

**Association of Rebirthers
and Trainers
International, Inc.
(A.R.T.I.)**

Rebirthers Manual

Section I

Guidelines of A.R.T.I.

A.R.T.I. Mission Statement

“Our Mission is to serve the world by expanding Rebirthing and training high-quality, professional Rebirthers with ethics, integrity and experience, based on the certainty that thought is creative.”

A.R.T.I. Board of Directors

Responsibilities.

- The Board’s responsibilities include creation, maintenance and changes of the web site, membership records, taxes, coordinating events, meetings, brochure approval, communication to the members, and staying in communication with other Board members. The Board is the responsible group in terms of liability.
- The Board will be the ethics committee. If a Rebirther in any given area is in ethical question, the committee will suggest assignments to this person or terminate their position if necessary.

Composition. The Board of Directors is composed of five (5) ARTI members. A minimum of three (3) members of the board will be Full Rebirther Trainers. Board Members’ term of office is for two years with the terms staggered so that two members are elected one year and three members are elected the following year. Members may be re-elected for consecutive terms. If a member vacates a position during the year, the runner-up from the last election will fill the position until the next election. If a position is vacant that would not normally be voted on during the current year, the term of office for the newly elected member will be for one year to complete the original term of office for the position.

Board Committees. The Board will appoint committees, as appropriate, to address issues pertaining to membership levels for which a Director may not be qualified. (i.e. Appoint a committee of Full Rebirther Trainers to address changes in the Rebirthing Script.)

Voting. For issues for which the full Board votes, four of the five members need to be in agreement.

A.R.T.I. Annual Meetings

Reimbursements.

- **Board Members.** Board Members will be reimbursed \$350.00 each for expenses incurred in arriving early for pre-conference meetings.
- **Trainers and Trainers-in-Training.** All overseas Trainers and Trainers-in-Training shall be reimbursed \$200.00 each for airfare to the annual meetings.

Etiquette. To promote efficiency in ARTI Meetings, the following were adopted:

- Be prompt.
- Talk no longer than two minutes.
- Do not repeat what has already been said.
- Offer solutions.
- If so wanted, call group meetings outside of the meeting to discuss at length challenges with clients.
- If clearing is required with someone that it be done outside the meeting.

Voting. It takes 85% of the appropriate voting members present to pass a decision.

A.R.T.I. International Event

An ARTI International Event is a training that

- Shall be presented by three (3) or more Full ARTI Trainers.
- Shall include rebirthing.
- Shall last at least four (4) days and be in a residential setting.
- Shall be open to anyone.

ARTI Rebirther Trainer Requirements

The requirements to become a **REBIRTHEE TRAINER IN TRAINING** are:

- 1) To be an ARTI sponsored rebirther
- 2) To have graduated from an ARTI Rebirthing School
- 3) To have assisted at the entire series of an ARTI Rebirthing School within the past two years
- 4) To have organized or co-organized and lead 2 Fundamentals of Rebirthing weekends with at least 10 paying participants
- 5) To be current with ARTI dues
- 6) To receive 85% votes from Full Rebirther Trainers or
To receive the support of a full Rebirther Trainer and then Board approval.

The requirements to become a **PART 1 TRAINER** are:

- 1) To co-lead and organize 3 Part 1 weekends with a minimum 12 paying participants
- 2) Each of these Part 1 Trainings must be with 3 different full Trainers
- 3) Receive 85% of the vote from the Trainers
- 4) Be in harmony with the local Independent Producers schedules

The requirements to become a **FULL REBIRTHEE TRAINER** are:

- 1) To be a Part 1 Trainer
- 2) To co-lead and co-organize Parts 2 and 3 with a minimum of 15 paying participants
- 3) To have co-lead with a minimum of 3 different full TRAINERS in the same Rebirthing School
- 4) To receive 85% of the vote from the Trainers

Requirements for maintaining ARTI Trainer and Trainer in Training status:

- It is strongly recommended that Trainers and Trainers in Training attend ARTI meetings every year.
- If Trainers or Trainers in Training cannot come, they are to notify the Board in writing prior to the meeting.
- If a Trainer or Trainer in Training misses two consecutive meetings, that Trainer will be suspended unless the Board approves the circumstances. (Suspended means that you lose your ARTI Trainer status. Obtaining the vote at the next meeting you attend can reinstate your status.)

Notes:

- It is not necessary to become a Part I Trainer before becoming a full Rebirther Trainer.
- All of the above must be coordinated through the area organizers and full Rebirther Trainers in the existing areas. This includes coordinating schedules and discussing details. New areas are supervised by Rebirther Trainers of the Independent Producer's choice in harmony with surrounding area organizers.

Suggestions to the Independent Producers for creating a community of stronger Rebirthers

- 1) To create a local Rebirthers Association for the purpose of supporting each other. Local membership and/or sponsorship is recommended. In existing communities where there is a strong Rebirthing community and Rebirther Trainers are available, it is recommended to develop the following model:

To Be A Local Rebirther Member:

- To pay local dues and stay current
- To have completed RB-2000 or ARTI Rebirthing school – Parts I , II, III, and to have Rebirthed 10 sessions with a man, 10 sessions with a woman.
- To receive a majority vote.

To be a Local Sponsored or Recommended Rebirther:

- To receive a majority vote from the existing sponsored rebirthers.
- To have 5 clients paying for 10 Rebirthing sessions each (\$40.00 or more) and their evaluation questionnaires sent to area Rebirther Trainers/Independent Producers.
- To have a good knowledge of:
 - 1) Conscious breathing
 - Dry, hot water, cold water, the art of breathing.
 - 2) Creative thought
 - Affirmations, personal lie, 100% responsibility, A Course In Miracles, physical immortality
 - 3) Pre and Perinatal Psychology
 - Conception, gestation, birth, feeding
 - 4) Relationships Dynamics
 - Family patterns, birth influences on relationships, forgiveness/completion letters, special and holy relationships
- To be connected to your local center, actively participating in the activities.
- To abide with the code of ethics:
 - 1) Continuing to be rebirthed
 - 2) Teach clients, “thought is creative” and its consequences, taking 100% responsibility and teaching physical immortality.
 - 3) Work according to the 10 sessions principle
 - 4) Remember that the breath is sufficient
 - 5) Maintain confidentiality of each clients sessions
 - 6) To not have any sexual relationships with clients
 - 7) Refer to another Rebirther every person for whom you don’t feel you are the appropriate support
 - 8) To see your work as a service
 - 9) To see your clients in their perfection and healing
 - 10) To tell 100% of the truth faster
 - 11) Always surrender to the highest thought
 - 12) To be in integrity with what you teach
 - 13) To keep educating yourself and know that your education will never end.

*Note: Patrice Ellequain and Beatriz Santos in France provided us with these suggestions.

ARTI Sponsored Rebirthers Requirements

1. To have been Rebirthed 10 times by a man and 10 times by a woman who has graduated from Rebirthing 2000 or A.R.T.I. Rebirthing School, if possible.
2. To have had 5 different clients that have Rebirthed and paid (minimum \$40) 10 times each. All feedback forms filled out by clients should be turned in to a local Rebirther Trainer (preferably an Independent Producer) or Sponsored Rebirther Trainer. This Trainer will evaluate them and continue to support them in keeping current with sponsorship from then on if they choose, and award them their sponsorship certificate where applicable.
3. To attend the next available ARTI International Event or a Board approved equivalent.
4. To have graduated from ARTI Rebirthing School or to have completed RB 2000.
5. To be a member of ARTI and current with dues.

Requirements for maintaining ARTI Sponsored Rebirther status:

- A Sponsored Rebirther is required to attend an ARTI International Event every three (3) years.

Suggested Fee Agreements

1. Suggested fees for newly graduated Rebirthers are \$40.00 minimum per session. (i.e., to be an ARTI sponsored Rebirther you must have rebirthed 5 different people 10 times with this minimum fee.)
2. Suggested fee's when paying Rebirther Trainers:
 - Rebirther Trainer leading alone: \$3,000.
 - Rebirther Trainer training a Rebirther Trainer in Training: \$3,000.
 - Rebirther Trainer leading with another Rebirther Trainer: \$2,500 each.
 - Rebirther Trainer in Training: Decided by Independent Producers based on enrollment support.
 - Per Diem: \$40.
 - Airfare and accommodations covered by organizer.

*Note: All co-organizing fees are coordinated locally with Independent Producers.

3. Membership fees for the ARTI team are as follows:
 - Associate Member is \$25 per year.
 - Member is \$100 per year.
 - Independent Producer is \$100 per year.
 - Rebirther Trainer in Training is \$150 per year due by April 1st of each year
 - Part I Rebirther Trainer is \$300 per year due by April 1st of each year.
 - Full Rebirther Trainer is \$300 per year due by April 1st of each year.

Note: For all fees, membership fees and Trainers dues: 1 Euro dollar = 1US dollar.

Member Categories

Associate Member

- If you have an interest in the expansion of Rebirthing.
- Fees are \$25 per year, which includes newsletters (when available) and various correspondence.

Member

- Anyone who has graduated from RB-2000/ARTI Rebirthing School or committed to completing within a year.
- Fees are \$100 a year.
- Advantages of membership
 1. Will receive communication letters.
 2. Will have voting rights depending on the category you're in.
 3. Will have opportunities to give feedback.
 4. Depending on your category, you will receive Rebirthing referrals.
 5. You will be invited to team events.
 6. You will be part of the International Marketing ventures.
 7. You have the opportunity to become an Internationally sponsored Rebirther.

Independent Producers

- You must be an ARTI sponsored Rebirther or committed to being sponsored within the year.
- Fees for membership are \$100 per year and should be kept current.

Any Independent Producer wishing to be elected to the Independent Producer Category can be voted 85% of the majority vote at the meetings. You must be in full harmony with the existing area Independent Producers. If going for this category in between meetings you can work in cooperation with the area IP's and have a Rebirther Trainer sponsor. If opening a new area, you can choose a Rebirther Trainer sponsor.

Full Rebirther Trainers, Part I Rebirther Trainers, Rebirther Trainers in Training

- Anyone wishing to be elected into the various Rebirther Trainer categories are required:
 1. Follow the steps to become a Trainer.
 2. Attend the A.R.T. International annual meetings.
 3. Be voted by 85% existing Trainers.

