

The Role of the Rebirther

A Rebirther is someone who guides other people through the Rebirthing process while supporting them throughout in a loving way.

As Rebirthers, our main goal is to teach people how to heal themselves and to be aware of how they create their reality.

A Rebirther has two main purposes:

1. Facilitate

This means helping someone to integrate suppressed emotions as pleasurably and efficiently as possible during each Rebirthing session.

2. Educate

This means teaching others how to Rebirth themselves and how to use other, related self-improvement techniques.

Rebirthing is a self-help technique and the Rebirther does not produce the results, the Rebirthee does.

The more work a Rebirther has done on himself/herself and the more spiritual purification he/she practices, the more healing his/her presence is. It is also easier for the Rebirthee to contact the energy and learn how to heal when the Rebirther has a clear energy as a result of personal practice. The quality of the presence of a Rebirther is an important key for the client's process.

As a Rebirther you should be aware that you are not healing the client. Rather, the client is healing himself/herself in your presence through learning to breathe energy, clearing the emotional mind and learning other spiritual purification practices.

An important part of the work of a Rebirther is therefore to be present and to hold a safe space for the client to relax and surrender on a deep level.

If you are interested in a career as a professional Rebirther, then you will need to attend trainings. Even if you have no interest in Rebirthing other people, we highly recommend attending trainings.

- You will learn a lot of information that will make you better at Rebirthing yourself.
- You will very likely have excellent Rebirthing experiences during training.

There is absolutely no way to harm someone using Rebirthing and absolutely no one ever has been harmed by it.

The Rebirther also has suppressed emotions activated during a Rebirthing session. If the Rebirther can integrate his or her own activation effectively during a session, that is enough expertise to be skillful at helping someone else Rebirth.

If the Rebirther cannot integrate his or her own activation effectively during a session, then that Rebirther is going to have a very agonizing experience.

The power of the process itself discourages unqualified people from attempting it.

Because the personal relationship between the Rebirther and the Rebirthee is one of unique intimacy, professional Rebirthers do not engage in sexual interactions with their clients.

Rebirthers maintain professional confidentiality regarding anything that a client says or experiences during Rebirthing sessions.

Factors that make a quality Rebirthing Facilitator:

1. The ability to produce results with clients: completion, release of tension, release of conditions related to birth trauma.
2. Completion of oneself, having unraveled some of one's own birth/death cycle and parental disapproval.
3. The ability to function without outside approval from clients and colleagues.
4. The ability to create successful affirmations.

5. The ability to function successfully in spiritual community.
6. Motivation other than money.
7. The ability to remain confident and competent while experiencing helplessness or weakness.
8. Confidence in one's intuition.
9. Respecting and valuing the divinity of oneself, clients, and colleagues.
10. The willingness to continue evolving and training as a Rebirther.
11. Functioning successfully, including financially, as a Rebirther for a period of three months.
12. The willingness to support other qualified Rebirthers and members of Rebirthing Breathwork International.
13. The ability and willingness to create support groups for clients.