable or when the nose is blocked with congestion, then mouth breathing is preferred. In general, however, most people relax more deeply when they breathe through their noses.

Whenever a person integrates anything, the breathing releases somewhat. The classical breathing release happens when a person integrates memory of the first breath, but everyone experiences as many breathing releases as they do integrations.

### Total Relaxation, the Second Element of Rebirthing

It takes a lot of effort to keep something suppressed! Many times, small movements, muscle tightenings, the changing of positions, fidgeting, etc., are the distractions necessary to keep suppressed material from coming to a person's awareness. When the whole body is relaxed, the areas that will not relax come much more readily to conscious awareness.

In general, I recommend that the rebirthee get into one comfortable position and stay there, without moving, fidgeting, or

Note:  
"Suspended breath" aka Nirvakalpa Samadhi is where we cease to control the breath (via "breath release" and the breathing spontaneously stops. This is a purer method of going to Nirvakalpa Samadhi than the more willed and controlled pranayama methods which have a suppressive element. The breath of space or awareness of the eternal happens during this phase. The next phase is integrating eternity and time.

Notes:

Mouth breathing is more energizing. Nose breathing is more balancing, which helps integration. If nose is congested, it is good to do a nasal flush and to do alternate nostril breathing to balance the right and left channels (if rebirthing breathing is a long term meditation process that is done daily).

Note:

"Breath release" is where we cease to control our breathing from the "thought self" or any fixed idea or thought imposition, but instead breathe from the breath itself as the breath itself, and even feel that we are being breathed by the source of all life.

scratching itches, throughout the whole session. I have very many times seen unscratched itches become surprising and important patterns of energy. In dry rebirthing, lying on the back, legs uncrossed, palms up at the sides, in a position of complete vulnerability, is usually best. Instead of moving or scratching, one thus gets a chance to really feel what it is like to *want* to do these things. This is one of the best ways I know to activate material quickly and integrate it subtly.

Sometimes a person will get very relaxed during a rebirthing session; then suddenly he will start to feel like he's so relaxed that if he gets any more relaxed he's going to jump right out of his skin! When this happens, it means that a new pattern of energy is starting to be activated. Of course the person should just keep relaxing.

The "drama," such as crying, screaming, vomiting, or crawling around, which sometimes accompanies the activation of a pattern of energy, is OK and **certainly not to be avoided if it comes up spontaneously**, but it does not cause integration. Indeed, very often it distracts a rebirther from really feeling what's happening and thus makes the integration take longer and be more difficult than it needed to be.

It should be pointed out here that expressing an emotion is not the opposite of suppressing it. If a person has anger, he will do better to take responsibility for it and apply the five elements to it than he will to go around expressing his old hostility to everybody he meets. The expression of an emotion can be the distraction necessary to keep it suppressed. This is true especially often with anger, but also sometimes with sadness and fear.

Laughter, generally speaking, is not drama. More about this later on.

One of the most important reasons to use the five elements is that they enable a person to integrate material at a much subtler level than would otherwise be possible. Total relaxation is very important to this because commonly the first awareness that a

"One can release trauma without drama."  
- Jim Leonard during the Vivation 100 hour intensive

Jim Leonard distinguishes suppression, expression, and integration. Sometimes it is good to express a long repressed emotion, to have some catharsis, but catharsis, too, is not integration, and catharting in a social situation is not taking responsibility for the emotion and how one is using it.



person has of some suppressed energy is awareness of an area of the body that will not relax.

Relaxation is very important in the actual moment of integration as well, because at that moment, energy that has been made wrong and held away from the body's normal energy is re-accepted and the very cells of the body drop their struggle against it. A good way to describe rebirthing is "a relaxation technique so effective that the tension never comes back."

