



# THE CONSCIOUS CONNECTION



quarterly newsletter of Rebirth International

Late Spring 2008

- There is new hope. A new Nostradamus book has been found.
- It says that when the true meaning of the Garden Trees is revealed,
- the Age of Truth will come.



## The Two Trees

By Leonard D. Orr

In the Garden of Eden with Adam and Eve there were two special Trees. Do you remember what they are called?

The tree of temptation was called the Tree of the Knowledge of Good and Evil. The Bible says that if Adam and Eve ate the fruit of this tree they would surely die.

Understanding the true meaning of this story is a matter of Life and Death. And yet I have never in my life heard a sermon in any church that explained the true meaning of this story.

Here is the true meaning of these trees and if you honor this meaning and practice these simple truths, you will have the secret to Life, to success, and to personal mastery.

The name of the second tree is The Tree of Life. To eat of this tree the Bible says, gives us Everlasting Life. Since Adam, very few people have discovered the meaning of this Tree.

The Tree of the Knowledge of Good and Evil is the Mind. It is the fruit of this Tree that produces death in our thoughts, beliefs, and feelings. When we get trapped in our thoughts, beliefs, and feelings we die. We cut ourselves – our mind and body – off from the Source.

The Tree of Life is Life Itself – the space between our thoughts, beliefs, and feelings. The Tree of Life is the Energy evenly distributed throughout time and space. It is the Eternal Spirit, God, Infinite Being. It is Life Itself.

To eat of the Tree of Life is to Live in the reality beyond the Mind, which is the Source of the Mind and all things. It is the thinker. To bring our Mind into harmony with our Divine Nature is Eternal Life.

Learning to live with Spirit Power instead of Mind Power or Physical Power.

Absolute Power is Perfect Rest.

When people are stuck in their Mind,” the Spirit no longer strives with them.”

To eat of the Tree of Knowledge is to be dependent upon the Mind and external reality.

To eat of the Tree of Life is to be dependent only upon Infinite Eternal Spirit. We have to Live in Spirit which is Love, Simplicity, and Truth. We have to learn how to get our strength and power and peace and rest from Spirit rather than forcing it with the mind and physical power.

This doesn't mean being lazy and sitting around meditating on a mantra. It means using the mantra to



The Two Trees By Leonard Orr	Anger & Rage By Leonard Orr	Summer 2008 Convention in Virginia	Membership & Bookstore Order Forms	Inspiration University Booklist	Rebirther Breathworker Directory	Group Rebirthing By Leonard Orr	Leonard Orr Training & Tour Schedule
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## The Conscious Connection

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Inspiration University is run by dedicated individuals who are scholars of Life, and who consciously choose to Live an examined & engaged way of Life. We are committed to nurturing our inherent divinity, in truth, simplicity, and Love.

We have many special projects and programs that are supported and furthered by other like-minded individuals.

Additionally, Inspiration University is a full-time training and retreat center, an initiative of Rebirth International, located in Waynesboro, Virginia.

Training programs and retreats run from evening, to weekend, to week-long, month- year- or longer, and include training in Rebirthing Breathwork, Spiritual Purification with the 5 elements, and topics such as Prosperity Consciousness & The Famous Money Seminar, Personal Law & Affirmation, Physical Immortality, Successful Self-Employment, Grassroots Politics & Alternative Money Systems, and Healing the Death Urge.

For More Information, and to encourage and support our efforts, please write to: [inspiration.university@gmail.com](mailto:inspiration.university@gmail.com)



motivate ourselves to move, and love, and be of service. Not just running around doing nothing, but intelligent action grounded in wisdom and joyous, creative artistic Self expression.

We can find ways of serving God, ourselves, others, and the planet in eco-friendly ways that are designed to support high quality Life for everyone.

Since Pure Life exists in the space between all our thoughts and we have over 50,000 thoughts per day, we are involuntarily visiting our Source over 50,000 times per day. But most people don't realize that this space is the Tree of Life. They are not aware of their Divine Nature and do not build it into their self-esteem nor listen to it.

The ultimate True Religion is Silence.

In Perfect Silence there can be no argument; no doctrinal differences. There is only unity and Oneness.

This Oneness can resolve all conflicts. Oneness can stop all wars.

Everything that exists is created by mind. But we are the Source of Mind and all thoughts, doctrines, beliefs, and feelings. They all are optional and subject to choice.

The purpose of conflicts are to expand our communication and raise us into higher Truth until we dwell in Truth, Simplicity and Love which is Knowledge of Life Itself.

