

Breathe the bad away

Proper deep breathing can take you into a state of enhanced awareness discovers **MARCUS WONG.**

An hour into my first Breathwork session, I found myself on a mattress on the floor – eyes closed, trying to relax. I was doing my best to breathe harder; hard enough so my chest and ribs expanded with every breath, yet it didn't seem deep enough, as the Breathworker kept urging me on.

My whole body was tingling, and I had the distinct impression that my right hand remained slightly curled despite my best efforts to relax it. Indicative, I was told, of possible blockages in that arm.

Going where your breath takes you

“By combining accelerated breathing with evocative music, we are able to enter a state of deep relaxed consciousness which activates our natural inner healing process.”

John Stalamos, Breathworker trainer

The circular breathing method employed (inhaling as soon as you finish your last exhale) sometimes brings into awareness “primal” thoughts and beliefs. Thus, it is not



Breathworks was initially known as “Rebirthing”, and started in a hot tub as they found that, at 72°C the subconscious opens up to old memories and old feelings. It became a powerful way of identifying limiting beliefs formed before, during and just after birth.

Today, Breathworks uses a breathing technique instead of temperature, but the same results can be achieved, as a natural internal healing process is activated when we enter a “non-ordinary” relaxed state of consciousness, bringing us back to our internal experiences.

uncommon for participants to start holding their breath as they relive unpleasant old feelings and memories.

This is where Breathworkers will work with you to help you focus on maintaining your breathing, allowing you to fall back into a peaceful state. After the session, a review of what you experienced will be conducted, allowing you to examine what the experience reflected.

Don't stop at one

While a little disappointed not to have experienced any memories or emotions, I was assured that “nothing is never happening” and that every session is different. Having a Breathworker work with me on a one to one basis would also have helped tremendously, as he would have been able to get me into the relaxed state necessary.

Hence, the recommendation is to try a series of at least 10 individual sessions because we feel differently at different points in our lives. Ten sessions (and hopefully, 10 different experiences) is likely to provide a good variety of feedback to work with. ▣

To find out more about Breathwork techniques or to sign up for a private or group session, contact John Stalamos (john@johnstalamos.com) or Angie Toh (angietoh@itransform.asia). Their respective websites are www.johnstalamos.com and www.itransform.asia.

HOLISTIC LIVING

Discovering Breathwork or Rebirthing

We may believe that breath is life, but what then is Breathwork and what is Rebirthing?

This holistic healing method is based on a simple breathing exercise. It can help us experience more of our life in the present and can also assist in resolving influences from our past.

The process combines accelerated breathing with evocative relaxing music in a safe and comfortable setting so that the person being treated enters a non-ordinary, relaxed state of consciousness. This state activates the natural inner healing process of the individual's psyche, bringing him or her a particular set of internal experiences.

Additional elements of the process include focused energy release work and deep inner peace. Breathwork/Rebirthing can be done in groups however individual sessions are the most powerful.

Breathwork/Rebirthing helps us understand the effects our birth has had on our individual self-esteem, relationships and family dynamics as well as more specific issues. It provides a nonverbal way to heal and it takes most people way beyond the more verbal and cognitive therapies. It leads to Self-Mastery. It also results in such powerful emotional and spiritual releases that it addresses one's whole process from

releasing traumas to healing relationships. You can unlock your patterns in life. These patterns although created to support you in the past no longer support your current direction in life. We have received these patterns from our parents and environment through our early years, but we have not looked to see why certain factors occur.

Breathwork/Rebirthing and the Dynamics of Birth

One of the aspects Breathworkers/Rebirthers address in a session is what you know about your birth? Did your parents want a boy or a girl? Were you planned, wanted, was it a long labour, a fast birth, were forceps used, was it a caesarean, was it a twin birth, was your mother anaesthetised etc.?

These questions relate to the way we go through change and what we internalise about one of our first experiences of change... leaving the womb and entering the world. We examine what the environment was like from conception to



INTERNATIONAL BREATHWORKER
JOHN STAMOULOS

John is visiting Singapore this month and is available for one on one sessions from 8 March to 14 March.