*Note: Anyone wishing to be elected before the next meetings can do so over the fax machine or Internet. You must receive 85% of the vote from the relevant Trainers and members and attend the next International meeting.

ARTI Membership Application

(Association of Rebirthers and Trainers International, Inc.)

- Your membership dues include being a member of an international association that supports Rebirthing. It also provides you with opportunities to attend the annual meetings, to become an ARTI sponsored Rebirther, to be posted on the web site and for networking.
- Your membership dues and donations are dedicated to the advancement of Rebirthing including the Research and circulation of information and insights from this rapidly expanding field to the general public.
- Full membership is \$100 applicable to anyone that is a Rebirther. Associate membership is \$25 and is for those who aren't Rebirthers but who want to support Rebirthing.
- Membership dues are in U.S. Dollars only. The membership dues extend from Jan. 1 through Dec. 31. Please indicate the year to which your dues apply.
- If you feel motivated to make an additional donation to ARTI or the Foundation, Inc., we are very appreciative.
- By payment of dues and acceptance of membership, you agree to comply with the by-laws of ARTI and all rules and requirements promulgated by the ARTI members and/or Board of Directors.

PLEASE PRINT CLEARLY

Name _____
 Are you a Rebirther? Yes _____ No _____ Sponsored? Yes _____ No _____
 Address _____
 City _____ State _____ Zip _____
 Country _____ Postal Code _____
 Membership dues for year _____ Additional donation _____
 Day Telephone _____ Fax _____
 e-mail address _____

MEMBERSHIP DUES - ONE YEAR

(Please check applicable fee)

- \$100 member
- \$25 associate member
- Additional donation to the Association (non-tax deductible) _____

Amount enclosed: _____ (Please make checks payable to Association of Rebirthers & Trainers International, Inc.)

- Tax Deductible donation to the ARTI Foundation** Amount: _____
 (Please make checks payable to ARTI Foundation, Inc.)

Please return Application Form to:
ARTI * P.O. Box 29566 * Atlanta, GA 30359
Phone (404) 299-1575 * Fax (404) 294-8083
www.artirebirthing.com

Association of Rebirthers and Trainers International, Inc.

www.artirebirthing.com

Welcome A.R.T.I. member. Thank you for your support in our organization. We are dedicated to the growth of Rebirthing. We began the organization in the summer of 1995. Most of us had many, many years of Rebirthing experience and decided to join together to create an international organization. Our mission statement is:

"Our mission is to serve the world by expanding Rebirthing and training high-quality, professional Rebirthers with ethics, integrity and experience, based on the certainty that thought is creative."

As a member, you now are invited to the annual meetings. You can join us in the progression of Rebirthing. You will have an opportunity to vote and share in the magic. The membership fees go toward the expenses of administering the organization, the web site and the general expenses accumulated from promoting, researching and developing Rebirthing. We are developing many new and exciting things within the organization that will lead to years of continued growth. There is a Board of Directors that manages the organization and supports the rules and ethics set by the A.R.T.I. members. The Board is voted in every year at the annual meeting and serves A.R.T.I. that year with no expectations to be paid - it is truly a service position.

Again, thank you for your support in this outstanding, professional organization. Your membership fees are due the first of every year. We appreciate you. Rebirthing is an honor to be a part of.

Sincerely,
A.R.T.I. Board of Directors
P. O. Box 29566
Atlanta, Georgia 30359 U.S.A.

Debi Miller
Phone: (404) 299-1575 or Fax: (404) 294-8083

California: Jordan Georgia Hovey (760) 837-0247

New Mexico: Rhonda Levand-Baker (505) 896-0413

Ireland: Patsy Brennan (048) 44842813

Georgia: Stephen Fitzsimmons (912) 897-0305

International Event

Agreement and Conditions of Registration

With my registration in the International Event Program, I agree with A.R.T.I. and those trainers, organizers and assistants involved to the following terms and conditions:

I am advised that International Event is an educational seminar and not therapy and accordingly I have no expectations along these lines. I am also advised that International Event may include self-inquiry and may be physically and emotionally demanding. I acknowledge that I have evaluated the advisability of taking the training in terms of all of the history and circumstances of my life and I accordingly agree to take full responsibility for the physical, mental, emotional and spiritual growth and well-being I attain as a result. I am fully aware that International Event may activate incidents from my past that may be emotional for me. I acknowledge and declare that I am voluntarily participating in International Event.

I hereby release A.R.T.I., it's founders, trainers, directors, employees, and independent producers any and all other participants, and the premises in which the program is held, from any and all liability as a result of any physical, mental or emotional injuries, setbacks or loss and/or damage to personal property suffered by me either during or as a result of my participation in the International Event. This release shall be binding upon my heirs and assigns. I take full responsibility for any injuries or loss and freely, knowingly and voluntarily agree to assume all risks involved, if any, during International Event.

For the comfort and safety of all of the participants as well as the harmonious functioning of the training, A.R.T.I. and those trainers, organizers and assistants involved reserves the right to ask any person to leave the training at any time, with or without cause, and at its sole option. I agree to follow such guidelines and rules as A.R.T.I. and those trainers, organizers and assistants may set from time to time. I understand that A.R.T.I. and those trainers, organizers and assistants involved reserves the right to refuse anyone registration. In the case that my participation shall be discontinued, I agree to accept a refund for the balance of the training which I have not completed as a full and final settlement.

Based on my understanding that I am ultimately responsible for my own health and well-being, I warrant and represent that I am in good physical and mental health and condition and have no ailment, disability or impairment which might prevent me from participating in International Event nor which might be aggravated or activated by taking International Event nor which would be harmful to my health, safety or well-being by taking International Event.

If I am in therapy or have physical challenges, I warrant and represent that I have discussed the program with my therapist, and doctor have ascertained from him or her that my participation is not likely to aggravate or activate any symptoms, illness or disorders which I may have, nor would it be harmful, injurious or detrimental to my health, safety or well-being to participate in International Event.

It is my understanding that International Event is an experience private and personal to each participant, and I accordingly agree to respect the confidentiality of all participants and to keep all material shared or discussed by them private and confidential. In order to protect the rights of privacy of all the participants I agree not to make any audio recordings of International Event. I further agree to refrain from any conduct that may infringe upon the privacy of the other participants.

Providing that the confidentiality of the other participants of the training is preserved. I understand that I am welcome to share my experience of International Event with others.

I acknowledge that I have read and understood all of the above. I freely and voluntarily agree to abide by all these conditions as evidenced by my signature below.

Printed Name

Date

Signature

Section II

Trainers Script for A.R.T.I. Rebirthing School

Rebirthing Parts I, II, III

General Policy:

ARTI Rebirthing School should be led by a total of 3 Trainers-except when a new country is being opened. The new country will be considered on an individual basis. The school can be done in any form decided by a Rebirther Training whether it is a 10 day event or 5 weekends over several months.

ARTI Rebirthing School Part I

Subjects covered:

Importance of rebirthing in the world
Sacredness of rebirthing
Brief history of rebirthing
Thought is creative, metaphysics, personal lie affirmations
How to rebirth from intuition (the art)
How to rebirth from intellect (the science)
Obstetrician syndrome
Brief data on birth and birth scripts
Physical immortality
Forgiveness
Basic information on adjusting the breath
Overview of Training Program including purpose & ethics with emphasis on confidentiality/sex/when to begin rebirthing people

*There should be at least 2 rebirths in this weekend.

ARTI Rebirthing School Part II

Subjects covered:

Birth Films
Thought is creative
Qualities of a rebirther
What rebirthers should know
Personal lie/eternal law
Adjusting the breath
Conception and life in the womb
Birth and the birth script
Birth script and its effect on relationships
Body sensations
Different births and likely birth conclusions
Breathing variations and what they might signify
Affirmations and transitional affirmations

Forgiveness
Unconsciousness and anesthesia
Death urge and physical immortality
Energy cycles
All aspects of wet rebirthing – cold & hot water
How to process a client
Spiritual healing
The interview form
The first session
Siblings and family patterns
Anger
Co-dependency
Boundaries/ethics/sexuality
Incest pattern
The principles of A Course In Miracles
Past Lives
Who not to rebirth

*There should be a mixture of group rebirths and one-on-one rebirths throughout the Part II .

ARTI Rebirthing School Part III

Subjects covered:

Prosperity Consciousness
Integrity
Rebirther-Client Relationship
Professionalism
Income and Accounting
Business know how
How to create a practice
Marketing your business
Consultation techniques
Seminar leading skills
Fees
Record keeping and 10 sessions
When to refer people
ARTI sponsorship/membership
Local rebirthing associates
Ethics
Spiritual community

*There should be at least 2 Rebirths in this weekend. There should be an ARTI certificate given upon completion of Part I, II, and III.

Rebirther's Name: _____
Address: _____
Phone: _____

Rebirther Evaluation Form
(for A.R.T.I.)

Was your Rebirther's working space appropriate for you?

Was your Rebirther prompt for your sessions?

Was your Rebirther professional in his/her relationship with you?

Was your Rebirther clear about the financial agreement?

Did your Rebirther fill out an interview form with you, or have you filled one out?

Was the following material introduced to you clearly?

The breathing process

Your birth script

Creative thought

Personal lie

The dynamics of relationships

The death urge

Physical immortality

Did you receive personal assignments and feedback that were of value in your life?

Did your Rebirther prepare you for the completion of your 10th session?

Would you recommend your Rebirther to others interested in Rebirthing?

Your Name: _____
Address: _____
Phone: _____

PLEASE MAKE ADDITIONAL COMMENTS ON BACK

The Fundamentals of Rebirthing

The Fundamentals of Rebirthing is a one-day workshop, which may be facilitated and organized by any fully sponsored rebirther and supported by assistants who are trained rebirthers. Depending on the number of enrollments for the training, there should be one assistant (trained rebirther) per 5 enrollments, to support the rebirth.

One of the requirements to become a Rebirther Trainer-in-Training is to organize or co-organize and lead 2 Fundamentals of Rebirthing, with a minimum of 10 paid participants in each training.