When we master our relationship to the Tree of the Knowledge of Good and Evil and the Tree of Life. We become the masters of our own Eternal Life and live in the Presence of God.

However, in order to eat of the Tree of Life, we have to get past the flaming sword and get back into the garden.

The flaming sword is the symbol for spiritual purification. What is this? Simple spiritual practices with earth, air, water, and fire do the job.

Earth practices are vegetarian diet, regular fasting, a personal exercise system, message, sound, (music, percussion, etc), and do work that we love -a career of loving service.

Air practices are conscious energy breathing.

Water practices are bathing twice per day and being conscious of the quality of our drinking water.

Fire purification is done by sitting with an open flame alone for 5 to 19 hours while meditating on our energy body.

In addition to these simple practices, we have to watch the quality of those 50,000 thoughts per day and have harmony in all our relationships, in other words, to live in love all the time. Meditating on the names of God continually is the basic form of prayer which pulls the Presence of God into our lives and raises the quality of our live into the Presence of God. Think spiritual community!

Each of the above simple practices are scientific and self-validating and yield a Life of Pleasure and Inspiration, even Bliss.



ANGER AND RAGE*By Leonard D. Orr*

Everybody has tons and tons of anger and rage and fear and urgency stored somewhere in our emotional body- our soul. We can heal it only when we feel safe in our own mind and feelings. We have to feel safe to look at, think about, and feel our own rage, anger, fear, and urgency.

Sometimes we need to be the object of injustice, of abuse, of mistreatment, etc. to get in touch with it and to feel it- to have our feelings hurt. At other times, it seems to come up to consciousness out of the unconscious in layers or waves of rage and anger without any provocation. We can be angry with no reason, just like sometimes we can be happy for no reason.

The Mind is complicated and the Truth is simple.

The mind is the most complicated thing on earth. The mind- that portion of our soul which collects feelings, beliefs, doctrines, habits, and thoughts can be an infinite pile of garbage. In this same pile can be virtues, beautiful memories, beautiful thoughts, and healthy emotions. This confusing collection is what can make our minds so complicated.

We can be totally overcome by peace, love, joy, productive energy, wisdom, and bliss on one day and the next day ruled by anger, fear, stupidity, depression and irrational projections. Unfortunately, this is also true for the people around us.

We can bounce back and forth from darkness to light in the same day.

But the Truth remains the same and simple and clear:

Energy, Spirit, Thought, Mind, Form, Body.

With nothing added- pure and simple.

The goal of spiritual liberation is to clear all these complexities and to see beauty, clarity, love, and the wisdom of Life in people always and everywhere. We can see the Truth- pure and simple.

As I look back on my history of healing myself and millions of others, this rage, anger, fear and urgency collection seems always to be rooted in past lives.

I have been concentrating on past life therapy in my own healing process and teaching it in all my trainings in the past 1 ½ years because it works. Past life therapy is sometimes the direct route to solving a problem.

It seems to be getting to the point where I can just feel the globs and tons of past life feelings of this stuff and just work through it and release it without any historical detail content. I can release it by breathing in the bath or while sitting with a fire.

We can just have a general intuition of, 'Oh! That comes from a past life.' and just release it.

As Freud says, the unconscious is just memory-forgotten memories. Past life therapy is just remembering old memories and releasing them. This, of course, happens spontaneously during Rb Breathwork sessions whether or not we have specific content.

This is a virtue as well as a disappointment at times about breathwork. A completed energy cycle can release all kinds of stuff as just energy concentrations in the solar plexus or anywhere in the body without content or pictures- just vague feelings and releases. The release is often a body rush that feels good.

But our intellectual mind is curious and sometimes would like a full movie of the past life experiences that are being released.

Some people prefer to dispense with re-experiencing the drama- even terror of past life memories- and just like to have the spiritual bowel movement. Then they can feel the new freedom and get on with their lives in the present. Today, many people have such busy, interesting lives, they no longer need to be entertained by the past, its pain, and its obstructions, even diseases, so we can live in heaven on earth. Content is not important in our releasing process.

When we are immortal, we have to have something to do with our time, so it is good that we have busy productive lives.

On the other hand, today I had so much rage that it stopped me. When I felt it in my morning bath, the Energy concentration was so heavy that I thought I should be flexible and take it easy today- thus, I am writing this. I am feeling unsafe in my own mind. It feels good to take time out in the middle of my day to write this. And I have hundreds of other things to do.

