

## Healing Methodology of the Rebirthing System

Rebirthing is based on practicing sessions of connected breathing, spiritual psychology, or creative thinking and spiritual purification.

There are two stages in the practice of Rebirthing:

### First stage

- The process is taught over the course of 10 high-quality sessions.
- The client learns how to breathe as much energy as air and the healing power of it.
- The breath is released and the breathing mechanism is freed. There is an effortless merging of the inhale with the exhale. Breath from breath itself.

### Second stage

- Mastery of the process continues over a lifetime.
- Complete healing of our emotional mind.
- Full incorporation and manifestation of our natural divinity in the mind and body.
- Release of old subconscious beliefs and integration of more confidence, trust, and pleasure into the body.

Use of affirmations to transform the belief system.

Rebirthing has tremendous therapeutic and healing effects; it is a lot more than just a therapy.

### Rebirthing is based on the following practices

#### 1. Connected breathing

- Learning to breathe as much energy as air and the healing power of it

#### 2. Spiritual psychology or creative thinking

- Improving the quality of our thoughts in order to have a better life.

- Erasing the thoughts that create unhappiness and misery in our lives and find and integrating thoughts which are in harmony with the Universal Truth.

### 3. Spiritual purification

- Integrating the four elements (earth, water, air, fire) into our daily spiritual practices.