The purpose of this workshop is primarily to introduce people to the principles and process of rebirthing.

The Fundamentals of Rebirthing is an ideal community builder. You can lead an evening intro to rebirthing, then enroll people in both private sessions and this workshop. It's always a good idea to provide group work for your private clients, and this is the simplest, most economical way to get started.

The workshops should include the following topics:

- Description of rebirthing
- Thought is creative
- The benefits and gifts of rebirthing
- Description of a typical birth
- Birth types and birth scripts (optional)
- Everyone shares about his or her birth
- What comes up in a session
- Commitment to 10 sessions
- One group rebirth

Listening to Infants

By: Althea Solter, Ph.D.

When I've had a hard day, I want my husband to listen to me while I talk and complain about the upsets I've experienced. Sometimes I cannot fall asleep until I have had an opportunity to "unload" these feelings. I may even need to cry if something distressing has happened, or if I am particularly worried or frustrated. At those times, it is nice to have someone who can listen to me without trying to stop the flow of tears which bring so much relief.

Babies, too, need to be listened to, but they cannot tell us in words about their experiences. The only way they can "unload" their feelings is by crying. Sometimes we can do something to make them feel better, if they are crying about a present need or discomfort, such as hunger. But babies often continue to cry after all imaginable needs have been filled. Those are the trying times for us parents, because we so desperately want our babies to be happy. Furthermore, their crying episodes often come at the end of the day, just when we ourselves may be tired and cranky and need someone to listen to us! But babies need to be allowed to express their feelings, just as we do.

Crying is actually very beneficial for people of all ages. Research has shown that helpful physiological changes occur in the body during crying. Dr. William Frey, a biochemist, has analyzed human tears and found substances in them that are produced in the body during stress. These chemicals, no longer needed after the stressful event is over, keep the body in a needless state of tension and arousal until they are eliminated through tears. Physiologists have found a decrease in tension in people after they have had a good cry. If we can remember to think of crying as a healing mechanism, it is easier to deal with it in a loving and supportive way.

It is difficult to conceive of infants having a hard day because they have no responsibilities and are waited on hand and foot! However, if we make an effort to see the world from their point of view, we may understand how frustrating their life can be. Imagine trying to grasp a dangling object in front of you, but not being able to coordinate your hand and arm muscles to do so. What would it be like to want to crawl forward and only be able to move backwards? How would you feel if you were trying to communicate, but the babbling sounds you made were not understood? What if you had no say in where you went each day, who took care of you, and which toys were within reach?

I believe that these daily frustrations need to be released. Babies do this quite spontaneously by crying. It is most helpful if we can hold our babies at these times so they will feel truly accepted, even though they are not smiling and happy.

Infancy is also very confusing. Imagine landing on a planet where you do not understand the purpose of anything you see! This is probably what the world seems like to babies at birth. It is a well-known fact that babies cry more after an eventful day. Perhaps they are expressing their feeling of being confused and overwhelmed by everything they saw and heard, but did not understand. The possibility of overstimulation gradually lessens as babies grow and begin to increase their knowledge and understanding of the world.

In addition to these daily frustrations and confusions, babies have much to tell us about previous distressing experiences, such as a traumatic birth or some early medical intervention. Dr. William Emerson, a psychotherapist who works with infants and small children, has estimated that 90% of babies experience some kind of trauma during the birth process. If we can accept their crying, we will facilitate their recovery and emotional healing. If the birth trauma was severe, the baby may need to cry every day for several months in order to overcome it. Once again, babies need the reassurance of a loving person while they are unloading these feelings.

In all cases, the hurt is a past event. The baby has already become frustrated, the traumatic birth has happened, the overstimulation has occurred. There is absolutely nothing we can do to go back in time and prevent the hurt from occurring. The only thing we can do is allow our babies to heal themselves by listening to their outpouring of emotions. Crying in these examples is not the hurt; it is the process of becoming unhurt.

Some babies need to cry every evening before they can drift peacefully off to sleep. The crying is a powerful tension-release mechanism. When my children were babies, I found that they were much less likely to wake up crying during the night if they had a good cry in my arms before falling asleep.

There is confusion surrounding this natural healing mechanism because babies also cry when they need something at the present moment. We naturally want to fill their needs as best we can, and sometimes it is hard to guess what they need. When we have successfully filled a baby's need, such as hunger, the crying will stop. But not all crying is from a present, external need. In some cases, the baby will not feel better until she is allowed to continue with her crying (with somebody's loving attention and support). In these cases, crying itself is the need. In my book, *The Aware Baby*, there is much advice for distinguishing between these two kinds of crying.

It is difficult to listen to our babies cry without becoming upset ourselves. One reason for this strong emotional reaction on our part is the fact that many of us were not allowed to express our feelings sufficiently by crying when we were growing up. Our well-meaning but misinformed parents tried to stop us from crying by means of distractions, food, reprimands, or perhaps even punishment. Many people report having been ignored or teased when they cried as young children. Our own need to cry can therefore become triggered by the sound of our child's crying. It brings up all our own repressed pain, perhaps going as far back as our own birth experience. If we ourselves were ignored when we cried, our baby's wailing will be an especially potent reminder of long-repressed memories of feeling terrified and powerless.

Parents tell me that their "gut instinct" is to go to their babies when they cry. My impulse certainly was to do this. I think we need to trust this feeling and not worry about "spoiling" our babies. They do need attention when they cry. It is our job to try to fill their needs as promptly as possible. When all needs have been filled and our baby is still crying, it is our job to continue holding, loving, and listening. No baby should have to cry alone. Although we may not understand the reason for the crying, and although we may feel like crying with our babies (which is fine!), we can still be effective listeners during these times, and trust that our babies are doing exactly what they need to do.

Please note: The advice in this article is not meant to be a substitute for medical advice or treatment. If illness or pain are suspected, always consult with your child's doctor.

Althea Solter, Ph.D. is a developmental psychologist and mother of two children. Her first book, The Aware Baby, has been translated into German, French, and Dutch. Its sequel is called Helping Young Children Flourish. Althea has been working with parents since 1978, and has given talks and workshops in six different countries. She also does private consultations, and can be reached at The Aware Parenting Institute, (805) 968-1868.

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MINI BIRTH SCRIPT

Decision

Affirmation

Conception Thoughts:

I am unwanted

I am wanted

I am a burden

I am a gift

I am illegitimate

I am legitimate

I am unwanted as a woman

I am wanted as a woman

I am unwanted as a man

I am wanted as a man

I am wanted for the wrong reasons

I am wanted for the right reasons

Womb Thoughts:

I have to get out of here

It's safe to stay and be intimate

If I don't get out of here I will die

The more I stay the more alive I am

Pain follows pleasure

Pleasure follows pleasure

I don't belong here

I belong here

I don't want to be here

I want to be here

I'm not supposed to be here

I am supposed to be here

Birth Thoughts:

Life is a struggle

Life is easy

I can't make it

I can make it

I'm helpless

I'm strong and powerful

I hurt people

I pleasure and benefit the people I love

Men hurt me

Men pleasure me

I can't trust people

I can trust people

I am not safe

I am safe

I can't let go

It's safe to let go

I am alone and separate

I am connected to the ones I love

Feeding Thoughts:

There is not enough (money, food, sex, love)

There is enough (money, food, sex, love)

I can't have what I want

I can have what I want

I have to wait for what I want

I can have what I want immediately

I can't have what I want when I want it

I can have what I want when I want it

Other Personal Lies:

I am a disappointment as a woman

I am a surprisingly wonderful woman

I am a disappointment as a man

I am a surprisingly wonderful man

I am not enough

I am enough

I am too much

I am just enough

I am a killer

I enhance life

I am dangerous

I am safe

I am evil

I am divine

I am nothing

I am everything

I am bad

I am good

I am a phony and fake

I am real and authentic

I am wrong as a woman

I am right as a woman

I am wrong as a man

I am right as a man

I am not good enough

I am good enough

I am not good enough as a woman

I am good enough as a woman

I am not good enough as a man

I am good enough as a man

I am guilty

I am innocent

I am ugly

I am beautiful

I am stupid

I am brilliant

There is something wrong with me

I am perfect as I am

(This handout was created by Rhonda Levand-Baker)

In the Spirit of Business

- I. **SUCCESSFUL RELATIONSHIPS IN THE WORKPLACE:** It is easy to perceive them in regards to our work, not to our personal growth. But relationships are why we are here. **TO REMOVE ALL FEARS THAT BLOCK US FROM EXPERIENCING LOVE.**
 - A. Our work family was not chosen at random. Our most upsetting relationships give us the greatest opportunities.
 - B. If a co-worker does not value our opinions, reflecting our fear that our opinions are of little value.
 - C. Process: What is the problem you are facing right now in your business relationships?
 - D. Competition: does not allow us to view the world correctly, fear is the motivator underneath. Superior or inferior perpetuates separation.
 - E. You should be motivated to win and succeed though deep assurance of inherent self worth. Cooperation is the key to success.

- II. **Balance**
 - A. We have come to believe that success in our business is an indication of our success as a person. Few on the death bed say “I wish I had spent more time at the office.”
 - B. Accomplishments and possessions do not indicate success...they are valuable only when they enhance our relationships with others.

- III. **Ethics**
 - A. We are often doing many small acts each day that we do not feel right about...we rationalize them as “normal business.” We are choosing fear when we do something unethical.
 - B. Anything out of ethics causes guilt and pain, low self-esteem, loss of peace, and destruction to the body. Is that success? Success attained through compromise of integrity are their own punishment.

- IV. **Money**
 - A. Material lack is only expression of our fear. Love and trust must replace fear.

B. If we are given financial abundance, there must be a reason for it.

V. Failure

A. Failure can be a gift if properly perceived, can create positive growth.
The purpose of failure is to expose our fears.