When I felt the full heaviness it felt like too much to release in one session. However, as I continued to surrender into the energy concentration and do connected breathing at one point it all just released and I went into clarity and bliss. It is amazing how something can be so painful and bothersome, but when we release it we become so clear that we can't ever remember what we were bothered about.

Breathing twice per day in the tub is a valuable discipline. And I apply olive and coconut oil to my skin after every bath. I also love it

when I can get a beautiful woman with nice energy to apply the oil.

### Fear



Fear is the other side of the coin of anger. And both fear and anger put us into urgency. When we are too busy, this business is always motivated by or accompanied by urgency.

When we realize the pattern of urgency and develop a new habit of relaxing in the middle of it and just allow ourselves to feel the feeling of urgency, it is amazing what happens. So many times, exercising this new habit makes me late for an appointment, but I usually find to my great relief that the other person or even a whole group of persons are more late than I am. And when the other person is on time, I graciously apologize and everything works out perfect because when I release the feelings of urgency there is no trigger for others to be activated by. Urgency is a fear of disapproval, fear of missing something, fear of losing an opportunity to love someone or giving to someone or serving them, or missing the opportunity to receive love. But when we clear the feeling everything becomes more beautiful for everyone involved.

Urgency can be caused by fear and can be mixed with anger and rage.

We have so much fear we have killed ourselves with disease and mistakes for thousands of years. It is no wonder that most humans are paralyzed in apathy. Most people are afraid to do anything different or creative. We would rather be victims than get noticed because we have so much fear and guilt- tons of floating fear and guilt.

This anger, rage, fear, urgency complex makes the mind crazy. There is no peace. The thoughts of imagined injustice repeat over and over. The feelings connected with these imaginations are miserable- even painful in the body. The injustice seems more and more real. There is no rest.

It is these imaginings with urgency that cause people to attack each other- even murder each other. We see this in the news every day. A couple murdered their parents. A woman kills her husband and children. Campus murders and restaurant murders, department stores, etc.

The thoughts that cause people to do these things may not be real at all. They may be creative imaginations only in our own mind- projections.

And what if the injustice we imagine is real? What if the people in our repetitious dream are really unethical? What if they persist in their evil designs? Does it help us to think about it and feel the pain over and over before, during, and after the event?

Are we just reliving a past life feeling or event and repeating it? Are we causing others to hurt us with our victim thoughts and feelings and imaginations?

"People who forget history are doomed to repeat it." Suppressing our victim images is not the solution.

But, when this garbage comes to consciousness, this is the ideal time to reprogram the mind, to dismantle the feelings, and perhaps to change our personal history.

Our spirit is abundant life and abundant Aliveness. Our Natural Divinity can produce abundant health, and abundant love and abundant prosperity. We can change these unpleasant body feelings into joy, peace, wisdom,

and celebration and victory, just by breathing ourselves into freedom.

Breathing is the bridge between the visible and the invisible. We can breathe our way into bliss of Pure Spirit beyond the drama. We can take our Life Force out of our negative thoughts and liberate ourselves from the unjust circumstances we are creating. And then, usually we can see more clearly how to communicate with our enemies to produce a harmonious outcome, if, indeed, there are even real people in our drama.

Forgiveness is just relaxation. Just keep breathing, relax, and change our thoughts, until our feelings change, and the negative pictures release and are changed into pictures of virtue and victory for all concerned.

We can dwell in peace, and love, and wisdom no matter what other people do or not do. We don't have to be hooked by their rage, anger, fear, and urgency. And dissipating ours has a tendency to lessen and dissipate theirs. Maybe they are just helping us to heal our suppressed rage.

Heaven on earth has to be created in our own emotional mind before we can create it in others. When we free ourself we can see and feel clearly enough to free others. Anger is a cry for help and healing.

Sitting with fire can empower the Breath and enable us to release lifetimes of injustice stored in our soul and felt in our body.

Soaking in warm water and doing connected breathing releases more layers and lifetimes of victim consciousness and abuse.

We can allow our fear, anger, rage and urgency feelings to

energize productive activity and get some practical work done. We can use the energy mobilized by anger to move particles in the physical universe, clean house, shovel dirt, chop wood, go for a hike, physical productive movement that accomplishes something that makes us feel good. We have to get out of the endless cycle of negative feelings and body pain that sucks us down into the past injuries that we are inflicting upon ourselves. Regression is the cure for suppression. We have been suppressing for centuries. But when the rages, fear, anger and urgency is slapping us in the face, we don't have to work at regression. We just have to deal successfully with our pain and miserable feelings. We can relax into them and through them by breathing and releasing and using our creativity to imagine different things.