Obviously rebirthing does not have to be done on one's back. When people are integrating massive fear or massive sadness, it is often best for them to curl up in a fetal ball. When anesthesia is coming up, sitting and sometimes even standing is helpful. Various positions are good in tub rebirthing. In very advanced sessions, I even guide clients into integration while they are driving a car or eating in a restaurant. In all cases, however, total relaxation is of key importance in bringing about integration.

### Awareness in Detail, the Third Element of Rebirthing

During rebirthing, one wants to bring one's awareness as much as possible into the present moment to explore everything in the here and now in the greatest possible detail.

A "pattern of energy" can be anything. It can be tingling in your toes, a choir of cats yowling in the alleyway, or remembering the smell of your grandmother's cookies. My quick definition is: any discrete experience that is part of a person's subjective reality in a given moment in time.

In the course of rebirthing, the patterns of energy change. Suppression is in layers, rather like layers of an onion, with each layer covering up the layers beneath it. Integrating one layer usually activates the next layer down.

Patterns of energy also change because sometimes component parts of a larger pattern get activated separately. For instance, if you were integrating a suppressed experience of be-

Jim Leonard later on simplified awareness in detail (of sensations and tensions in the body) to putting attention on the "hot spot", the strongest sensation, and "following the changes of the hot spot, including how it moves through the body. One also breathes into and through the hot spot, understanding that the skin breathes and to imagine and feel that one is breathing into the skin near the hot spot, through the hot spot, and into the lungs (as one flow). If the sensation is unpleasant, then one notices any part of the sensation that is pleasant and integrates the sensation through the "edge" that one has found. This combines the relaxation principle with the attention in detail principle together.

#### Note:

A "pattern of energy" is what is activated by sense experience or by conscious breathing. Even wandering and distracting thoughts are a pattern of energy and are meant to be integrated by conscious circular breathing.

When our attention is on a pattern of energy and we are breathing, the sensations that compose the pattern of energy are in constant change. It is important to notice the subtle changes that happen moment to moment. This way if we notice how the pattern is changing and being integrated, then we will not "try" to change it, but can trust the process to integrate the pattern. This includes our "trauma circuit".

ing dropped by a nurse when you were an infant, first might come fear, then the thought that you can't trust women, and then pain, and then it might all come together as an integrative memory. Often when components are coming up separately, awareness will switch around among them for a while.

It's a good idea to keep awareness of the whole body while rebirthing. As a natural process, some things will come to a person's awareness more than others. Whatever comes is exactly what the rebirther should most put his awareness into, experience in detail at that moment.

It is also best to be aware of "external" things, rather than try to screen them out. Obviously people get activated by things in their environment and just as obviously they are the source of everything in their experience; so the jet noises, or the rowdy children, or the sound of other people rebirthing nearby, are important parts of a rebirthing session.

Anytime something starts to "distract" a rebirther, the "distraction" is actually the pattern of energy that's coming up for the person right then — the one to focus on and experience in detail.

#### Integration into Ecstasy, the Fourth Element of Rebirthing

I shall explain this element in several ways because I have found that people differ in the ways they most easily understand it.

The Ecstasy Principle is this: *Everybody is always in a state of ecstasy whether they like it or not.*

By *ecstasy* I do not mean an emotion. The word *ecstasy* comes from the ancient Greek *ek stasis*, one translation of which is "standing apart." You know you're not your mind or your body, because you are *experiencing* your mind and your body. You are pure Experiencer, standing apart from any of the things you are experiencing. At this level, there is no judgement of good or bad, right or wrong, pleasant or unpleasant. There is

This is identical to Soto Zen Shikan Taza stage 3 where "awareness of the whole body and its sensations" is pervading the body and we are experiencing the body as "embodied triadic breath".

#### Note:

The 4th element is similar to the "view" of Dzogchen, which is calm abiding in luminous emptiness and resting in the peace of this state. JL describes this well enough.

One makes a clear distinction between "being awareness" and being identified with thought, emotion, or sensation, and rests in awareness as awareness.