John has been travelling internationally for many years, exploring, researching and sharing the many techniques for healing that he now practises. He is devoted to continuing his education in healing and travels regularly on an international basis. His long and extensive knowledge and skills in Bodywork and Breathwork have deemed him as one of Australia's leading practitioners in both these areas.

John is a patient, loving and supportive with a keen ability to lead people to a life of responsibility and trust. With the motto he lives by "For things to change first I must change", John assists many in their search for change. Since early childhood he has been intrigued with religion and has subsequently studied and explored many beliefs taking him to the far reaches of the globe. In the early eighties came a life changing experience that he decided once and

delivery.

The Breathwork/Rebirthing Process

In the breathing process, the inhale and the exhale are connected so that there are no pauses between filling and emptying the lung space. After breathing in this manner for approximately an hour, the typical new Breathwork/Rebirthing client finds his consciousness involuntarily leaving the focus of the breathing, moving, instead, to review events in his own individual past. Generally, these events were ones, which resulted in his accumulating negative thoughts and feelings, which still dictate his basic attitudes and beliefs.

As the client continues the connected breathing during this re-experience of past events, the tensions involved with the past are dissolved. This is just by the connected breathing, not by any dramatisation or any other kind of expression. Having let go of these negatives, the client becomes free to make conscious choices about current real-life experiences that previously had been compulsively dealt with in a neurotic manner because the accumulated tensions limited choice. The connected produces healing.

A Typical Session

With the inner healing intelligence guiding the process, the quality and content brought forth is unique to each person and for that particular time and place. While recurring themes are common, no two sessions are ever alike.

A typical session usually starts with the client's sharing with the Breathworker/Rebirther what has been going on in their life. The exploration focuses on what positives the client wants to establish in place of currently held negatives. Some discussion of affirmations that counteract these negatives takes place. Then the client lies down and breathes in the connected pattern, generally for at least an hour. The client is coached and guided by the Breathworker/Rebirther who helps the client remember to breathe when negative associations, coming up on their way to being released, cause the person to hold his breath. The Breathworker/Rebirther also encourages the client to breathe in a full, relaxed manner. After the cycle of release is over, the client relaxes into a peaceful, blissful state, from which he easily emerges as the session closes.

for all, "If I get serious about my life, then life will get serious with me".

That is just what happened! John dove into metaphysics in America and upon arrival in Australia, experienced his first rebirthing session and has been training ever since.

His training has led him to work with many of the pioneers of Rebirthing and related work. As the facilitator of many seminars and workshops for people of all walks of life, John is also a mentor and coach.

To book a session, please ring:
Azeeza Begam on 81395619 or
Shaik on 96279606.

Investment: \$200.00 per person for 3
hour private session

Repression, self-loathing, ego: John Stamoulos says all you need to rid yourself of such burdens is ...

A breath of fresh air

coffee with

JOHN STAMOULOS
Breathworker

HIS name card reads John Stamoulos, Breathworker. Yes, that's correct: Breathworker.

Most people who meet the Australian are fascinated by his occupation – because they don't have a clue what a breathworker does.

Patricia Yap caught up with Stamoulos – who was in Singapore recently to hold breathwork sessions with some 50 regular clients – seeking enlightenment on how breathing can help heal and change lives.

What is breathwork?

It's a breathing technique, a form of breathing meditation. When people breathe in a certain pattern, they go into a conscious, altered state of awareness, in which they are fully aware and in control.

When they enter this altered state, their subconscious mind opens. All I do is ask questions so they think even deeper and connect with their fears and emotions. I ask

questions to go into people's thoughts and find out what their (mental blocks) and fears are.

What goes on in a typical session?

When clients walk in, we go through an hour of questions about their past – basically questions about early childhood, belief systems, personal relationships and fears.

What you make of life today all comes from your past experiences, even your birth script, the way you were born. So, if you had a birth that involved quite laborious struggle, your first thoughts on life would be: 'Life is a struggle'.

When things get tough in your life, that thought resurfaces.

Then the clients lie down and are covered with a blanket to keep them feeling safe. I then guide them through the breathing technique.

They go into a relaxed stage and I ask them about how they feel. We debrief and talk about what they experienced or felt.

I'm just a facilitator. I create a safe space where people can heal and discover themselves.



Singaporeans will never truly be happy until they learn not to give in to negative thinking, says Stamoulos.