B. Failure means we lacked sufficient information and/or inner fear.

C. Fear of failure: concept that possessions, accomplishments and successes determine our value.

(This handout was created by Sondra Ray)

Book List

Books on Rebirthing and Breathing:

Celebration of Breath, Sondra Ray

Vivation, Leonard and Laut

Rebirthing Made Easy, Sisson

Breathing, Sky

Baby Books:

Voices from the Womb, Gabriel

Birth Without Violence, LeBoyer

Secret Life of the Unborn Child, Verny

Babies Remember Birth, Chamberlain

Books for Rebirthers:

Birth and Relationships, Ray and Mandel

You Can Heal Your Life, Hay

Heal your Body, Hay

Sexual Evolution, Rhonda Levand

Footprints on the Path, Caddy

Forming Probable Solutions:
The Miracle Questions

- “If a miracle occurred overnight and you met your goal (i.e., problem disappeared), what would be the first thing that you would notice that would let you know the miracle had happened?”
- “If a miracle happened overnight and you had met your goal (i.e., solved the problem), what would be the first thing that you would be doing that would let you know that the miracle had occurred?”
- “What would you be saying to yourself?”
- “How will you be feeling?”
- “Who else would notice? What would others notice that was different?”
- “What would others say you would be doing?”
- “If I was a fly on your wall, what might I see you doing differently when you have reached this goal (i.e., solved this problem)?”
- “How is this miracle happening a little now?”
- “How will you keep those changes going?”

The Breath

The Rebirthing breath is a full inhale, into the top of the chest and then a relaxed exhale. There are no pauses in the breath between the inhale and the exhale, and the exhale and the inhale. The breath is a circle of energy.

Corrections to your breath and your client's breath:

1. Struggling inhale

INSTRUCTION: Say, "Easy on the inhale, don't work so hard, relax on the inhale be gentle."

ISSUE: "It's hard. I don't want to, I don't want to be here."

2. Lazy inhale

INSTRUCTION: Quicker or deeper on the inhale, enthusiastic on the inhale, go for it.

ISSUE: "I can't do it, I don't want to do it, I don't deserve it."

3. Stomach breathing

INSTRUCTION: Inhale deep, lead with your chest. Put one hand on your chest and one hand on your stomach, push your stomach down so your breath comes from the top of your chest. Putting your knees up with feet flat on the floor helps to move the breath into the chest as well as dropping the jaw. Gravity does the exhale.

ISSUE: Fear of letting go, fear of feeling feelings and emotions.

4. Holding the exhale

INSTRUCTION: Let the exhale fly right out, inhale and let go. Enthusiastic on the exhale, snap the exhale free.

ISSUE: Fear of death, fear of emotions, fear of losing control.

5. Pushing the exhale

INSTRUCTION: Relax the exhale, easier on the exhale, let the exhale float out.

ISSUE: Struggle, let's get it over with, let's get rid of it.

6. Pausing at the top

INSTRUCTION: Exhale a little sooner, go right back down, keep your breath connected at the top.

ISSUE: Fear of letting go.

7. Pausing at the bottom

INSTRUCTION: Inhale a little sooner, go right back up with your breath, keep your breath connected at the bottom.

ISSUE: “I can’t do it. I don’t want to do it. I don’t deserve it.”

(This handout was created by Rhonda Levand-Baker)

Rebirthing Seminar

I. What is Rebirthing?

- A. Rebirthing is a simple breathing process whereby you go for life 100%. While going for life 100% by breathing, anything unlike life will come up to be healed.
- B. Rebirthing is a spiritual process that utilizes the breath as a means to push anything that shouldn't be there out; anything that inhibits the individual experiencing all of God's life and love.
- C. We inhale all that is positive: love, life, health, God, and exhale the negative: hate, death, disease, and the ego.
- D. Rebirthing helps one to get in touch emotionally, intellectually and physically with unconscious decisions we have made that inhibit us from having everything we want.
- E. Through rebirthing, we often re-experience our first breath, which was often painful or shut down. By re-experiencing it, we make breathing safe, pleasurable, and easy.
- F. Consider rebirthing in this way: we are a glass of water with a layer of dirt settled on the bottom, the dirt being our negative, unconscious decisions. The breath is clean water poured into the glass which stirs up all the dirt, i.e., "pushing" it over the top and out. You keep pouring in clean water until all the dirt is gone and the glass of water is crystal clear. We want to keep rebirthing until all the subconscious garbage is out. If we stop after one or two rebirths, all the dirt goes back to the bottom of the glass.
- G. Love works like this also: love brings up everything unlike itself for the purpose of healing and release. Rebirthing enables us to let more love in without running away because we understand the process of healing.

II. Creative Thought

- A. Creative thought goes hand-in-hand with rebirthing.
- B. Creative thought: our positive thoughts create positive results, our negative thoughts create negative results.
- C. To be enlightened is to really "get" creative thought, and to be 100% responsible for all our results.
- D. This means "lightening up" on our thoughts.

- E. Instead of being a “victim” of someone or something else, we become co-creators with God of what we want in our life.
- F. All our minds are open; $\frac{3}{4}$ of our thoughts are unconscious.
- G. Your results are your Guru. We look at our results then look to discover the thought we had that produced that result.
- H. Rebirthers are like detectives, helping people to use their results as clues to find out how the “crime” or situation was committed.
- I. We say the mind rules the body. All disease and pain is the result of some thought. Pain is the effort of clinging to a negative thought. Let go of the thought and the pain disappears.

III. Birth Trauma: What it is and why it’s important to clear.

- A. Sondra has documentation in her book, “Ideal Birth,” that the first hour after birth is the most intense learning time.
- B. Many decisions are made. The baby makes sophisticated decisions, for example, Thomas Verney in Life of the Unborn Child:
 - 1. I can’t get out of here (no-exit terror)
 - 2. I have to get out of here, or I will suffocate or die
 - 3. Life is a struggle
 - 4. It’s a hostile world
 - 5. I have to be drugged or numbed to survive
 - 6. Pain follows pleasure.
 - 7. I have to be separate to survive.
- C. Birth was our first change; it affects our ability to change in our life now:
 - 1. We have fear around change because of the way we experienced change at birth:
 - a. fluid to dry (atmospheric)
 - b. darkness to light

c. pleasure to pain

D. Our first breath could have been painful:

1. Attached to umbilical cord, breathing easy and effortless
2. Cord cut too fast, lungs not clear of fluid, shock and panic surround oxygen shut-off
3. Baby jerked upside down and spanked to start breathing.
4. Shocked, baby screams, cries, coughs to clear lungs and breath on its own
5. First breath associated with fear and pain:
 - a. breathing = pain
 - b. life = pain
6. Rebirthing opens up breath and clears the fluid in the lungs that continues to inhibit the breath:
 - a. breathing and life becomes pleasurable

IV. Different types of birth and decisions surrounding them

- A. Caesarian
- B. Breech: Butt, footling, face presentation
- C. Twins
- D. Cord around neck
- E. Induced or reversed induction
- F. Drugged
- G. Forceps
- H. Premature
- I. Late
- J. Held back
- K. Long labor

- V. Rebirthing heals other things besides birth
 - A. Conception trauma
 - B. Prenatal trauma
 - C. Parental disapproval syndrome
 - D. Specific negative thought structure
 - E. Unconscious death urge
 - F. Other lifetimes

- VI. Personal Laws – Heal through Rebirthing
 - A. Get in touch with our most negative thought about ourselves
 - B. Feel safe to change that decision; feel safe with change in general
 - C. Breathe it out
 - D. Recognize where decision came from; realize; choose it, then choose out of it.

- VII. Physical Immortality
 - A. Life is inevitable
 - B. Day-to-day philosophy of going for life 100% day to day
 - C. The more you breathe, the more you live; you only die when you stop breathing
 - D. The more we affirm life, the safer it is to change old thoughts
 - E. “Death is inevitable” is only a thought. When you learn thought is creative, you change the thought to “Life is inevitable.”
 - F. The reason we keep old thoughts and decisions is our unconscious belief that our survival is based on our thoughts (“I’m not good enough,” “I am separate”)
 - G. The more we “get” the fact that life is inevitable, the easier and safer it is to change our negative thoughts

- VIII. What people might experience in Rebirthing

- A. First rebirthings are usually very physical
- B. Any area where there is tension or disease, the energy from the breath will centralize there to heal.
- C. If the rebirthee tries to hold back or resist the energy, they could feel more tension, cramping, paralysis, or tingling.
- D. Change the thought: Say "It's safe to let go and relax."
- E. Keep breathing; the energy will then move throughout the body.
- F. Everyone's rebirth experience is different; some people are visual and will see images and colors.
- G. Others will have thought memories.
- H. Some people will just go through various body sensations.
- I. Any and all of these is a healing.
- J. Each and every rebirth for each person is a new and unique experience. There is usually no repetition unless it hasn't been cleared the first time.
- K. The rebirth experience is not just the hour breathing session; it is the whole week following rebirth. Whatever comes up during the week is still the healing in process.

IX. Values of Rebirthing

- A. It feels good.
- B. The person feels lighter, clearer of stress, healthier, more alive and relaxed.
- C. Rebirthing can remove disease, the Birth Trauma, and the Death Urge.
- D. Rebirthing is a youthening process; it releases tension and resentment so we regain our innocence.
- E. The rebirthee is more energized and full of life, more in love with life.
- F. Oneness with God is more apparent and acknowledged.

(This handout was created by Rhonda Levand-Baker)

What is a Rebirther?

A Rebirther is...

A person who facilitates another's rebirthing breath. Their job is to guide the breath and process the emotions and thoughts that come up.

A trained person to help another person get into the unconscious and get out any negative hang-ups.

A person who has completed training in rebirthing and facilitates another in the breathing process. S/he helps clear out negative material.

A person who is a support to a person's breathing and assists his/her processing.

A person who monitors the rebirthee's breath and provides an atmosphere of safety so that a person can get in touch with suppressed material.

A person who creates an environment physically and emotionally so that the rebirthee can trust and accept the process without fear of judgement.

A person who coaches a client's breath, facilitates the recognition of life patterns and the responsibility in creating them, and helps process them.

A supportive presence who facilitates the breathing process to help a person reach clarity.

A person who is a guide through the breathing process.

A person who provides support in the breathing process of a person and helps process issues that relates to the subconscious.

Qualities of a Rebirther

Non-interference of own stuff

Clear

Safe

Intuitive

Centered

Non-attached

Patient

Loving

Unconditional love

Present

Clarity

What is Rebirthing

Rebirthing is...