If one understands this principle, then one has shifted into the 1st enlightenment. If it is still just an idea or intellectual view, then integration will be a little more difficult.

When one is identified with a thought or judgment, then one will resist integration.



also no time. There *is* the experience of your *mind* creating these things.

You, the Soul, the Experiencer, are always in a state of ecstasy, regardless of anything your mind or body may be going through. Awareness is ecstasy.

A corollary of the Ecstasy Principle is this: Either you're enjoying what you're experiencing, or you're enjoying not enjoying it, or you're enjoying not enjoying not enjoying it—I've never had to go backward beyond this point to get agreement from anybody about anything in their experience.

This means that anything that comes up in a rebirthing session, regardless of what judgement was placed on it at the time it was originally suppressed, is already being enjoyed ecstatically by you at one level or another.

The fourth element says: *Experience everything from a place where you are already enjoying it.*

Here are some other ways of explaining it. There exist an infinite number of ways to enjoy anything. Find ones that work for everything in your experience.

1. Give everything in your experience total, loving acceptance.
2. Keep your sense of humor about everything you're experiencing.
3. Love yourself for experiencing everything that's coming up for you.
4. Since you know that your thoughts are the only source of everything in your personal reality, then everything you experience is the satisfaction of a desire of yours. The part of you that desired the result you are getting now is in a state of fulfillment. Experience that.
5. Totally celebrate everything in your experience.
6. Be very enthusiastic about everything. If you're afraid, really get into being afraid; if you're sad, get enthusiastically sad; etc.

The only thing that exists is pleasure. If you have an experience and decide that it's unpleasant, you have told a lie. Suppression is the system of lies necessary to maintain that original lie. As soon as you rebirth and acknowledge that the experience is really pleasurable, the truth has been told! The whole system of lies disappears! In other words, the only suppression in your body is suppressed pleasure.

The way to get the fourth element that seems to work best for most people is gratitude. Everyone has an experience of being grateful for existing, for being here to experience anything. Most people have a boundary to their experience of gratitude, however, and they will acknowledge being grateful for some things but not others. The fourth element says: *The present moment is all you've got — be grateful for every detail of it!*

Here is a game that will help you understand the fourth element. It's called:

### Creating Your Own Reality

- Rules:
1. Create things that already exist.
  2. Put things where they already are.
  3. Be flamboyant, mystical, and pompous about doing it.

Thus:

"I command the Universe to put a book about rebirthing into my hands, NOW!"

"Let there be *light* to shine on this book!"

"I command the earth to bring forth *trees*! And let them be grouped together in *forests* and also scattered about singly and in small groups in people's *yards*!"

Play this game when you're getting rebirthed, thus:

"Let there be tingling in my hands!"

"I command that there shall be a craving for *hamburgers* in my mouth and throat and stomach!"



"Let there be *doubt!*"

And so on.

In other words, pretend that you are intentionally creating your experience just the way it is because you like it that way. Acknowledge yourself; you have created a perfect universe.

### **Do Whatever You Do, Because Everything Works, the Fifth Element of Rebirthing**

At first I tried to use just four elements of rebirthing but it didn't work. People lay there trying to integrate things instead of actually integrating them. The purpose of the fifth element is to integrate trying to integrate. It is meant to be taken literally. If you're always in a state of ecstasy how can you do anything wrong?

### *How to Know When You've Integrated Something*

One metaphysical way to explain rebirthing is that it causes the integration of dualities. For example, if you think sadness is the opposite of happiness, then you have a duality. This means that somewhere inside you, you have a little scale that looks like this:

10	Very Happy
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Very Sad

If you are like this, then you will suppress sadness, one way or another, whenever it comes up. You'll think a thought that makes you sad and then you'll begin a mad scramble to get back to the happy end of the scale. Perhaps you'll use a drug, distractions, or self-delusion. It doesn't matter—the results will be the same: (1) The sad thought will become accepted as reality instead of just a thought; (2) you'll add to the slush fund of suppressed sadness that you carry around in your body; and, (3) you will again and again create sad situations for yourself, because (4) your sad thoughts will continue to create your reality, and (5) your build-up of suppressed sadness will seek an outlet.

