

## The History of Rebirthing

The whole process of Rebirthing Breathwork was discovered by Leonard Orr.

It is a complete spiritual, mental, and physical experience during which healing often takes place.

After his discovery, the technique was developed and refined over the next 10 to 15 years.

The seminal moment of this breakthrough occurred on a morning in 1962, as he was taking a bath. At some point he began to experience a state of regression and a feeling of weakness, and so he lay transfixed in the bath for the next three hours.

Over subsequent weeks he would often lie in the bath for long periods before finally surrendering to the urge to get out. This urge is what is called an emotional or psychological urgency barrier. Later he would experiment by staying longer in the bath and pushing through this barrier. He came to notice that by doing this he would glean fascinating and revealing insights into himself and life in general.

In 1973 at one of his spiritual physiological seminars in California, he spoke of his experiences and many participants were eager to discover more about his Rebirthing work.

After giving hot tub Rebirths, he observed that the participants were all breathing in a similarly connected rhythm, merging the inhalation with the exhalation. He went on to try using a snorkel and nose clip so people could be completely immersed in the water, reproducing a more womb-like environment. Although using the breathing hadn't occurred to Orr yet, he could still feel within his own body that this breathing was helping him release blockages faster.

With practice Orr realized it was easier to control the breathing and the demeanor of the receiver if he removed the need for the tub and water, and so he began his trials of the Connected Breathing Rhythm without water. He soon found it was better to do 10 one- to two-hour Connected Breathing sessions outside the water before moving on to a hot tub treatment.

This was the origin of the Dry Rebirthing method and it also enabled Rebirthing to reach a broader audience, since climbing into a hot tub went a little too far for many people. With this new system all people had to do was lie down, relax, and breathe. By 1975 he was able to offer training to others to become Rebirthing facilitators.

Since then, Rebirthing – or Conscious Connected Energy Breathing – has gone global, and today it is estimated that 10 million people have experienced at least one session of this valuable therapy.

Worldwide there are now thousands of both Rebirthing Facilitators and Rebirthing Teachers. Many of these practitioners use a variety of names for their work, but all owe a debt of gratitude for this phenomenon to Leonard Orr.

“Every time we sit through an urgency barrier we get a fantastic realization of self and learn more about the subconscious program that is controlling us.”

– Leonard Orr