A powerful but simple breathing process that helps clear negative emotions and suppressed memories.

A focused breathing process enabling access to subconscious for recognition and release of unwanted material.

Consciously allowing the breath to connect and reach release and integrate emotional experience.

Breathing to help find out about self. Conscious breathing that increases aliveness in body to make new decisions about limiting thoughts about self or life.

A breathing technique connecting inhale and exhale that allows getting in touch with suppressed material and birth trauma.

A breathing process that awakens suppressed memory back to birth where negative life patterns can be recognized and dealt with.

A controlled breath for relaxing and breaking down mental blocks against emotions to experience those emotions.

Deep breathing process that provides emotional release, relaxation, and physical well being. It identifies and changes patterns and decisions made at birth.

A tool for personal growth. It uses the breath to look at unconscious thoughts affecting our lives.

Affirmations for Physical Immortality

1. Since I am alive, my life urge is clearly stronger than my death urge. So long as I continue to strengthen my life urge, nothing can prevent me from living in ongoing health and youthfulness.
2. I am safe and immortal right now.
3. My body is a safe and pleasurable place to be.
4. Life is inevitable.
5. God is immortal and I am a permanent part of God.
6. Nobody can take anything away from me without my permission.

Spiritual Practices for Creating Physical Immortality

1. Rebirthing, especially cold water.
2. Pleasure and sex.
3. Living in the moment.
4. A Course in Miracles
5. Chanting OM NAMAHA SHIVIHA
6. Chanting AARTI
7. H'OPONOPONO Hawaiian clearing process.
8. Dancing, movement.
9. Aerobic exercise.
10. Baths
11. Making lists of 100 things to have, 100 things to be, and 100 things to do.
12. Fasting
13. Day of silence, look at your thoughts.
14. Using affirmations.
15. Traveling
16. Stay up 24 hours once a month.
17. Do anything that makes you feel innocent.
18. Laughing and having fun.
19. Doing what you love as your career.
20. Facials, massages, manicures, good haircuts, pampering yourself.
21. Body mastery, practice eating different foods.

(This handout was created by Sondra Ray)

The “Ultimate Truth Process” for Self-Healing

Any time you have any negative symptom in your body, be it as minor as a headache or a disease as serious as cancer, you can begin clearing it immediately in the following manner. Take out three sheets of paper and write at the top:

1. The reasons I have this condition are:

Keep writing all the reasons until they begin to repeat themselves. They will come out as negative thoughts. Some of them may sound ridiculous. Put them down anyway.

2. My “payoffs” for having this condition are:

A payoff is a negative “neurotic” reinforcement of something you are getting to prove. What do I get to prove by having this condition?

3. My fears of giving up this condition are:

You may not think you are afraid of giving it up. If you weren’t you would have already let go of it. You are probably just afraid of the new energy you would have without it.

After doing this Ultimate Truth Process, write down your most negative thought about yourself.

My most negative thought about myself is:

This thought plus the other negative thoughts you have written down in the exercise are causing your condition or disease. Now simply invert those thoughts to affirmations and work with them daily. Then it is best to call your rebirther to breathe out these negative

thoughts permanently from your body. These negative thoughts have actually created what we call “negative mental mass,” which is causing your symptoms. The symptoms can be healed rapidly through change of thought, breathing and praying.

The main reason I do not want to give up this condition is:

Now write your new Affirmations from the exercise.

(This handout was created by Sondra Ray)

From the book “Karmic Laws”

The Karma of Teaching and Healing:

“Even the humblest teacher must shoulder the karma for what he teaches. The teaching can be a form of seduction at the mental or emotional level; and the pupil may be affected for all time after being exposed to the teacher or healer... Any man who involves himself in teaching and in healing others becomes BOUND to those he has affected and can never free himself until he has undergone all the consequences of those actions arising from his teaching and healing. It is a MOST SERIOUS THING – this trauma of karma – to touch the lives of others.”

- Dr. Douglas Baker

Association of Rebirthers and Trainers International, (A.R.T.I.)

**Code of Ethics
For A.R.T.I. Rebirthers**

I agree to:

1. Practice the principles that are taught in the Rebirthing school in all areas of my life.
2. Continue to get Rebirthed regularly.
3. Teach the principles of physical immortality and creative thought to all new clients.
4. Maintain the highest level of quality and integrity in my work.
5. See my clients as healed.
6. See my work as a service.
7. Maintain financial integrity in all areas of my life.
8. Maintain complete confidentiality with respect to my clients.
9. Keep written records of clients' sessions.
10. Not have sexual relationships with my clients, and to refer them immediately to another Rebirther if there is an attraction.
11. Keep up to date with all new developments in the field of birth, Rebirthing or any other related topics, and to attend professional groups and conferences in my area.

Personal Lie Process

Procedure:

Give client pen and pad of paper. Have client relax and close their eyes. Rebirther reads statement. Client opens eyes and writes down first thought. Continue until process is complete.

My most negative thought about myself is that I am _____.

What I'm most afraid that people will find out about me is that I am _____.

The reason I can't make it is because I am _____.

The reason I don't have what I want is because I am _____.

The reason I'll never be happy is because I am _____.

The reason I don't have enough is because I am _____.

My most negative thought about myself is that I am really _____.

(This handout was created by Sondra Ray)

Rebirther looks for a pattern in responses. Rebirther asks client which response they have the biggest charge on. (This is probably client's personal lie.)

Rebirther may have to process these thoughts farther in the event that they are the result of a thought and not the bottom line thought. Check mini-birth script for bottom line thoughts.

Incest Patterns and Sexuality

How this affects us as Rebirthers:

I. Definition of incest pattern

- A. Acted out incest
 - B. Emotional incest
 - C. Suppressed sexuality
- (More in detail in Lightening Up on Sex Weekend)

II. Be clear and conscious of your sexuality – what are you putting out?

- A. Are you sending out unconscious hooks to a client?
- B. If you were sexually abused, one characteristic is that you have no boundaries.
 - 1. You do not know how to say “No.”
 - 2. You are not aware if you cross the line of not being sexually appropriate; very unconscious pattern.
- C. Statistics show that the abused often becomes the abuser or perpetrator.
- D. As a rebirther, if you had sexual abuse, you will sometimes attract clients who were sexually abused. Neither of you have boundaries, and you could set up unconscious sexually abusive situations.
 - 1. Inappropriate touching of breasts or genital area
 - 2. Nudity
 - 3. Talking a lot about sex
 - 4. Being a voyeur
 - 5. Sleeping with clients
 - 6. Feeling it is your role to fix someone’s sex case
 - 7. Giving them inappropriate assignments in the area of sexuality (e.g., go to bed with so-and-so)
- E. Learn how to define boundaries; set up a professional relationship while rebirthing a person.
 - 1. Do not hang out socially with a client
 - 2. Only see a client for appropriate time for rebirthing sessions, 2-3 hours. Don’t allow clients to hang out for hours at your house.
 - 3. If you have seminars, do not let participants stay at your home.

III. If you are a rebirther who had emotional sexual abuse, you may find yourself experiencing the following characteristics:

- A. Love/Hate Relationship – having intense feelings of both love and hate for parent due to feeling special on one hand yet feeling as if you are not doing enough on the other hand. This results in feelings of guilt and then rage, which is often expressed indirectly.
- B. Emotional Distance from same sex parent – feel abandoned by the same sex parent and in competition with them.
- C. Guilt and confusion over personal needs – difficulty identifying your own needs and guilt about having needs. Often caretaker and “be there” for others in order to meet your own needs.

- D. Feelings of inadequacy – belief that your worth as a man/woman is based on doing instead of being.
 - E. Multiple relationships – difficulty creating intimacy, in and out of relationships, never satisfied.
 - F. Difficulty with commitments – feel ambivalent about commitments, one foot out the door (just in case).
 - G. Hasty commitments – make quick commitments and then realize that it was not a good choice but try to fix it due to feeling guilty about leaving.
 - H. Regret over past relationships – looking back at old relationships and wondering if you had stayed, could it have worked?
 - I. Sexual Dysfunction – either become sexually driven and compulsive in pursuit of sexual highs, or shut down sexually. May become addictive.
 - J. Compulsions/Addictions – experience other compulsions or addictions with food, work, success, etc.
 - K. You will sometimes attract clients who have emotional sexual abuse.
 - L. You could get into any of the above patterns with your client.
 - M. They could set you up as their emotional partner like their parent.
 - N. When client tells you that they are attracted to you, this could be part of that dynamic.
- IV. If you had suppressed family sexuality, you long for closeness and intimacy. You could set up triangles with clients or you could set them up to want you as the unavailable partner. You will attract people with this dynamic going on.
- V. Be aware of thoughts and unconscious hooks you put out to clients. Get clear on your sexual energy – are you suppressing it, or throwing it around all over the place?
- A. You do not have to suppress; you can channel the energy into creative endeavors like music, art, and writing when you become aware of it.
 - B. Set up clear boundaries with clients.
 - C. If you notice any attraction, or you start doing things from no boundaries that are inappropriate, immediately find your client a new rebirther! (It is part of the incest pattern to think that you can “work it through” with them!)
 - D. If you were abused and notice you are sexually addicted, get help fast with a therapist or in a 12-Step program for sexual abuse.

(This handout was created by Rhonda Levand-Baker)

Contract for Completion

I, _____, have completed or pledge to complete the following towards my personal growth as a Rebirther:

	<u>Date Complete</u>	<u>Goal to Complete</u>			
10 Rebirths with a woman	_____	_____			
10 Rebirths with a man	_____	_____			
Forgiveness Diet with:					
Myself	_____	_____			
My Mother	_____	_____			
My Father	_____	_____			
My Siblings:					
_____	_____	_____			
_____	_____	_____			
_____	_____	_____			
_____	_____	_____			
God	_____	_____			
The Obstetrician	_____	_____			
The Delivery Team	_____	_____			
Completion Letters:					
	<u>A</u>	<u>SE</u>	<u>C</u>		
Myself	—	—	—	_____	_____
My Mother	—	—	—	_____	_____
My Father	—	—	—	_____	_____
My Siblings:					
_____	—	—	—	_____	_____
_____	—	—	—	_____	_____
_____	—	—	—	_____	_____
_____	—	—	—	_____	_____
God	—	—	—	_____	_____
The Obstetrician	—	—	—	_____	_____
The Delivery Team	—	—	—	_____	_____
Rebirthed 5 People 10x (\$40.00 minimum):					
_____	_____	_____			
_____	_____	_____			
_____	_____	_____			
_____	_____	_____			
_____	_____	_____			
Current with ARTI Dues	_____	_____			
Attended International Event	_____	_____			

Payoffs

Following are some frequent payoffs. They will be useful in helping you pinpoint your own payoffs.

