

Who is a Good Rebirther

by Leonard Orr

1. Good Rebirthers are loving human beings who are relaxed, kind, intuitive, and gentle.
2. Good Rebirthers do high-quality personal sessions, not group sessions. Group breathing sessions and group Rebirthing are a low-quality way to teach energy breathing.
3. Ethical Breathworkers are soft on money negotiations and tend to be very generous.
4. Most Rebirthers charge 50 to 150 British pounds, euros, or dollars per session. I always recommend that Rebirthers negotiate when necessary and give away a certain percentage of their work so that the poor can learn to breathe as well as the rich. When you have done 10 sessions you will realize it was the best 500 to 1500 pounds, euros, or dollars spent in your entire life.
5. No one should be kept from learning the breath of life because of money. Ethical breathing teachers do not do it for the money, but their fees do enable them to teach breathing full-time.
6. Good Breathworkers know the proper balance of nose-mouth breathing.
7. Ethical Breathworkers are not looking for sexual partners.
8. Breathing sessions usually are scheduled one week apart for busy people. Be sure your teacher will be available for 10 sessions. Discuss fees.

9. You can interview clients or students of the Rebirthing Breathworker you select, to be sure of the quality of their work.

10. Good Rebirthers offer ongoing support groups, weekly or monthly.

11. Ask them if they have an ongoing and successful relationship with their Rebirthing Breathwork teacher.