

Warm and Cold Water Rebirthing

Once a person has been Rebirthed enough times to have developed the ability to integrate anything that comes up in an easy, comfortable and efficient way, we recommend several sessions of warm water Rebirthing. When warm water Rebirthing becomes consistently comfortable, we recommend one or more sessions of cold water Rebirthing.

Warm water speeds up the activation of suppressed material. During a breathing cycle, material initially comes up at a subtle level of manifestation.

Warm water accelerates that process. Because the water is warm and wet and the Rebirthee is floating, suspended by the Rebirther, it simulates the womb to a certain extent. Thus, womb and birth memories tend to be especially well re-activated.

Warm water Rebirthing can be conducted in a hot tub, large bathtub, or natural hot spring, where the water temperature is above body temperature, there is enough room for the Rebirthee to stretch out and for the Rebirther to sit or stand comfortably in the water.

Different positions during warm water Rebirth:

1. Floating face-down, breathing through a snorkel
2. Floating on the back, face out of the water
3. Sitting on a bench in warm water

The Rebirther is present to provide physical support for the body of the Rebirthee and to provide support as the Rebirthee relaxes into suppressed feelings, memories, and body sensations that come up to the level of conscious awareness.

Cold Water Rebirthing

Cold water Rebirthing is an appropriate step after the Rebirthee has gained confidence with warm water Rebirthing.

Cold water tends to activate thoughts and feelings of death. The key is gentleness. Cold water Rebirth can be performed in bathtub or in nature.

If in bathtub, fill up the tub with water as cold as is comfortable for you. Once the tub is full, stand outside it and connect your breathing in a comfortable, relaxed rhythm. Very gradually immerse your body in the water. You may find that you need to go an inch or so at a time in order allow yourself to integrate the fear that the cold water brings up. When you go slowly enough, the only part of your body that feels cold is the part that has been wetted by the

water but that is not immersed. If any part of your body that is immersed or any part that is dry feels uncomfortable, then you know that you have gone too fast.