If you are like this, then when you get rebirthed you will start getting in touch with your sadness. At first you may try to suppress your sadness, but as you continue breathing, your sadness will come up more and more. As you keep relaxing and going into it, you will experience sadness for what it is—a particular sensation of energy in your body. As you apply the fourth element, you will begin to enjoy feeling the sadness and by the end of the session, you will be feeling better and more energetic than you have in years, perhaps ever. After rebirthing, whenever sadness comes up you will enjoy your feeling of sadness and experience it fully instead of suppressing it. Then you can be happy even when you're sad, thus integrating this duality, so that your sad part and your happy part can work together, but independently, like this:

0	1	2	3	4	5	6	7	8	9	10
Not very happy									Very happy	
0	1	2	3	4	5	6	7	8	9	10
Not very sad									Very sad	

You know that you have integrated something when you no longer resist it. Either it won't happen any more, or else it will and you'll enjoy it.



### *How to Apply the Five Elements to Anything*

Rebirthing is applying the five elements to your body, integrating your body's suppression. You can also apply the five elements to: your love life, your finances, losing weight and everything else.

For instance, if you have a habit of bouncing checks, then you can apply the five elements like this.

1. Relax and connect up your breathing.
2. Now, examine everything about your experience of bouncing checks. Some possible methods of doing this could be: Get out all the little red overdraft notices you've gotten from your bank and all the angry letters you've gotten from the people to whom you wrote bad checks. Make visual aids, like charts showing the times of the month with the most bounced checks or graphs of how many people in each category got them from you. Do you bounce the most checks to creditors? to grocery stores? to bartenders? Make lists: "All the reasons why I sometimes bounce checks," "Benefits I get from sometimes writing bad checks," "Disadvantages of bouncing checks," etc. Total up how much it's cost you. Draw cartoons of yourself giving people bad checks, then burn them up and draw new cartoons of yourself putting money in the bank, or paying for everything with cash, or carefully tallying up your check stubs after writing each check. Make up your own processes. Notice all your feelings.

Keep your sense of humor and a sense of honest detachment while doing this. If you're making yourself wrong then love yourself for making yourself wrong. If it makes you feel afraid, then be afraid! If it makes you feel dumb, then go ahead! BE DUMB!

Then do whatever you do, and that will work.

### *Integration Affirmations*

In general, affirmations are the opposite side of the same coin from rebirthing: Rebirthing is about surrendering to what's so, and affirmations are about telling what's so how to be. There are, however, affirmations that aid in integration:

1. All statements are equally true.
2. Everything is better than everything else.
3. Everybody is better than everybody else.
4. It is OK for \_\_\_\_\_ to \_\_\_\_\_.
5. \_\_\_\_\_ exists for my convenience and pleasure.
6. Everything is perfect and so is everything else.
7. All sensations in my body are pleasurable.
8. I am safe.
9. I am good.
10. Everything is good.
11. I have infinite ability to enjoy anything.
12. My whole body is a pleasure organ.
13. I love everything about myself.
14. I love everything about \_\_\_\_\_.
15. The purpose of life is to have fun.
16. \_\_\_\_\_ is always one of my favorite pleasures.
17. Every part of me is enthusiastically doing what's best for every part of me.
18. I am grateful for \_\_\_\_\_.
19. \_\_\_\_\_ is \_\_\_\_\_ enough.
20. Everything is evolving as it should.

Laughter, by the way, is an expression of the pattern of energy that happens in your body when you integrate a paradox.

The purpose of rebirthing is to have fun.