SNG LI WEI

Why did you become a breathworker?

I went through a really emotional period in my life about 11 years ago, when I came across a breathworker and had a session; it was a healing session for me. I got to unload a lot.

A few months later, I decided to have another session, only to realise that it was really painful. Physically painful for me, because what I tapped into were a lot of the fears that I had had as a child: I was actually premature and my birth was induced.

I tapped into a lot of my first memories and I released a lot of pain from my body. My early rebirths were pretty amazing.

What's the biggest challenge when you conduct breathwork sessions?

Ego. People's egos are so strong sometimes. The more they get stuck in their ego, the more uncomfortable the process gets in their bodies.

Ego stops people from coming home to their hearts. People have to get over their egos to understand themselves more.

I don't try to overcome egos. I get them to breathe. The breath is so powerful that it opens people up. The more you breathe, the more alive you are. Most people don't breathe fully. They are walking cases of anaesthesia. They are numb.

What problems do Asians face?

I am amazed at the fear that people here have, especially about intimacy. So many people have loveless relationships or have affairs because they are scared to communicate to their own partners what they want (from the relationship).

In Singapore, if I say I want to teach people about communication in their personal relationships, people run the other way. People in Singapore and in Asia in general want to know how to become wealthier, so I tend to work on releasing people's limitations on money. I teach people about their subconscious fears about creating wealth.

What about Singaporeans in particular?

Singaporeans have low self-worth. They don't love and believe in themselves enough, and they are afraid of revealing their true selves. Because of that they cannot be truly happy.

I would advise them to learn as much as they can about themselves and learn to love themselves. How? By not terrorising themselves with their negative thinking.

But the good thing is Singaporeans want to develop themselves more; in fact, I think Singapore is the leader in personal development. Even on the MRT, people are reading self-help books. That's great!

Healthy Participants Needed

The Pfizer Clinical Research Unit (PCRU) needs healthy participants for a scientific study involving an investigational medicine.

The purpose of this study is to investigate the safety and toleration, and the amount of this medicine in the blood, following administration of single escalating doses.

Pre-requisites:

- Healthy males aged between 21 - 55 years, inclusive
- No chronic illnesses and not on long-term medication
- Non-smokers or smokers who smoke less than 5 cigarettes a day
- Body mass index (BMI) of 18 - 30kg/m² and weighs more than 50kg [BMI = Wt (kg)/(Ht x Ht) (m)]

You will receive **Free Health Screening** and **Reimbursement** for transport and time spent on the study.

For details or to check your eligibility, please contact:
Siti or Hui Ling at **6325501**
9.00am to 5.30pm (Mon - Fri)

PCRU is located at Singapore General Hospital, Blk 7, Level 7.
www.PCRUin.Pfizer.com



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ДЖОН ПОВЕЛИТЕЛЯТ НА ДИШАНЕТО

текст Лилия Стамболова
снимки Личен архив

БИВШИЯТ ЗЪБОТЕХНИК ДЖОН СТАМУЛОС, ЗАЧЕНАТ НА КОРАБ ОТ ГЪРЦИЯ КЪМ АВСТРАЛИЯ, МОЖЕ ДА ВИ НАКАРА ДА ПРЕЖИВЕЕТЕ РАЖДАНЕТО СИ С УНИКАЛЕН МЕТОД, СЪЧЕТАВАЩ ДИШАНЕ, МЕДИТАЦИЯ И ПСИХОАНАЛИЗА. И ДА ИЗЧИСТИТЕ СТРЕСА, ДА ПОМОГНЕТЕ НА ТЯЛОТО И ДУШАТА СИ.



Австралиецът Джон Стамулос е един от най-добрите в света във воденето на рибъртинг. А рибъртинг (от англ. се превежда прераждане) е специална техника за дишане, комбинирана с медитация и фина психотерапия, благодарение на която се освобождават травми на всякакво ниво – емоционално, психическо и физическо. Техниката е създадена през 70-те години на миналия век от американеца Ленард Ор. Много от хората, които се полагат на рибъртинг, споделят, че в съзнанието им се появяват картини, които са убедени, че не помнят – картини от тяхното детство и дори раждане. Две Еви от екипа на списанието посетиха този курс и разказаха смайващи неща. Но бяха еднородни, че тази техника им помага да изчистят стреса, натрупван с години, да се доближат до вътрешния си баланс и да се почувстват по-енергични.