- I get to be right, and make the other person wrong. I get to feel superior. I'll prove it's unfair or untrue.
- I get attention, sympathy, agreement, approval and/or comfort.
- I avoid taking responsibility for what I do, say or feel. I can avoid looking at "what is" in my life. I don't have to really experience what I am feeling.
- People will know that I'm a good (e.g., teacher, responsible person, caring person, bricklayer, etc.).
- People won't think I'm (e.g., egotistical, a coward, etc.)
- I'll have an excuse for poor performance.
- It feels safe to keep the distance from other people (or a specific person). I get to avoid confronting the addictions that would come up if I were close to others.
- It feels safe and familiar to hold on to old programming and scary to let it go.
- I get to enjoy the fantasy. (E.g., "Even if I don't get what I want, I still get to fantasize about it – food, sex.")
- I get to share and feel close to other people who have the same addictions.
- I feel a sense of intensity. (E.g., "I feel really alive when I am angry").
- I get to be alone. ("If I mope and feel hurt, people will allow me to be alone and not push to be with them.")
- I get control over myself. ("If I demand not to eat, I won't") I won't do it again. I'll be careful about what I do.
- He/she/they will change. ("If I get angry enough, they'll agree with me or do what I want.") They won't keep doing what they are doing.
- They'll make up to me because they'll see how upset I am and they'll feel bad or guilty.
- I get to be a martyr.

(This handout was created by Sondra Ray)

Forgiveness and Completion

Working with Forgiveness...

The purpose of the forgiveness process is to complete the past and bring you into present time. Forgiveness is the means by which illusions disappear, and the truth about the innocence of yourself and others returns to your memory. Therefore, in your forgiveness lies your salvation. Forgiveness is selective remembering: choosing to remember the pleasant, good and joyful things, and to release the unpleasant and hurtful memories.

Genuine forgiveness is not a casual act. The word forgiveness means “cleansing” or a blotting out of all transgressions. It takes time and persistence for true forgiveness to invade the subconscious levels. To forgive literally means to “give up” that which you should not have held onto in the first place.

When you write the Forgiveness Diet, you will purge your subconscious mind of the debris of the past. The formula for the diet is to write 70 times per day, for 7 days, “I (your name), now forgive (their name) totally and completely.” You do not use a response column in this process. 70 x 7 days is an important formula, prescribed by Jesus in the Bible. It addresses the subconscious mind in ways that bring about healing. Numerologically, 490 is the number of completion.

Write the Forgiveness Diet on yourself, your mother, your father, your obstetrician/delivery team, and on God. Then use the process with anyone else you need to feel clear with: siblings, ex-lovers, former teachers, etc.

Working with Completion Letters...

The purpose of the completion letter is to communicate and express anything you need to release from the past which keeps you out of present time with any person (place or thing). This completion letter becomes an organic experience. Your body is involved in writing, seeing, speaking, thinking and feeling.

As you complete various forms of the letter (i.e., an angry letter, or an over-enlightened version of it), it is very powerful to read the letter to your rebirther. Finally, when you mail the letter, you have turned the page for a new chapter in your life, with more love and freedom. People have had major healing with this process.

Since this is your process, you are clearing your past, you must release all attachment to receiving a particular response (or any response!) from that person! The problem can be solved, regardless of who else is involved, if just one person will dare to forgive. You will find a divine solution appearing, and the reconciliation which you bring about within yourself will have its effect upon the other.

(This handout was created by Sondra Ray)

Individual Rebirthing Session

Affirmation Sheet

Name _____ Date _____

Session Number _____ Date/Time of Next Session _____

Affirmations Given:

1.

2.

3.

4.

Other Comments:

Rebirthing Client Interview Form

Name _____ Date _____
 Phone _____
 Address _____ Birthdate _____ Age _____
 City _____ Zip _____

<i>Prenatal</i>	Were you a twin?	Born 1 st or 2 nd ?
Were you planned?		Were you wanted?
What sex did your parents want (M/F)?		
Brothers?/Sisters?		Your birth order?
# Aborted or Fetal deaths prior to your birth?		
Place any additional comments about prenatal on the other side of this sheet		

<i>Your Birth</i>	Birth Place – Hospital? Home?	
Were you Premature? Overdue?		Were you Caesarian?
Were you Induced? Delayed or Halted during labor?		
Where was your father during labor/birth?		
Describe your birth team (If known):		
Anesthetics/Drugs used (If known):		Were forceps used?
Describe your labor – Easy? Long? Difficult?		
Was your presentation normal? Face? Breach (rear or foot)?		
Problems – Dry birth? Cord around neck? Turned in the womb by doctor? Infections?		
RH Factor? Blue Baby? Jaundice? Injuries? Deformities?		
Treatments – Circumcision? Blood Tests? Antibiotics? Surgery?		
Mother – Hemorrhage? Episiotomy? Infection? Post Partum Blues?		
Place any additional comments about your birth on the other side of this sheet		

<i>Your Infancy & Childhood</i>	Breast or bottle-fed?
How did older siblings react to your arrival?	
Any illness or accidents during infancy or childhood?	
Deaths (Immediate Family)?	Your age/Their Age:
Did Parents Divorce or Separate?	Your age at the time:
Describe your parent's relationship during your childhood?	
Any physical/emotional trauma or abuse as a child?	
Describe yourself as a child:	
Place any additional comments about your childhood on the other side of this sheet	

<i>Your Parents</i>	Mother Alive?	Father Alive?
If Deceased, Their Age/Your Age?	Cause of Death?	
List 3 Things you Like(d) About your Mother.		
1)		
2)		
3)		
List 3 Things you Dislike(d) about your Mother.		
1)		
2)		
3)		
List 3 Things you Like(d) about your Father.		
1)		
2)		
3)		
List 3 Things you Dislike(d) about your Father.		
1)		
2)		
3)		
Comments about Step-parents/Foster Parents, If applicable, or Grandparents:		
Place any additional comments about your parents on the other side of this sheet.		

<i>Your Adulthood</i>	Females – No. of Pregnancies:	No. Live Births:
Children – Names and Ages (Or None)		
Marriages – When Married:		
If Ever Divorced, How long married/How long divorced?		
State of any current relationship?		
Any current or reoccurring problems (money, sex, communications, etc.)?		
Describe all adult accidents or illnesses to date:		
Any physical problems now (pain, tension, illness, etc.)? Describe:		
Any emotional problems now (anxiety, depression, fear, anger, etc.)? Describe:		
Any substance abuse or dependencies (alcohol, drugs, food, etc.)? Describe:		
Any previous or current psychiatric care? Describe:		
Place any additional comments about your adulthood on the other side of this sheet.		

<i>Your Focus</i>	
What self-help work have you done previously?	
List 3 things you like about yourself.	
1)	
2)	
3)	
List 3 things you dislike about yourself.	
1)	
2)	
3)	
What is your most negative thought about the topics below.	
Yourself?	
Life?	
Relationships?	
Money?	
Sex?	
Your body?	

A.R.T. International Rebirthing School

Please print:

Name: _____

Address: _____

Phone: _____

This is to certify that I _____ have fulfilled all the requirements for becoming a graduate of A.R.T. International Rebirthing School as a Rebirther.

<u>Training</u>	<u>Dates</u>	<u>Trainers' Signature</u>
A.R.T. International Rebirthing School Part I	_____	_____

A.R.T. International Rebirthing School Part II	_____	_____

	_____	_____

	_____	_____

A.R.T. International Rebirthing School Part III	_____	_____

Other A.R.T. International approved programs:

<u>Training</u>	<u>Dates</u>	<u>Trainers' Signature</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____ has agreed to be my ongoing sponsor.
(Trainer's name)

*Note: Please return this form to your sponsor after completion.

Trainer's Signature: _____

Your Signature: _____ Date: _____

*Please pay your dues to the international association:

USA: A.R.T. International
P.O. Box 29560
Atlanta, GA 30359

Birth Types

Common conclusions made at birth
and some common characteristics

Normal:

I don't matter; I don't make a difference; I don't count.

1. Still trauma associated with these births even though they are classified as normal.
2. Mother probably would say that the delivery was “no big deal, nothing unusual.”

Caesarian:

1. Emergency: Have to be rescued; can't do it themselves.
2. Elective: Feels interrupted; not understood; angry.
3. Create constant interruption and work well in “do 20 things at once” environments.
4. Have difficulty completing things.
5. Fear of completion which is like death to them. Survive by being incomplete.
6. Skip steps and can't understand why others can't see the easy way.
7. Fear of/fascination with knives.
8. May crave or dislike touch.
9. May set up situations where they need to be “bailed out.”

Breech:

I have to hurt people in order to live; I hurt the people I love; I'm guilty; I'm wrong (if turned in the womb).

1. Tend to have a fear of hurting people
2. Tend to do things backwards or the hard way – struggle in relationships.
3. More struggle, trauma, and pain in consciousness.
4. What thought caused them to turn around and try to go back inside the womb?

Twins:

1. First Twin: May feel pushed out; guilty about being first/leaving twin; often a leader.
2. Second Twin: Angry about being left; tends to be second/second best; may feel insignificant or invisible.
3. If one twin died in the womb and the other survived there may be guilt and the thought “In order for me to live someone has to die.”
4. If one twin is rebirthed, the other will often go through the trauma physically even if they are geographically separated.

Cord around the neck:

In order to survive in the world, I have to nearly die.

1. Suicide attempt by the baby. Why were they trying to do this? What was going on around them before birth? Wrong sex, unwanted, death of someone in the family?
2. Strong death/suicide urge.
3. Confusion between life and death.
4. Hate anything around the neck.
5. Cut off from emotions; in head.
6. Tendency to sabotage self.