Anger is sometimes a cure for depression and sometimes causes depression. We have to work for harmony and balance-feeling good all the time.

We have to get good at creating beautiful thoughts and feelings in the middle of our pain and misery.

Sometimes it is best to get out of the way of other people when they are recycling this rage, fear, anger and urgency. Sometimes it may be worthwhile to move to another city or state or country. Sometimes our personal safety and peace of mind is worth the effort.

Going to sleep is sometimes a suppressive mechanism that just sets us up for more injustice. Sometimes it is best to stay awake and deal successfully with our feelings and pains. But other times sleep is the best approach which

enables us to forget and concentrate on other things.

I went to sleep around midnight and woke up at around 3:30 AM feeling the discomfort of anger. Writing this freed those feelings. But the rage has been going on for a few weeks or months triggered by different events. World events, a traffic ticket, angry people in the environment, etc.

Yesterday I woke up early, processed a little then slept late. But even this helped me to get it up and out of my suppressed emotional mind into body pain. Yesterday in my bath I released so much that the new space and body freedom frightened me. The rage dissolved into pure fear, so much fear that I decided to stay home and process it. It was like panophobia. I feel like the rest of my anger complex is gone today.

Back to ordinary living with new freedom and flexibility and a new ability to accept new opportunities, I can now accept the healing in myself and others I work with in my trainings, my friends, and the people I encounter in daily living.

Whatever I suppressed during sleep yesterday I released today.

I just finished my bath and while breathing and meditating in my bath I could see my Energy Body more clearly. I noticed there are more layers packed in there, but I released a lot more while breathing in the tub today. I feel at least temporarily peaceful and productive.

The anger, rage, fear, and urgency syndrome is a basic thing everybody has to deal with in life. RAFUS or Rauf; rage, anger, urgency, and fear. The word rauf makes me laugh when I speak it out loud. And laughter helps to heal and release anger. It is super

good when we can laugh at ourselves when we are angry.

Rauf or Rafus for rage, anger, fear, and urgency syndrome. We just created a new word- rafus.

We have to remember also that greed, desire, resentment, and irritation are also related to anger.

It has been said that rage comes up for women in their 30's- the angry 30's. And it comes up for men in their 40's.

It seems the pressure keeps building from all the hurts and pressure of life and at a certain point in our personal history the volcano of rage erupts. If it doesn't erupt then people create disease or accidents and become total victims.

When our rage can no longer be suppressed, it is good if we have tools to deal with it successfully.

In spite of all this rage- this rauf- that we carry through lifetime after lifetime, it is amazing how much fun and pleasure we can have when we keep it neatly suppressed.

Even though I have had intense and painful rage during some years, it is also amazing how many blissful years I have had. Each time I go into the rage, anger, fear, insecurity, and urgency, and heal a bunch, my bliss and pleasure and success gets so much richer.

I've healed death urge, I've healed birth trauma, I've healed parental disapproval syndrome, I've healed senility, but there seems to be so much rauf from previous lives and deaths, that sometimes I wonder how I made it this far without killing myself or being killed by others. I continually thank God for protecting me from my own suppressed victim consciousness.

After each layer or wave gets released I become more

productive. I am pleased by all I have accomplished, but that was yesterday and today is a new day for more accomplishment.

Probably at some point we will empty our collection and either levitate or dematerialize naturally. Or we can always choose to stay and serve and teach and be an inspiration to others still stuck in the hell of rage and fear.

On the other hand, the war, which Krishna fought in, was called the war of the immortals. Physical immortality as a belief system can breed arrogance and stupidity. Arrogance, stupidity, and anger are bad combinations.

And it seems that people are so afraid of their anger and rage and the body-mind pain that it produces, they would rather die than face it and heal it. Physical death is a "fuck you" to God and is a way of expressing our anger at God for not helping us more to master our own mind.

Therefore, it is definitely a good idea to heal our anger and victim consciousness.

Earth, air, water, and fire are so powerful. All the time I'm writing this I am sitting or laying in front of my fireplace on one side and 4 candles burning on the other side. I can feel the flames removing inches from my solar plexus which involves dissolving the pain from my body mind. My body feels lighter by the minute. I hate to leave here. The releases feel like spiritual orgasms.

