

The First 10 Sessions

The main aim of the first 10 breathing sessions:

- Unblock the respiratory mechanism
- Get past the physical (tetany) and emotional drama
- The goal is to release the drama with the breath, not to act it out

The breath release – reliving the moment of the first breath – is the main event in learning to breathe energy as well as air. It liberates the breathing mechanism. Nobody knows exactly when it will happen, and it cannot be induced. It happens when the person feels safe enough during a breathing release session.

Statistically, the breathing release happens between the first five and 10 sessions.

However, in some cases it may happen much later. Usually by the time people have done 10 or 20 completed energy cycles, they can give energy cycles to themselves.

In general, 10 breathing sessions are recommended because it is what most people need to unblock their breath and develop the capacity to Rebirth themselves. From then on the person will be able to use this tool every time it is needed. It is not advisable to attempt to unlock the breath alone.

As the breathing mechanism becomes unblocked, the Rebirthee is released from tensions and unresolved emotions that were suppressed in the corresponding areas of the body.