Джон твърди, че рибъртингът подобрява концентрацията и стабилизира цялостно здравословното ни състояние. Със Стамулос се срещаме по време на първото му идване в България в средата на лятото. Разбирам, че ще бъде в София и през октомври. Освен ексклузивното интервю за EVA ни допуска и до рибъртинг сесия. Тя е впечатляващо преживяване. Започва с разговор, приличащ на събличане на душата до най-интимните ѝ кътчета. И на духовно лечение, на помощ да осъзнаеш логиката на поведението си в живота и начина, по който можеш да се отнасяш здравословно в мислите и чувствата си към самия себе си. Дишането, което следва, е от 45 минути до час. По време на него се активират различни спомени и усещания, които участникът, споделяйки с Джон, преживява и преодолява. На финала разбирам, че мъжът, на чиято сесия присъствам, работещ в шоубизнеса и живеещ на

ултрабързи обороти, с високо ниво на стрес и без почивка, се чувства много спокоен, починал, зареден с енергия и като нов.

Ето какво разказва самият Джон:

Джон, какви са най-често срещаните проблеми, заради които хората идват при теб?

Тези на емоционално ниво, които се коренят във взаимоотношенията и връзката между хората. Те провокират и най-големите травми. След това са проблемите с парите, здравето, чувството за срам или на някаква вина.

И понеже споменах здраве, основната причина да го губим е умът ни и неразумният начин, по който живеем. Естествено е, когато в нас липсва хармония, тялото да дава сигнали. Проблемът при повечето хора е, че са загубили връзката със самите себе си, защото са твърде заети да работят. Те просто се нуждаят от възстановяване на тази връзка. Могат да се научат и как да се зареджат с енергия, да станат по-отговорни за избора, който правят, да бъдат в хармония със себе си.

Възможно ли е да се лекуват болести с този тип дишане?

Да. Имам клиент, който беше с диагноза рак на простатата. Беше много скептичен, когато започнахме да работим, но съпругата му купи някои от моите CD-та с медитации. Той идваше на сесии с дишане и започна да слуша всяка вечер медитациите ми. От месец насам резултатите му се подобряват. Ракът му е започнал да намалява.

Колко сесии минимум е добре да направи човек?

За препоръчване – 10, за да можеш да минеш през травматичните моменти в живота ти, през тази част, която не разбираш. От теб зависи дали ще ги правиш веднъж седмично, месечно или на ▶



каквито интервали прецениш. Препоръчително е да е поне веднъж месечно. А когато освободиш максимално травми от тялото ти, основният резултат от дишането е постигането на повече яснота по отношение на себе си и на способност да виждаш и преценяваш истинския живот много ясно. След такъв брой сесии обикновено започваш да можеш сам да правиш бретуърк - сеанс с дишане, но само на себе си. На друг - не, за това се изисква допълнителна подготовка. След като приключим тези 10 сесии, моите пациенти, които имат нужда, продължават да държат връзка с мен по телефона или по имейла, защото много пътувам.

Пътуваш?

Средно половината от годината съм извън Австралия. Иначе поставям началото на бретуърк школите в Малайзия, Сайгон, Средния изток, Иран, Китай. Следващата година ще направя тренинг за преподаване на техниките на бретуърк в Китай. Работя много и в Европа и Щатите.

А как се появи рибъртингът в твоя живот, Джон?

Неочаквано. В момент на много голяма лична криза. Винаги съм си представял живота като път в координатна система, който както и да криволичи, все пак води нагоре. Учиш, овладяваш някакви правила и те ти помагат да се справиш. И представи си как всичко, в което вярвах, за секунда ми беше отнето. Появиха се много сериозни проблеми във връзката ми. Разведох се. Загубих сина си, дома си, кариерата си. Цялостната ми представа за любовта се срива болезнено! Сгръмолясах се под координатната система. И търсейки някакви пътища за себе си, се подложих на рибъртинг. Без да зная какво е.

И как го почувства?