## *An Introduction to Rebirthing for Health Professionals\**

*Eve Jones, Ph.D.*

I'm greatly pleased to be introducing you to a simple technique you can use both to reduce your own stress reactions as you care for your patients and that you can teach to your patients to facilitate their healing.

This technique, called Conscious Connected Breathing, or Rebirthing, has been in use in the USA since the mid-70s, and it has proved itself effective in a remarkably wide variety of disorders, including not only mental or emotional problems, but also acute and chronic physical ailments. It has also led to some profound spiritual experiences in many of the thousands who have already practiced this technique.

Now, you're probably turned off by claims that any specific technique is curative in a variety of disorders that ostensibly have nothing in common. This sounds too much like the claims of the people last century who sold snake oil for every sort of ailment, both in people and in livestock. If you're accustomed to thinking of disease as being caused primarily by a single pathogen, it's reasonable for you to reject "snake oil" claims. but if you take the approach that every cause of disease ultimately effects its pathogenic changes on a few dominant physiological processes, then the broad effectiveness of Rebirthing becomes more understandable, for it appears to exert

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its greatest effect on two simple processes: (1) the rate at which the body builds and maintains healthy tissue which performs its functions normally, and (2) the rate at which metabolic wastes are eliminated from the cells and fluids of the body.

Vitality or good health is related to the rate at which the body turns over energy in these anabolic and catabolic functions. The faster we make or repair or replace old body stuff, the healthier we are. And the faster we eliminate wastes produced by such work or by tissue breakdown, the more easily the body keeps itself in good order. The body's homeostatic mechanisms work marvelously well, especially if we aren't gunking ourselves up with substances the body was never designed to handle, toxins like refined carbohydrates, caffeine, and nicotine or the heavy metals that pollute our air and water. When we aren't getting rid of wastes and toxins at the same rate that we're taking them in or making them in ourselves, we gradually accumulate deposits of such substances, often in fat cells. And eventually, our body mechanisms become sufficiently upset so that disease ensues. One of those diseases may even be the condition known as old age. Thus, hypothetically, disease can be resisted and old age can be delayed or partially reversed by providing to the body a sufficiency of the building blocks it uses, free of pollutants, and by maximizing the effectiveness with which the body eliminates accumulated wastes and keeps up to current production.

In this connection, it's important to recognize the part played by simple respiration, not as the means by which we take in the oxygen which enables us to perform all the body work, but as a means of eliminating wastes from the body.

Surprisingly, only 3% of total body wastes are eliminated via defecation and only 7% via urination. The skin passes out another 20%, leaving the remaining 70% to be breathed out. I'm not disputing the importance of a high bulk diet and plenty of water or of working up a good sweat; I'm merely calling



attention to the immense amount of work that breathing performs. It obviously behooves us to breathe fully and freely and to breathe clean air.

Yet, when we investigate breathing, we find that most people aren't breathing most of the time! They tend to take their inhale as a short gasp which they hold for a while before exhaling in a long exhale and then they stay collapsed on the exhale for another long pause before starting the next gasp in. The amount of time they spend both inhaling and exhaling is shorter than the time they spend not doing either.

Modern medicine advocates bringing up the respiration rate and breathing into all available lung space by performing aerobic exercise which also increases heart rate. Such cardio-pulmonary exercise for 30 minutes a day correlates well with keeping the arteries clear of plaque that may contribute to hypertension or to embolisms. Since half of the deaths each day in the USA are associated with hypertension, and since hypertension is less likely to develop in a person who exercises vigorously each day, bringing up the heart and respiratory rate appears to have positive results.

Unfortunately, vigorous exercise cannot be recommended for the old and infirm and diseased, for their bodies are already burdened, so they cannot handle the extra labor of disposing of the added wastes exercise produces. Indeed, if their building-up processes are slowed down, exercise may even break down irreplaceable muscle mass. So, the very people who most need the benefits regular vigorous exercise can produce cannot enjoy it and obtain the benefits.