I feel so good! Now that I have released all that rage, anger, fear, and urgency, but it took several days of earth, air, water, and fire practices during the past few months to get it up and out.

Most of this week I have had the privilege of being home alone. A couple of days I had to go to town for appointments, and I will have either Sat or Sun as

another day of solitude in which I will fast again.

It is amazing to have enough space to allow Spirit to clean and renew me.

It feels good to get clear to have a clean and balanced Energy Body. So Good!

### Getting Even



Most people would rather get even before giving up our rage and anger.

Getting even means revenge. It means hurting someone as much as we hurt.

Getting even is involved in all murder.

We would rather kill ourselves than give up our anger before getting even. Even suicide is a form of revenge.

People die to get even with God.

All death is suicide. Everyone creates his or her own death.

Getting even is involved in all divorce.

The Bible says, "The heart is deceitful above all things and desperately wicked."

People also fail to get even. This can lead to the ultimate victim consciousness. Apathy is passive aggression.

In the news in the last year were cases of people killing their parents. Cases of killing spouses, children, and then self.

All this and yet, talking about the unconscious death urge is taboo. There are all the mass murders on school and college campuses, at work, at restaurants. There is all the genocide in Africa, and religious wars. How is killing others in the name of God?

Texas was the first state in which death by hand guns exceeded auto accidents. It was mostly done in the name of Love.

Lovers killing their partners or rivals. Love and sex is dangerous-be careful. Strict monogamy may be good for your health.

Fire is the element that can heal the death urge and negative emotions faster than anything. But fire has to be combined with soaking in a warm bath to relax. Conscious Breathing automatically induces relaxation. Fasting teaches us self-control and restraint, and release. Every fast is a great accomplishment and makes us feel so good.

Meat eating countries have more violence than vegetarian countries. Is killing animals and eating them a form of rage? If not it has been proven over and over that the victim consciousness, rage and fear of the dead animals that people eat breeds fear, anger, and rage in humans, not to even mention cancer and heart disease.

The Shiva Purana, the most ancient scriptures, forbids eating meat and for millions of years of human history only demons ate meat, and later, only the lower classes. Good Brahmins today will never touch meat.

Eating animals was made popular by the Biblical people-Hebrews, Christians and Muslims. Christians and Muslims have started as many wars as anybody in history.

Self-righteous people – people with a little knowledge-who think they know enough are especially prone to anger when their opinions are questioned.

### Healing, or at least Dealing with Anger

We are perhaps more afraid of our own feelings than anything in the world. And yet we have to be willing to feel our feelings before we can heal them.

We can also take on the anger and rage and fear of others through empathy, telepathy, patience, and self-control when we are being abused.

Jesus managed to subdue his anger during his trial and crucifixion.

In his Course in Miracles he says that angry people are really crying out for help and love.

Jesus spent almost half his life in India where he learned about the Ramayana. Sita says to Hanuman, "Be careful, an entire life of virtue can be totally ruined in a few minutes of anger." Ram and Sita lived 130,000 years ago.

The human mind is the most dangerous thing on earth or in the heavens. Arrogance and anger got the devil and the gods into trouble.

Rage, hate, and fear are little four-letter words. And yet they breed infinite complexity.

Love is also a four-letter word. Joy only three. Peace only five letters. And yet love, joy and peace are simple and always welcomed.

Discussing our rage with a neutral listener helps to neutralize it and to heal it.

Since we have such a huge depository of rage from dozens of lifetimes, or hundreds, or thousands, or even millions of lifetimes and deaths, we should make the healing of our suppressed rage and anger and fear one of the main goals of this lifetime.

Working with our thoughts and feelings directly is the first line of defense or attack.

Spiritual practices with earth, air, water and fire can be more powerful than any mental techniques.

And harmonious relationships are the goal and fruit of success.

When we are working in the world, manual labor, and any kind of work that keeps our mind occupied and distracted from the repetitious angry and stupid thoughts is a wonderful tool.

Psychotherapy, past life regression and therapy, are good approaches. Bodywork of all kinds, from Trager to Rolfing, also helps the healing process.

Even watching TV news and violent movies can be therapy to help us get in touch with our suppressed feelings of fear and anger.

TV is called communal consciousness. We are united in the universal mind with everyone else who is watching at the same time and even different times. This is very profound.

Perhaps we can watch TV and successfully process the minds of millions of people.

But what is obvious is that concrete political and community activity works.

Apathy is passive aggression.