Induced:

I can't do it myself; What I want isn't important.

1. Feel very controlled by other people.
2. Resist control and manipulation by others.
3. Get even by withholding themselves.
4. Won't do what you want them to do or get others to induce them and then resent it.
5. Came here but didn't really want to be here yet.
6. Easily angered.
7. Has trouble initiating things.

Late:

I'm not ready; I'm too much (if large); I hurt people.

1. Often show up late or have an issue with time.
2. What was the reason they didn't come out on time?

Long Labor:

Life is a struggle; I can't get through.

1. May experience no-exit terror.
2. Communication – continuous, non-stop talking.
3. Impatient.

Drawn out delivery:

1. Take a long time to do things.

Face presentation:

I hurt people.

1. Problems with their presentation.
2. Tends to be the opposite sex than what their parents wanted or expected.
3. Baby turns in the womb because it knows it is the opposite.
4. Behavior in life is very rebellious or always wants to do the opposite of everyone else.
5. Tends to have neck and shoulder pain and a crooked smile.
6. Tend to get lost.

Drugs:

I have to be dead/unconscious in order to be alive; I have to do it alone.

1. May have chemical/alcohol dependency.
2. Feel out of touch, foggy, spacey.
3. Born half-alive, half asleep.
4. Need more rebirthing, may fall asleep in rebirths, can smell anesthesia release.
5. Need a lot of cold water rebirthing.

Forceps:

I can't make it on my own; People are out to get me; Support is painful.

1. Anger at being controlled or manipulated.
2. Need to be in control. Fear of pain.
3. Tendency to migraines, sensitive head, tend to be in their head.
4. Forceps marks may appear during rebirths.
5. Why did the baby need to be "pulled out?"

Premature:

I'm not enough; I'm too small; I can't make it; I'm too weak, helpless.

1. Problems with time. Ask them why they came out early (toxic womb, placenta not working = the womb is not a safe place).
2. Person may overcompensate for weakness and become tough, self-reliant, wanting help from no one.
3. May be fed by IV and have been strapped down so they can't dislodge it = "I can't move."

Incubator:

Look but don't touch; Touch is painful.

1. Psychic wall of glass as protection.
2. Fascination with machines, computer experts, TV cubicles, small offices.
3. Often go through two breath cycles, one to leave the womb and one to leave the incubator.

Held back:

I can't have what I want when I want it; People aren't there for me; People are always trying to stop me; I'm going to do things my way in my own time.

1. Feel held back and controlled.
2. Feel they have to break through something.
3. Feel angry.
4. What were the baby's /mother's thoughts?
5. No one else holds them back. They hold themselves back.

Unplanned pregnancy/not wanted:

I'm not wanted; I'm unworthy; I shouldn't be here; I'm an accident.

1. Feel rejected and reject others.
2. Try to please.
3. Trouble planning.
4. Accident-prone.

Illegitimate:

As for unplanned plus: I'm an embarrassment.

1. Problems doing things legally, taxes, etc.
2. Hiding; not wanting to be seen; sneaky.

Wrong Sex:

I'm a disappointment; I'm wrong; I'm not good enough (as a man/woman)

1. Confusion in sexual identity.

Previous miscarriage, abortion:

I'm the wrong one; I'm a fake; I have to die to live.

1. Fear of dying.

Attempted abortion:

As for unplanned plus: Someone's out to get me.

1. Difficulty trusting people.
2. Strong death urge.

Fast birth:

They're not ready for me; I'm not ready; It's wrong to be fast.

1. Tend to be impatient.
2. Really go all out for whatever they do.
3. Have a problem integrating, take a long time to integrate.
4. Make decisions fast, spur of the moment.

Transverse lie:

1. Trouble being aligned.
2. Tend to go in the wrong direction.
3. Get lost a lot.
4. Ask them why they turned/got stuck.

Dry birth:

1. Skin irritations.
2. Irritable, angry, blow up, quick tempered.
3. Slow, leaking dry births – start out calm, suddenly blow up.
4. Impatient.

Placenta previa:

My support leaves without me; I can't get out/make it.

Separated:

I'm alone; I have to be separate to survive; There's something wrong with me. I have to do it myself.

Mother ill/in danger:

I'm a burden; unimportant; People aren't there for me.

Father absent at birth:

Men aren't there for me.

Labor interrupted:

Interruption syndrome.

False labor:

Tend to make false starts.

Some fallacies and myths of circumcision

- Circumcision is necessary.
- Circumcision is not painful or traumatizing.
- Circumcision prevents disease.
- The circumcised penis is cleaner.
- The circumcision is up to the parents.
- Men don't mind that they are circumcised.
- A circumcised penis is as good or better than a natural penis.
- Circumcision has little or no surgical risk.
- Complications are rare in circumcision surgery.
- The uncircumcised penis is difficult to care for.
- The foreskin is extra skin, a mistake of nature.
- A penis with a foreskin looks unnatural.
- A circumcised penis provides just as much sexual pleasure.
- Circumcision removes just a snip of skin.
- A son should "look like" his father.
- Everyone is circumcised.
- He should be circumcised to "fit in" the locker room.
- Circumcision prevents masturbation.
- Circumcision is necessary to prevent cancer.
- Circumcision prevents urinary tract infections.
- Circumcision prevents the spread of sexually transmitted diseases, including AIDS.
- You can rely on your doctor's advice on circumcision.
- Circumcision prevents premature ejaculation.
- He'll just have to have it done later.
- All doctors endorse circumcision.
- Insurance will pay for it.
- It didn't harm me. My penis is fine.
- Christians should be circumcised.
- Jews don't question circumcision.
- The foreskin should retract at birth.

(This handout is from information collected by Peter DeLong)

Financial Self-Analysis

Name: _____

Age: _____

Current Job: _____ How long: _____

Current Income: _____

Previous Job and how long: _____

Father's Name: _____

Father's Age (or age at death): _____

Father's Career: _____

Father's Maximum Income: _____

Mother's Name: _____

Mother's Age (or age at death): _____

Mother's Career: _____

Mother's Maximum Income: _____

Your Personal Law (most negative thought about yourself):

Your three most negative thoughts about money:

Your father's Personal Law: _____

Your mother's Personal Law: _____

Family History and Patterns around Money

1. Did one or both of your parents work? Was your family traditional in the sense that your father worked and your mother nurtured and took care of the family, etc. Describe how the family dynamic was around whom financially supported the family.
2. Was your parent or parent's self-employed or did they work for someone and receive a paycheck? (majority of time growing up as you remember) Was there a struggle around money or was there always enough?
3. What was the maximum gross income you thought your parents made?
4. What has been your maximum gross income? Have you surpassed your parents? How do you feel about surpassing them? (Remember to take into account inflation).
5. Do you conform or rebel to your parent's patterns around money?
6. My main thought about money is_____.
7. My father's main thought about money is_____.
8. My mother's main thought about money is_____.
9. How old were you when you first made money and how did you make money? What did you learn about money from this experience?
10. What was the main message that you feel that you received from your parents about success and money?
11. How do you feel education relates to making money?
12. Did your parent's like the job, career, or lifestyle they choose?
13. Do you love the career that you are doing now?
14. If you could do anything you wanted and make a million dollars doing it, what career would you choose?
15. The main way my conception affects my success and prosperity is _____.
16. The main way my birth affects me in the area of success and prosperity is _____.
17. How my Personal Lie affects me in the area of success and prosperity is_____.
18. How my early nourishment pattern affects me in my ability to be a success and a prosperous person is _____.
19. My fears of being completely prosperous and successful are _____.

20. The main pattern I see that I am copying from my parents around the area of money is _____.

21. What I would do differently in my life now if I had one million dollars is _____.

Tools for Developing Success and Prosperity Consciousness

1. Create an income doing the things you enjoy.
 - a. List 10 favorite pleasures.
 - b. Choose one and list 10 ways to make money doing it.
 - c. List 10 things you are willing to do to make your pleasure a financial success.
2. Know what you want.
 - a. List 100 material goods you would like to have.
 - b. List 100 places to go or things you would like to do.
 - c. List 100 qualities you would like to achieve.
3. Know you always have money.
 - a. Carry around a \$100 bill with you all the time.
 - b. If you spend it, replace it within 24 hours. (you'll never be able to say you don't have money and mean it).
4. Budget Game (Know that you control money, it doesn't control you).
 - a. List expenses for last month.
 - b. Divide them into categories (rent, food, etc.).
 - c. Determine % for each category.
 - d. Reduce one (or several) categories by 10% or more.
 - e. Use your connection to Infinite Intelligence to create the money that you want for each reduced category.
5. Checklist
 - a. Begin doing items on your "100" checklists and life begins to transform.
 - b. Things on list are never really finished although a point is reached where it can be up to date.
6. Visualization
 - a. Relax
 - b. In your mind create the scene you want.
 - c. Put yourself in it.
 - d. Experience how it feels to have or be what you want.
 - e. Know that it's yours.
7. Treasure Maps (attract what you want in your life)
 - a. A picture visualization of what you want to be or do.
 - b. Recommended book – What Treasure Mapping Can Do for You
 - c. Use your imagination and have fun.
8. Acknowledgement
 - a. Acknowledge yourself often.
 - b. Acknowledge yourself often for small or seemingly insignificant things.
9. Other Self Improvement
 - a. Invest in yourself. The rewards are great.

Some Observations on Rebirthing Kids

Early Childhood (ages 4-7)

- Require very little time, 10-15 minutes at most.
- May have difficulty keeping their eyes closed.
- May do lots of twisting and turning.
- Will go through 4 or 5 cycles.
- Often fall asleep for a few minutes.
- Need encouragement to complete without jumping up.

Middle Years (ages 7-11)

- 20 minutes is sufficient.
- Tend to get emotional.
- Very concerned about “doing it right.”
- Can be fidgety.
- Many report birth memories.
- Four cycles are common.
- Allow 5-10 minutes to complete.

Young Teens (ages 11-14)

- Require 30 minutes.
- Tend to get dramatic – sobbing, moaning, etc.
- Frequently release some old sadness.
- Super-sensitive to touch and smells.
- Very affected by peer pressure.
- Must be kept on their breath.
- 3-4 cycles per 30 minutes.
- 10 minutes to complete.