Fortunately, our breath is under our control partially and our body reflexly alters heart rate as respiratory rate changes. So we can have the benefits of safely increasing heart rate, without producing new metabolites to labor our body with, simply by concentrating our consciousness on our breath and breathing more fully than previously.

And that is exactly what Rebirthing is all about: It is, primarily, a way of breathing which can be learned in a few sessions and which can then be practiced constantly. So, whenever you are stressed, you can Rebirth to release tension. Whenever you're tired, you can Rebirth to re-vitalize yourself. And you can teach this breathing to all your patients to help them recover and to promote their own health. It is easy to learn and easy to practice, and it is also safe.

So, to describe Rebirthing briefly, it's a breathing technique in which the Rebirthee inhales deeply and fully, with special attention to drawing the breath high into the chest, into the lung space that is usually not used, and then, immediately and without any pause to hold on to the inhale, lets it go, without any forcing or pushing or shaping of the stream of air. The breathing is continuous, without any pauses or holding of air, either of the inhale or the exhale. The exhale is effortless and brief, being only the release of breath as tension is no longer maintained in the intercostal muscles lifting the rib cage or in the diaphragm which has been pulling down. As these muscles collapse, the chest snaps out the exhale.

Such a pattern of breathing is *not* hyperventilation. It is simply a pattern that allows the individual to breath all the time, not just for part of the time, it opens up previously unused lung space, so it can be called "superventilation," but because the exhale is not forced or prolonged, there is none of the excessive blowing off of  $\text{CO}_2$  that is the cause of the hyperventilation syndrome. Hyperventilation occurs when the partial pressure of  $\text{CO}_2$  in the blood circulating to the brain stem is so low that it is below the threshold for stimulation of the inspiration center located in the brain stem. The center thus doesn't trigger off another inspiration until the partial pressure of  $\text{CO}_2$  accumulates and passes the threshold value. As the person who has been blowing out forcibly feels breathless during the long pause before the  $\text{pCO}_2$  builds up, he experiences a psychological state



we call panic. And in his panic, he pushes himself to take another breath and then pushes even more on the next exhale, thus compounding the problem. The acid-base balance in the blood stream adjusts to the lowering of the  $p\text{CO}_2$  and a condition known as alkalosis develops, characterized by tetany and muscular spasm, often to the point of producing intense pain in the strained muscles and joints.

One treatment of hyperventilation is to have the person breathe into a container, for example, his cupped hands or a paper bag, so that he breathes air that has a high partial pressure of  $\text{CO}_2$  — his respiratory centers are properly stimulated, he stops being breathless, and his panic passes, but only temporarily, for he's likely to start forcing the exhale again and re-create the same situation again.

Thousands of perfect Rebirths have been conducted without the Rebirthees getting involved in hyperventilation. But it is true that people who are afraid of the feelings and thoughts within them start to push on the exhale, as if they were ridding the body of something bad. So the less relaxed a Rebirthee is about the entire process, the more likely he is to suffer the inconveniences of hyperventilation. Eventually, one of two things will happen: (1) he continues to breathe, following the direction of his Rebirther, and the entire attack of hyperventilation melts away, or (2) he holds his breath and finishes the session after resuming his breathing and conforming to the requirement of keeping the breath continuous and circular. In either case, the attack of hyperventilation has caused no lasting harm. Moreover, as the Rebirthee moves through the spastic phase, he learns that he can let go, and he stops hyperventilating in the face of stress. Deep breathing when aroused, yes, but forced exhaling, no.

In short, the superventilation of Rebirthing appears to cure the hyperventilation attack, and make it no longer necessary for the person to produce an attack again.

So, any apprehensions you may have had because of confusing the Rebirth process with hyperventilation can be discarded. Rebirthing is safe and painless in the majority of cases and it does not necessarily involve hyperventilation.