Apathy is covert hostility as well as victim consciousness and eventually produces destruction, slavery, and death. We now live in economic slavery.

Citizen responsibility and participation is salvation and the success that leads to peace.

Withholding generosity is a form of rage and anger and fear.

Withholding participation is also rage. Participation has to be balanced by solitude and silence and spiritual purification.

Solitude is not necessarily silence. We can be in constant conflict in our own mind- forever arguing with ourselves.

Silence should be peace, unity, and relaxation.

Relaxation is the ultimate cure for rage, fear, and urgency. We can develop the habit of

relaxation even to the point of relaxing during stress.

And thank God for suppression. This is a valuable tool for peace in the world. Also called patience, self-control, tolerance, and many other things.

It has taken me four days to write this article. A lot longer than I thought when I started. These four days have been mostly in solitude and have been a powerful healing process for me.

I've spent hours breathing in my bathtub twice a day.

I noticed when I went out in my pasture and spent time with a totally open fire on the ground how more effective it was, even though I have spent most of the rest of the four days with my fireplace inside and with candles burning.

I have also been working with the mantra Aum Namaha Shivaiya. And I have also been fasting and getting plenty of exercise through manual labor or hiking, etc.

I hope all these ideas help you to control and heal your anger.

Finally, we must remember that the Infinite Being that we are immersed in is bigger than our anger, rage, fear and urgency. That no matter how strong our victim feelings seem, they are just islands or bubbles in the Infinite sea of bliss and abundant love and life and light.

When we remember this, our anger and all our destructive thoughts and feelings seem insignificant and they lose their power to recreate circumstances. We can now relax and enjoy peace in our daily life.



**Rebirth International Annual Convention**  
**5 July - 20 July 2008**  
**Virginia, USA**



**Convention Programs**  
 (separate)

Convention Programs	Dates	Price (food & lodging)
5-Day Spiritual Purification Program	July 7-11	\$400
9-Day Spiritual Purification Program	July 5-13	***SPECIAL*** \$400
9-Day Business of Rebirthing Breathwork	July 12-20	***SPECIAL*** \$300
Evening & Weekend Program	July 14-20	\$100 & workshop fees
Parallel Programs 3-week Professional Training (lodging)	June 30 - July 20	\$2600 (includes food/
Special Advanced Leadership Training (SALT) (price not negotiable)		\$3000 (includes food & lodging)



**Program Descriptions**

**Spiritual Purification Program (5- or 9-Day)**

Learn the basic practices for spiritual purification using the 5-elements: Earth, Air, Water, Fire, and Mind. Experience top-quality individual Rebirthing Breathwork sessions; participate in spiritual community; seminars on prosperity consciousness, kriya yoga, spiritual psychology, physical immortality, relationships, enlightenment, body mastery, and healing the emotional and mental mind and physical body; and enjoy sharing & dialogue with Leonard!

**9-Day Business of Rebirthing Breathwork**

Basic information on creating a successful business as a Rebirther Breathworker, seminar leader, rebirther trainer, organizer, or in any self-improvement business - led by Leonard Orr and staff. Lecture & discussion, spiritual purification, and opportunities to exchange Breathwork sessions with participants;

**Evening & Weekend Program**

Learn & share in spiritual community for mutual enlightenment & growth: anyone can offer any kind of self-improvement or educational workshop, and anyone can attend. RBI and workshop leader will split income 50/50. PLEASE CONTACT US NOW WITH YOUR WORKSHOP OFFERING SO WE CAN GET THE WORD OUT IN OUR NEXT NEWSLETTER!!!

**SALT**

3-week professional training that includes receiving an individual Rebirthing Breathwork session from Leonard! Limited to 6 participants.

**Accommodations**

Simple vegetarian meals, plus:

Camping at Inspiration University (\$40/day)

Shared room at Inspiration University (\$40/day)

Single room may be available at Inspiration University (\$60/day - book in advance)

**Payment**

Deposit required: \$100 for each week you plan to attend - credit cards accepted.

Please contact one of our staff by email, or call RBI, to reserve your space for this year's convention and trainings!



# MEMBERSHIP FORM

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Indicate Type of Membership support you wish to provide:

Payment: Cash Check 

CID (3 or 4 digits on signature strip) \_\_\_\_\_

Signature \_\_\_\_\_

### For Listed Rebirthers Memberships

Contact information to appear in Directory: \_\_\_\_\_

Length of experience with Rebirthing Breathwork? \_\_\_\_\_

Training completed when and with whom? \_\_\_\_\_

Number of clients taken through 10 sessions? \_\_\_\_\_

### Other Comments:

# Book Order Form

Inspiration University Bookstore  
 P.O. Box 1026  
 Staunton, VA 24402  
 tel-(540) 885-0551 / f-1230

Please indicate your bookstore purchase on the enclosed book list.