Teens (ages 15 and older)

- Much the same as adults.
- 30-45 minutes is enough.
- Tend to get into their heads.
- Very sensitive to touching.
- “Them against the world” attitude.
- Very concerned with appearances, acceptance and mates.
- 3-4 cycles.
- 10-15 minutes to complete.

Generally:

- Think twice before touching.
- Expect more out of body and/or spiritual experiences.
- Birth memories frequently come up.
- They get “off it” quicker than adults.

- They require less breathing time (except for older teens).
- You may have to more actively support them in keeping their eyes closed and staying focused on their breath.
- Expect multiple cycles in shorter intervals.
- Be sure that they complete and don't let them jump up into activity.
- Follow up. Don't wait for them to call you, you call them.

(This handout is from "The Kid's Love Shop" and Gene and Helene Aptekar)

Research Questionnaire
Prepared by Rhonda Levand-Baker

All information obtained from this questionnaire will be kept Confidential.

Name _____ Date _____
Date of Birth _____ Age _____
Address _____ City _____ State _____
Zip _____ Phone Number _____

Please check any answers that you feel apply to you:

Conception Circumstances:

Wanted _____ Planned _____ Illegitimate _____ Parents not married when conceived _____
Mother raped or forced at your conception _____ Conception happened during mother's affair _____
Conception while parents were on vacation _____ Conception unusual place _____
Conception backseat of car _____
Comments on anything not mentioned: _____

Reasons for Conception:

To get father out of Army, Navy, Military _____ To save the marriage _____ Wanted a boy _____
Wanted a girl _____ Wanted to replace a baby or child who died _____
Mother sneaked conception _____
Comments on anything not mentioned: _____

Prenatal Circumstances:

Twin _____ First _____ Second _____ Twin absorbed _____ Mother had physical abuse while you were in the womb _____
Mother had emotional abuse while you were in the womb _____ Mother was raped while you were in the womb _____
Parents had no money _____ Parents worried that you would be a financial burden _____ Parents not ready for pregnancy _____
Mother drank alcohol while you were in womb _____ Mother took drugs while you were in womb _____
Mother smoked while you were in womb _____ Mother had car accident while in womb _____
Mother had falling accident while you were in womb _____ Any family member die while you were in womb (Grandfather, Grandmother, sibling, father, etc.) _____
Mother tried to abort you _____ Mother thought about aborting you _____
Mother had previous miscarriage _____ Mother had previous fetal death _____
Mother moved during pregnancy _____ Mother under stress during pregnancy _____
Mother worked during pregnancy _____ How long worked _____ Grandparents disapproved of pregnancy _____
Mother depressed while in womb _____ Fear of losing baby in womb _____
Comments on anything not mentioned: _____

Birth Circumstances:

Hospital birth _____ Home birth _____ Mother medicated at birth _____ Mother had epidural _____ Was your mother toxic _____ Were you induced _____ Caesarian delivery _____ Forceps delivery _____ Cord around the neck _____ Long labor over ten hours _____ Fast birth under two hours _____ Held back _____ What presentation, head down _____ head first _____ Face up presentation _____ Breech, feet first _____ Breech, butt first _____ Transverse lie _____ Turned manually in womb _____ Knee presentation _____ Arm presentation _____ Shoulder stuck _____ Broke arm at birth _____ Broke shoulder at birth _____ Broke leg at birth _____ Dislocated hip at birth _____ Spanked at birth _____ Cord cut quickly _____ Taken away from mother immediately, weighed, wiped off, pricked, etc. _____ Put in nursery right after birth _____ Put in incubator _____ Premature _____ How many months premature _____ How long stay incubator _____ Dry birth (waters broke before came down birth canal, several hours earlier) _____.

Male obstetrician _____ Female obstetrician _____ Female Midwife _____ Male Midwife _____ Delivered by father _____ Father at birth _____ Did you nurse within first hour of birth _____ Nursed _____ How long _____ Demand feeding, ate when wanted _____ Scheduled feedings every three or four hours _____ Bottle-fed _____ .

Mother had episiotomy _____ Rh Factor _____ Mother post partum depression _____ Mother infection _____.

Given up for adoption _____ Mother did not hold me after birth _____ If adopted, how old when adopted _____ .

Comments on anything not mentioned: _____

Circumstances in Family:

Any physical abuse _____ father _____ with mother _____ siblings _____ Emotional abuse _____ with father _____ with mother _____ Sexual abuse _____ father _____ mother _____ step father _____ step mother _____ sibling _____ cousin _____ neighbor _____ family friend _____ babysitter _____ Teacher _____ Counselor _____ Coach _____ Priest _____ Nun _____ Other _____.

Emotional sexual abuse _____ No nudity, embarrassment _____ Nothing said in family about sex _____ Nothing said by mother about menstruation _____ Pregnancy and birth control never discussed _____ Punished for masturbation _____.

Violence in family _____ Domestic violence in family _____

Illnesses when grew up _____

Hospitalizations when grew up _____

Any medications when child _____

Any rapes _____

Comments about anything not mentioned: _____

Adolescent and Adult Problems

Immune Deficiency Disorders _____ Depression _____ Mental Health Hospitalizations _____
Drugs for Mental Health _____ Suicide attempts _____ How tried to commit
suicide _____ Attachment disorder _____ Attention Deficiency Disorder (ADD) _____
Attention Deficiency Hyperactivity Disorder (ADHD) _____ Schizophrenic _____ Bi-
Polar Disorder _____ Psychotic _____ Multiple personalities _____ Hospitalizations for
Injuries _____ Hospitalization surgeries _____ Any rapes _____ Post Traumatic Stress
Syndrome _____ Asthma _____ Pregnancies _____ Abortions _____ How many
abortions _____ Miscarriages _____ How many miscarriages _____.

Sexual Abuse in your Relationships _____ Physical abuse in your relationships _____
Married _____ How many marriages _____ Divorced _____ How many divorces

Comments on anything not mentioned: _____

Addictions

Alcohol addiction _____ Drug addiction _____ Sex addiction _____ Food Disorder
_____ Bulimic _____ Anorexic _____ Over eater _____ Overweight _____

Comments on anything not mentioned: _____

Healing Modalities Have Tried

Alcoholics Anonymous _____ Narcotics Anonymous _____ Sex Addicts Anonymous
_____ Overeaters Anonymous _____ ACOA _____ Alanon _____ Therapy _____ How
long, months, _____ years _____ Rebirthing _____ How many sessions, Private _____
Group _____ Body work _____ Massage _____ Chiropractic _____ Network
chiropractic _____ Acupressure _____ Acupuncture _____ Shiatsu _____ Holotopic
Breath _____ Primal Scream _____ Hypnosis _____ Past Life Regression _____
Seminars _____ Which seminars have you taken _____

Other healing modalities you have done _____

Which healing modalities have helped you the most _____

Comments on anything not mentioned: _____

• I give Rhonda Levand-Baker permission to obtain my Birth Records from
_____ hospital in City _____ State _____
Day _____ Month _____ Year of Birth _____

• I was born at home in _____ City _____ State _____.

• I will obtain my Birth records and get _____ a copy for verifying
important birth information for research.

Signature _____ Date _____

Reflection of Self

“The Aborigines, like many American tribes, believe that when you are sitting in a circle it is very important that you observe the other members of the group, most especially the person sitting directly opposite you. That person is a spirit reflection of yourself. The things you see in that individual, that you admire, are qualities within yourself that you wish to make more dominant. The actions, appearances, and behavior that you do not like, are things about yourself that need working on. You cannot recognize what you deem to be good or bad in others unless you yourself have the same strengths and weaknesses at some level of your being. Only the degree of self-discipline and self-expression differ. They believe the only way a person ever truly changes anything about himself, is by his own decision, and that everyone has the ability to change anything he wants to about his personality. There is no limit to what you can release and what you can acquire. They also believe the only true influence you have on anyone else is by your own life, how you act, what you do. Believing this way makes the tribal members committed every day to being better persons.”

Excerpt from the Mutant Message, p. 105

Ideas to Support You in Creating More Rebirthing Clients

1. Set your intention. How many clients do you want at one time? How much will you charge for each session?
2. Advertise – Let a sponsored Rebirther proofread your advertisement before you put it in the paper.
3. Rebirther cards.
4. Work with local Rebirther Trainers and they will refer prospects to you if you let them know that you are interested.
5. What do you want to have as an income a year as a Rebirther (create the intention)?
6. Do talks for local groups. Take an experienced sponsored Rebirther with you to co-lead until you get more comfortable with it.
7. Have a one day for new people where you do a quick talk on Rebirthing, then do 20 minute mini-birth scripts. Charge \$10.00 a person. How to do mini-birth scripts: use the mini-birth script handouts, have client highlight their negative thoughts, have them select a significant part of their birth out of “Birth and Relationships” book. Read it out loud to them. Bring your calendar to schedule their rebirth.
8. Collaborate with other professionals and do one day Fairs with them. You encourage people to choose and try different services. Many Centers do this or you could create your own.
9. Co-lead group Rebirths with a local sponsored Rebirther. (Assist if you had rather not lead).
10. Start seeing Rebirthing as a legitimate, professional practice rather than a metaphysical tool.
11. Do your forgiveness diets and completion letters – complete your 10 Rebirthing sessions with a man and 10 with a woman.
12. Stick to your commitments in every area of your life.
13. Enroll people into community seminars where Rebirthing is discussed. Be there to support them.
14. Talk to people wherever you go. Most of the time people simply want to know how you got to be so happy and want to share the principle.

15. Go to the Rebirther Association meetings – share your ideas and experiences with others.
16. Get Rebirthed on a regular basis.
17. Create the space (time slot) for your clients. If nobody comes, rebirth yourself.
18. Do a “Fundamentals of Rebirthing” weekend for a group of people who have never Rebirthed.
19. Become an A.R.T. International sponsored Rebirther. We’ve noticed that the Rebirthers who are sponsored have practices that are full.
20. Write down all of your fears of having clients, then get Rebirthed to let go of them.
21. Be in integrity in all areas of your life.

(This handout was created by Kelly Walden)