По време на сесията успях да стигна до сърцето и душата ми. Открих кой съм. Погледнах отвисоко на проблемите си и установих, че не са толкова страшни. Свързах се с емоциите си, което за мъжете е по-трудно. Освободих много болка, почувствах се зареден със сила и, образно казано, се изправих. Ако не го бях направил, можех да бъда жертва и сърдит до края на живота си и да не съм способен да имам връзка отново. От тази първа сесия насам мисля, че мога да се справя с всичко, дори да е наистина ужасно.

А какви бяха твоите вътрешни препятствия за преодоляване?

Част от травмите ми бяха свързани с моя произход. Може да си обърнала внимание на фамилията ми. Аз съм от гръцки произход. Заченат съм в кораба от Гърция за Австралия. Сблъсках се с много отрицателно отношение за това, че съм чужденец. Някои мои учители се погрижиха да имам травмиращо в емоционален план детство. Понесъл съм доста унижения. И заради тях в продължение на години получавях панически атаки, дори губех зрение, когато се налагаше да говоря пред много хора. Благодарение на рибъртинг сесията успях да освободя тази болка и днес се справям чудесно пред аудитория. Втората ми сесия беше още по-интересна. Тогава успях да се върна във времето на моето раждане.

И как се чувстваше?

Много трудно и болезнено физически и емоционално. Майка ми е

била хоспитализирана в шестия месец заради травма от нещо, което е видяла. Можеш да си представиш колко уплашена и притеснена се е чувствала - в болница в чужда страна, чийто език не разбира. Известно е, че всичко, което майката усеща, се отразява на бебето. Държали са я цял месец и се е наложило да ме изродят предварително. На седмия месец от бременността са й били инжекция и са предизвикали раждането. Отделили са ме от нея и са ме сложили в инкубатор.

По време на дишането се свързах с момента, в който са ме израждали. И усетих обръкване и паника. Основната идея на работата с дишането е да откриеш и да се освободиш от всяка травма или система от убеждения, които си създад от момента, в който си се родил и след това... Да се изправиш пред тези страхове и да си дадеш сметка за тях и че те карат да се държиш по определен начин.

Начинът на раждане е много важен. Бебетата, родени по естествен път, имат много повече живот и енергия и са по-малко травмирани.

Не е ли необходимо човек да е подготвен психически, да е израснал на определено духовно ниво, преди да се изправи пред травми, които излизат наяве по време на рибъртинг?

По-скоро е необходим подготвен човек, който да води рибъртинг сесията. С него в предварителния разговор разисквате много неща и той ти помага психологически устойчиво да се изправиш срещу своите травми. Освен това ти помага с наставления и докато дишаш, твои проблеми изплуват в съзнанието ти.

Ти с какво се занимаваше, преди да започнеш да водиш с рибъртинг?

Бях зботехник. Но след няколко сесии, на които се подложих, от Института по рибъртинг ме попитаха защо не опитам да ги водя сам. Опитах, после се пристраших да правя групови сесии. По-късно започнах да работя с деца, после с деца и техните родители. След това с двойки. Започнах да помагам и на моя син и на моите близки.

От колко години се занимаваш с тази работа?

Вече около 16. Сега съм на 42.

Доколко е популярен рибъртингът в Австралия?

Тя беше една от първите страни, в която правителството регистрира официално бретуърк организацията. У нас около 100 души водят бретуърк. Имаме и училища, в които се подготвят водещи на бретуърк. На ежегодната на Световна конференция се събираме над 300 и повече, които са регистрирани.

Как се отнасяш към ежедневния си ритъм на живот? Спазваш ли някакви ограничения в храната си например?

Най-интересно и важно в моя живот е как да го направя балансиран по най-добрия начин. Постига се с добра дисциплина по отношение на това колко бих искал да работя, какво ще ям, какво ще пия. Когато съм в Австралия, работя четири пъти седмично. Обичам да спортувам. Няколко пъти годишно правя прочиствания само на сокове за по 10 дни или избягвам някои храни. Имам периоди в годината, в които не пия кафе и алкохол. Истината е в баланс! Няма смисъл да си забранявам парче шоколад или да не пия кафе. Няма нищо грешно в чаша вино. Мисля, че най-главното е човек да се храни умерено. Опитвам се и да не ям храни, които са преработвани.