### Shipping Details:

USA-\$7 for first 2 items, add \$2 for each additional item.  
 Canada & Mexico- \$9 for up to 2 items, \$2 for each additional item.  
 Overseas: Please pay by credit card since shipping rates vary greatly; call or email if you would like airmail rate verification.

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone & Fax: \_\_\_\_\_

Book Order Total: \_\_\_\_\_

Shipping Total: \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

Payment: Cash Check 

CID (3 or 4 digits on signature strip) \_\_\_\_\_

Billing Address Same as Shipping? If Not, Include Details Here: \_\_\_\_\_

Signature \_\_\_\_\_

Books by Leonard Orr	Price	Quantity
About Your Femininity - By A Man <i>The Spiritual Power of Menstruation</i> (booklet)	\$5	_____
Abundance & Scarcity <i>Clarity About Money</i> (newsprint)	1	_____
Babaji: Angel of the Lord <i>On Mahavatar Babaji</i>	12	_____
Bhartriji: 2000 Year Immortal Yogi <i>Includes Bhartriji's Most Famous Scriptures</i>	15	_____
Breaking the Death Habit <i>Introduction to Physical Immortality &amp; 8 Immortals</i>	15	_____
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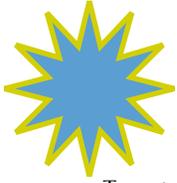


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 Disclaimer: RBI lists any Breathworker who pays  
 their dues. Neither RBI nor any person can  
 guarantee the quality of any Rebirthing  
 Breathwork session. Clients should interview  
 breathworkers and take responsibility for the  
 quality of their sessions. Students complaints  
 will cause us to delete names from the above  
 list. Your feedback is important to us. We don't  
 support group Rebirthing.



**GROUP REBIRTHING****-OR-****GROUP BREATHWORK***By Leonard D. Orr*

Twenty years ago I noticed the casualty rate on group rebirths and began suggesting to those who insist on practicing in this way to at least have organizers give each one participant one high quality private Rebirthing Breathwork session before a group workshop, and preferably 10 private sessions.

I also suggested organizing one-year seminars in each Conscious Breathing community, to increase the quality of the Rebirthing Breathwork Movement.

My advice was followed for a while, but then dropped-out due to greed and control issues between organizers, managers, and leaders. It is also inhibited by superficial relationships. To have a One Year Seminar definitely moves relationships beyond the superficial. To meet with the same people for a whole day once per month is a high quality experience.

I give the same suggestions now, again:

I suggest making One Year Seminars free and autonomous as I do, with any successful Rebirther doing the leading when organizers and members invite them. This is the way it was in the beginning, before greed and control ruined the spirit of freedom and loving support.

In the first OYS in San Francisco, I stated that my goal is to train so many leaders and teachers and gurus that I will work myself out of a job. I have always had more students and business than I can handle, and I still do. I am glad to share as much with anyone and everyone as they can handle also!

Everyone of the planet deserves the high-quality support that One Year Seminars are capable of providing - including you and me!

**MY POSITION ON GROUP REBIRTHING & GROUP BREATHWORK**

In the beginning of the Rebirthing Breathwork movement when I was still discovering and perfecting it, I experimented with group rebirthing.

It didn't take long for me to abandon the practice, for the following reasons.:

1. It is low quality work.

2. I can only fully be with one person, with all my experience. NO ONE can give a high quality session to more than one person.

3. To the extent that we are healing birth or family trauma, group Rebirthing is counterproductive. And maybe adding to the biggies, it would be the ninth - group trauma.

4. Group Rebirthing may be dramatic, but it is unfair to overwhelm the uninitiated with an experience that they are unprepared for; and there is no way unsuspecting or inexperienced people can be prepared for it.

5. I respect people enough to feel that everyone deserves the total attention of an experienced guide in a private personal setting.

6. I have noticed that group Rebirthing wrecks the energy body of the Rebirther and assistants also. And most people do not know enough about spiritual purification to adequately clean themselves afterwards.

7. Thus, group Rebirthing is too messy and too low quality for me to desire to be associated with it.

8. Furthermore, I have noticed that the people who do it are motivated by greed for power and money. It can create a cult phenomenon.