Leonard Orr, the originator of Rebirthing, regards the breath as the natural healing mechanism because, as we maintain the continuous breathe for an hour or so, we slip out of the here-and-now state of consciousness and we recognize, flitting through our mind, old images and old feelings. And as we continue the connected breathing, these seem to leave consciousness and no longer have any psychological charge. We can hypothesize that this natural healing mechanism is effective to the extent that it's in use, that is, that, since most people don't breathe consciously and in a connected manner most of the time, their breathing isn't used to heal most of the time. But the mechanism is there, ready to be revived and utilized whenever the person overcomes whatever unwillingness exists to using it.

For that seems to be the central issue — the reason we don't breathe in the connected pattern constantly, as contented animals appear to do and as people in deep sleep do, is that we cling to our attachment to emotional, charged reactions and we are afraid to give them up, as we would promptly do in the course of breathing consciously. And Leonard Orr states that the reason we cling to such old emotional reactions is that we connect them with survival, as a consequence of the circumstances of our birth. Most people, throughout history, have not been conceived, carried, or born as conscious acts of love — instead, lots of negatives are usually involved. Life, itself, was so "nasty, brute, and short" for most of mankind's history, that love was almost of necessity confounded with anxiety or worse. And when technological advances made enough differences in the Western world to provide more luxurious expectations of plenty, those same advances took away from mothers their opportunity to give birth in love. The men of medicine took



over with their anesthetics and forceps and turned birthing into an event regarded as an ordeal, moreover, one in which the anesthetized mother couldn't even play a conscious role. Queen Victoria was the first woman to give birth under general anesthetic, quite late in the 19th century, so for most of the past century, Western mothers have mainly given birth while unconscious and thus unable to strain or push to help the infant move down the birth canal and out of the pelvis. The baby, itself, shares the mother's anesthetic and so is less effective in its own behalf as it shoulders its way down and out and is also often depressed enough so that breathing starts more slowly. And the birthing personnel who themselves have similar birth-related anxieties step in to "rescue" the infant, often using painful stimulation to "get" the infant to take its first breath.

It's no surprise to me that most of us haven't been eager to re-experience such events filled with negatives, that most of us cling to our basic imprints that link survival with pain and with held breath, with being helpless, with being unconscious, with struggle.

It's extremely difficult, if not impossible, to remember the oldest imprints we have stored in our consciousness simply by turning our attention to them. That's because there's so much charge on these imprints that coming close to them frightens the individual into holding the breath or hurts the individual into holding the breath. Whatever the emotion, if it isn't delicious joyful recollection, breathing becomes disrupted.

As you can easily see, therefore, it's necessary to have another person present usually during the early Rebirthing sessions, mainly to remind the Rebirthee to breathe when old imprints come to consciousness and interfere with the connected pattern. Once the Rebirthee has let go the old charged material, once the breathing has eliminated the old charged material along with the water and CO<sub>2</sub>, the connected breathing isn't interrupted by old pains and sorrows and fears and rages and

shames and guilts and anxieties. Thus, the connected breathing does its job of letting go the negatives, thereby promoting healing and growth.

The mechanism of action of the breath in opening up old imprints to consciousness in the here and now isn't understood. Possibly it's because the connected breathing provides for the brain the same milieu that prevailed during most of gestation when placental exchange ensured the fetus continual supply of oxygen and constant, prompt removal of wastes. Although the mother may have had all sorts of thoughts and emotions that produced chemicals which may well have crossed the placental barrier and that interfered with the mother's connected breathing rhythm, the osmotic exchange through the placenta was constant rather than intermittent as it is for most people prior to their Rebirthing session when they finally let go the imprinted connection between emotion and breathing. Until that imprint is dissolved, a Rebirthee does well to have a trained, competent, sensitive, successful Rebirther present during the session.