А колко често правиш дишане за рибъртинг?

Всеки ден преди заспиване. И ако съм се срещнал с напрегнат или стресиран човек по време на сесия, имам нужда от някой друг, с когото да си поговоря. Защото понякога, говорейки с други хора, освобождаваме много болка и напрежение. **Е**

Впечатления на жена, преживяла рибъртинг, след първата ѝ сесия:

„Звукът на туптене на сърце в музиката, на фона на която се случваше сесията, задаваше ритъм на дишането ми. Когато се успокоих, почувствах като че ли всяка клетка в мен започна да вибрира. И се сетих за нещо, което не съм правила от дете. Тогава обръщах прахосмукачката и слагах пинг-понг на изхода. И започнах да се смея. Усетих се като това топче.“ Първата ѝ сесия я връща в спомените за ражданията на двете ѝ дъщери. Вижда и самата себе си като новородено бебе в ръцете на собствените си баща, излизащ от рогилното отделение.

This month's hero

Former dental technician John Stamoulos, conceived on a boat from Greece to Australia, can make you relive your birth through a unique method, combining breathing, meditation and psychoanalysis. It helps to release stress and heal your body and soul.

John

Master of breath

text Lilia Stambolova

EVA magazine

Bulgaria

Australian John Stamoulos is one of the world's leading specialists in rebirthing. It is a special breathing technique that also involves meditation and fine psychotherapy which releases trauma on all levels - emotional, psychological and physical. This technique was developed by American Lenard Orr at the end of the 70s. Many people that go through rebirthing share that their mind experiences visions that they claim were from their early childhood and even their birth.

Two members of our staff visited the course and shared amazing details. They firmly agreed that the technique really helped them remove the stress built up for years, get closer to a true inner balance and to feel more energetic.

John claims that rebirthing improves concentration and stabilizes health. I first met Stamoulos during his first trip to Bulgaria during the summer. I found out he was coming back in October. He not only gave an exclusive interview for EVA magazine, but he also allowed us to attend a rebirthing session. The session is no less than impressive. We start a conversation that reminds of undressing the soul down to its most intimate corners. It's something of a spiritual healing, it helps realize the logic of behaviors and helps you find ways to face your thoughts and feelings in a healthy way. The breathing that follows takes 45 minutes to an hour. This session activates memories and feelings. The patient shares them with John, lives through them and overcomes them. At the end I find that the session I am attending is of a patient who lives a fast life full of stress. He hasn't rested in a long time, yet he feels calm, recharged and just like new.

Here is John's story:

John, what are the most common issues that your patients have?

They are mostly emotional issues, that are deeply rooted in the relationships between people. They are also the ones that provoke the deepest trauma. Next are financial issues, health problems, or specific feelings of shame or guilt. Because I mentioned health, the main reason we lose it is our brains and the unwise ways that we live our lives. When we are out of balance, the body signals that. Most people have lost all touch with themselves because they are too busy working. They need to reestablish this relationship. They can learn to recharge, to take more responsibility for their actions, to be in balance with themselves.

Can this type of breathing heal the body?

Yes. I have a client who had prostate cancer. He was extremely skeptical when we started, but his wife bought a few of my CDs with meditation. He came to breathing sessions and listened to my CDs every night. He's been getting better, his cancer is receding.

How many sessions minimum are enough to feel the effect?

I suggest a minimum of 10 sessions, so that you can relive the traumatic moments in your life, the part that you do not understand. It's completely up to you whether you do them once a week or once a month or however often you choose to.

Once a month is the minimum I recommend. When you have let go of most trauma from your body, the main result of this breathing is that you achieve better clarity and you can see and assess real life better. After such a number of sessions you can usually do your own breathwork – this is a session of breathing that you do to yourself. You need special training to work with someone else. After the 10 sessions are done, patients keep contact with me by phone or email, because I travel so much.

You travel?

I spend half of the year outside of Australia. I started the breathwork schools in Malaysia, Saigon, the Middle East, Iran, China. Next year I am teaching a trainers' course in China. I work a lot in Europe and the USA.

How did rebirthing start in your life?