9. I have also noticed that most people who do group Rebirthing do not complete ten sessions.

10. This practice of group Rebirthing also sabotages local rebirthers in building their successful practices.

11. It only takes a little intelligence to redesign a Rebirthing workshop to turn it into a high quality experience that supports everyone, but you have to create a private space for each team.

12. Group Rebirthing tends to create cult mentality. High-quality and supportive individual relationships do not.

13. After everyone involved has had at least 20 sessions and can successfully give sessions to themselves and others, they are experienced enough to do anything they like - but I feel it is unfair to push group Rebirthing on inexperienced people.

In addition to all this, in a few states, Rebirthing is illegal if it is done using any kind of force or forcible restraint that can cause harm or death to people. Group pressure or even peer pressure that gets created in a group situation could be interpreted as force.

Group Rebirthing has damaged the reputation of Breathwork from the beginning, in spite of my resistance to the practice.

Obviously, teaching the 20 Connected Breaths exercise in groups is harmless. This is recommended.

Businesspeople who are chasing success and can't stop and take care of themselves go into denial, become stiff, and sometimes lose compassion and sometimes misuse the power that people give them.

I know that you desire to share the spiritual gifts that you have received with others. We have to practice what we preach and always be concerned about our own healing so that we can be an example, and teaching by example is best.

Our own spiritual purification process is most important because a high personal presence is the greatest gift we can give to humanity.



Truth, Simplicity, Love,  
Young Len Raja



# Leonard Orr's Schedule 2008



## USA Lecture, Training & Tour Schedule

April 10th & 11th

Traverse City, MI, USA

April 12th

Plymouth & Ann Arbor, MI, USA

Contact: Ariel (434) 882-3410 or  
[divine.cowgirl@gmail.com](mailto:divine.cowgirl@gmail.com)

May

Nashville, TN, Las Cruces, NM

Sedona, AZ, San Diego, CA

Los Angeles, CA, San Francisco, CA

June

Reno, NV, Omaha, NB

Chicago, IL

May 30th to June 8th

California, USA

RETURN TO THE SACRED

A 9 Day Rebirthing & Spiritual  
Purification Training at Sierra Hot  
Springs, Sierraville, CA

All details on the training the website:  
[www.learn-to-breathe-energy.com](http://www.learn-to-breathe-energy.com)

Contact Yasoda:

[susan\\_deschenes@yahoo.com](mailto:susan_deschenes@yahoo.com)  
(707) 822-5441

June 30th to July 20th

3-Week Professional Rebirther  
Breathworker Training

July 5th to 20th

Virginia, USA

Rebirthing Breathwork International  
Annual Convention

July 5th to 13th

Virginia, USA

Special Spiritual Purification Training &  
Celebration

July 14th to 20th

Virginia, USA

The Business of Rebirthing Breathwork



## European trainings

Estonia

July 26 - August 3

Contact: Margus  
[pyramiidmaja@hotmail.ee](mailto:pyramiidmaja@hotmail.ee)

Spain

August 9 - 24

Contact: Fanny  
[fanny@conexionconsciente.com](mailto:fanny@conexionconsciente.com)

Germany

August 30 - September 6

Contact: Heike

[heikestrombach@yahoo.com](mailto:heikestrombach@yahoo.com)

England

September 13 - 21

Contact: Sheelagh

[sheelagh@rebirthinguk.com](mailto:sheelagh@rebirthinguk.com)

Belgium

September 27 - October 5

Contact: Rose

[ademenmetrose@skynet.be](mailto:ademenmetrose@skynet.be)

Canary Islands

October 11 - 19

Contact: Carlos

[nium70@hotmail.com](mailto:nium70@hotmail.com)

Greece

October 25 - November 2

Contact: Matoula

[matoupitsou@yahoo.gr](mailto:matoupitsou@yahoo.gr)



If you are interested in organizing lectures, trainings, and workshops for Leonard Orr & Staff, please contact us by one of the methods below. Leonard welcomes students to tour and train with him. Please inquire for more details! 

### For Additional Information on Training in Virginia

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P.O. Box 1026  
Staunton, VA 24402

Contact Us by Telephone:  
(540) 885-0551

Or by Email:  
[inspiration.university@gmail.com](mailto:inspiration.university@gmail.com)

Visit our website (& read this newsletter in color) @ [www.rebirthingbreathwork.com](http://www.rebirthingbreathwork.com)