Perhaps the breathing "works" because connected, deep breathing opens up not only lung space that has been paralyzed with remembered fear but also capillary beds in the deep substance of the brain, in the limbic system, the tissue that surrounds the lateral ventricles. Or perhaps the connected breathing causes changes across the blood-brain barrier so that the cerebrospinal fluid in the lateral ventricles become identical to its composition chemically during gestation and birth. Modern science dictates that when circumstances are identical, identical events occur. So the cells of the limbic system which hold the imprints in the memory-RNA may let the memory trace break down when the fluid milieu becomes identical to what it was when the RNA was manufactured.

Whatever the specific mechanisms of action that operate in the Rebirthing may be, the evidence of its effectiveness is widespread. To date, the thousands of people who have become Re-



birthers have been involved in helping thousands of people with significant physical problems including acne, alcoholism, angina, anorexia nervosa, arthritis, asthma, barbiturate addiction, bulimia, caffeine addiction, chronic bronchitis, diabetes, digestive disorders, epilepsy, hypertension, menstrual disorders, nicotine addiction, obesity, opiate addiction, poor peripheral circulation, post-traumatic paralysis, sexual disorders, spastic paralysis, tranquilizer addiction, and upper respiratory disorders. Patients with allergies, cancers, duodenal ulcers, gastric ulcers, kidney problems, and migraines have been Rebirthed successfully, and the assessment of their long-term condition is not yet completed. In addition to this wide variety of physical ailments, every type of neurotic and psychotic personality disorder have been Rebirthed successfully and have made major personality changes for the better within a matter of a few sessions.

Because the people who have become Rebirthers are drawn from every profession and vocation, record keeping has not been scientific, nor has there been a great deal of concern with establishing the initial diagnosis and condition. It is hoped that as you use this technique with your own patients, you will help to remedy the problems involved with establishing the evidence of its effectiveness.

With reference to the personality changes that even one Rebirthing session produces, it should be mentioned that it is common for Rebirthees to reawaken former religious feelings or even develop new religious and spiritual attitudes. This is especially likely in cases involving healings of so-called irreversible conditions. So, in addition to providing for the material benefit of your patients by teaching them the Rebirthing technique, you may even be instrumental in promoting another source of ease and peace.

If you are interested in a further discussion of the relation between the birth and the development of negative belief systems

or if you are interested in learning how to Rebirth, please write to me and I will be pleased to recommend to you a Rebirth training you can attend. Similarly, if you don't know a Rebirther close to you, please write and I will send you a list of trained Rebirthers in your locality. I am also pleased to send you a list of publications that discuss the Rebirthing philosophy and related topics, including underwater birth.

I hope I have communicated to you my sincere recommendation of Rebirthing as a safe, easy, pleasant, rational, effective method of bringing healing to the body, the mind, the heart, and the soul. It profoundly alters the relationship between the healed and the healer. I am totally confident you will find it everything you ever dreamt of when you first considered taking care of others for your vocation. Thank you. In Peace, Simplicity, and Love, Breathe!

Dr. Eve Jones received her scientific training at the University of Chicago where she earned a Bachelor of Science degree in Chemistry, a Master of Science in Physiology and General Biology, and a Doctorate in Clinical Psychology. She has also done extensive post-graduate work in endocrinology and in neuropharmacology. She taught psychology at the University of Chicago for eight years and then moved to Los Angeles where she has been teaching college for the past 20 years, in addition to maintaining her private practice in psychoanalytically-oriented psychotherapy, including seven years of primal therapy and the past four years of Rebirthing. The mother of four grown children and of one granddaughter to date, she is well known as a writer on parent-child interactions. So she is



uniquely qualified to examine Rebirthing and to present a considered introduction to it to scientifically-oriented individuals.

(This material is available separately as a booklet at a cost of \$1.00 and as a 30-minute tape at a cost of \$5.00. To order, please send the appropriate amount, plus 10% for tax and handling, to Tim Torian, c/o Life Unlimited Book Service, 8125 Sunset Avenue, Suite 204, Fair Oaks, CA 95628.)