It happened quite unexpectedly. I was in the midst of a deep personal crisis. I always imagined life was a road in a coordinate system and no matter where it lead, it always went up. You learned, you mastered the rules and they helped you cope. All I believed was taken from me in seconds. I had serious relationship problems, I got divorced. I lost my son, my home, my career. I saw my image of love painfully crumble. I fell under the coordinate system of life. I was looking for ways to reach to myself and I went under rebirthing. I had no idea what it was at the time.

What did it feel like?

During my session I was able to reach my heart and soul. I discovered who I was. I looked at my problems from a distance and I realized they were not so scary. I got in touch with my emotions, which is much harder to do for a male. I got free of a lot of pain. I felt my power was recharged and metaphorically speaking, I just stood up. If I hadn't done the session, I could have been a victim for the rest of my life, an angry person. I could have not been able to have a relationship for the rest of my life. Ever since this first session, I think that I can handle anything, even if it's really horrible.

What were your inner issues to overcome?

Some of the trauma was connected to my origins. You might have noticed my family name. I am of Greek roots, I was conceived on a ship from Greece to Australia. I was faced with a lot of negative attitudes because I was a foreigner. Some of my teachers made sure I had a traumatic childhood. I was humiliated a lot. I used to get panic attacks, loss of vision, especially when I needed to talk in front of large groups of people. Thanks to rebirthing I was able to let that pain go and I do wonderfully with large audiences today. My second session was even more interesting. It took me back to the time of my birth.

How did that feel?

It was extremely difficult both physically and emotionally. My mother was hospitalized when she was 6 months pregnant because of the shock of something she saw. You can imagine how scared and worried she must have been, in a foreign country, in a hospital where people speak a language she did not understand. We know that everything the mother feels get transferred to the baby. She was there a whole month and they had to cause my birth. They actually initiated the birth with an injection. They separated me from her and put me in an incubator.

During my breathwork I connected to the moment of my birth. I felt totally panicked and confused. The main idea behind rebirthing is to set yourself free from any trauma or system of beliefs which you have created for yourself, from the moment you were born and after. You need to face these fears and realize that they make you behave in certain ways. How you were born is of major importance. Babies who experienced natural birth have a lot more energy and are less traumatized.

Should one be prepared, in a way, to have awakened to a certain level of spirituality, before they can face the trauma that surfaces during rebirthing?

In fact, it is the person leading the session who needs to be prepared. In the preliminary sessions you discuss many subjects and he helps you to be psychologically stable when you face your trauma. The therapist leads you through breathing and he leads you through your surfacing issues.

What did you do before you started rebirthing therapy?

I was a dental technician. After a few sessions, the Rebirthing Institute asked if I would like to teach the technique. Then I overcame my fears and started group therapy. Later I started with children, then parents. Then couples. I started helping my son and my relatives.

How long since you started teaching rebirthing?

It's been 16 years. I am 42 now.

How popular is rebirthing in Australia?

It was one of the first countries where the government officially registered the breathwork organization. There are over 100 breathwork practitioners in Australia. We have training schools. The yearly world conference gets together about 300 registered practitioners.

Tell us how you live your life. Do you limit your food, for example?

The most interesting and important thing is my life is how to balance it in the best way possible. I achieve this by being disciplined about how much I work, eat, or drink. When I am in Australia I work 4 days a week.

I love to exercise. A few times I year I do 10 day juice fasts or avoid certain foods. Sometimes I have periods without coffee or alcohol. You need to achieve balance! It makes no sense to deprive yourself of a piece of chocolate or coffee. There is nothing bad in a glass of wine. One shouldn't overeat. I also try to avoid processed foods.

How often do you do breathwork?

Every day before I fall asleep. If I had a session with someone who was really stressed out, I need to talk it off with someone else. Talking releases a lot of tension and pain.

One woman shares her impressions from her first rebirthing session

The sound of a heart beating with the music during the session gave my breath a certain rhythm. When I calmed down I felt like every single cell inside my body was vibrating. I thought of something I hadn't done since I was a child. I used to turn the vacuum upside down and put a ping pong at the end of the hose. I started laughing. I felt like I was that ping pong. I remembered giving birth to my two daughters. Then I saw myself as a baby in my father's hands on the way out of the hospital.