### **Rebirthing Breathwork**

#### WHAT IS REBIRTHING?

Rebirthing Breathwork is a powerful tool for inner transformation that uses our breath as a bridge between our body, mind, and emotions.  
Leonard Orr, the creator of this technique, defined it as the art of breathing in divine energy along with air, and allowing that energy to do its healing work from within.

Through energetic, conscious and connected breathing, we access an expanded state of consciousness, unblock emotions, allow memories to resurface, and allow ourselves to see and integrate trauma.

The name "Rebirthing" comes from the idea that many of our deepest emotional wounds originate during our **birth** and **prenatal stages**. By remembering these experiences, we can integrate them and allow for an emotional and spiritual "rebirth."

This way, we find deep inner clarity that guides us through our current challenges, opens the possibility to move beyond our limitations, and gradually helps us reconnect with our essence and sense of purpose.

#### HOW IS A REBIRTHING SESSION?

The session begins with a shared conversation. The facilitator explains about the practice, while the consultant shares their story and current challenges, the reason that brings them to the session.

Next comes the breathwork session. In this part, the consultant does the work, guided by the vital energy of the breath. The facilitator ensures the breath is sustained and brings support for entering the experience and moving through emotional release.

Finally, the experiences are integrated through a closing conversation.

In the case of ongoing work over several sessions, the facilitator may offer suggestions or exercises to carry between sessions.

### FAQs

1. Why take a session?

* To release deep emotional blockages
* To recognize and integrate birth trauma
* To connect with deep inner clarity
* To expand consciousness
* To return to the body and the present moment
* To reprogram limiting beliefs

2. What can be experienced during a session?

* Intense physical sensations (tingling, heat, cold, mild spasms)
* Emotions emerging “without an apparent reason”
* Memories and symbolic images (through all senses)
* A strong feeling of relief or release at the end
* Sometimes an “energetic discharge” that feels like a deep cleansing

3. How often should sessions be done?  
At the beginning, it’s recommended to do a cycle of weekly or biweekly sessions. One gradually adopts the new breathing technique, learning and integrating it. Each session is different and unique. The goal is to provide a tool that can be self-managed later, always having the opportunity of taking guided sessions as desired.

4. Is our birth always remembered?  
We don’t set out looking for anything specific. Rather, we allow whatever needs to emerge to come forth and guide the personal process. Birth memories often surface naturally during the process.

5. Can sessions be done in groups?  
The practice can be done individually or in groups. Each format has its own benefits.

6. Can it be done online?  
 Yes, sessions can be practiced both in-person and online.

### **Human Biography**

#### WHAT IS HUMAN BIOGRAPHY?

The Human Biography approach invites us to move beyond a limited perspective and review our entire life story with expanded awareness.

This journey begins by grounding ourselves in the natural emotional and physiological needs of the human child. From this base, a conversational therapy unfolds, aimed at reviewing early life experiences, and contrasting them to those basic needs.

By understanding this gap, along with the survival strategies and mechanisms we developed as children to navigate those early environments, we can better understand the unconscious patterns that shape our current behavior.

These traits, once necessary to secure emotional nourishment, have now become unconscious limitations that prevent us from fully expressing our desires, authenticity, generosity, and unconditional love.

This approach invites us to redirect our life path, clarifying our purpose as part of a journey back to our essential, authentic self.

#### HOW IS HUMAN BIOGRAPHY PRACTICED?

This practice is carried out in periodic, individual, online sessions.

In the first sessions, we explore personal history with an objective and expanded lens, reviewing experiences, narratives, and paradigms.

We attempt to describe the childhood environment through a metaphorical image that captures the essence of the environment where we came from.

Next, we identify the traits and impulses we developed to navigate that environment, those that helped us obtain emotional nourishment. These traits are symbolically summarized as a second image: the “character” or “costume” we unconsciously adopted.

Then we explore the benefits and downsides of these deeply rooted unconscious traits. How do they help or harm our development and affect those around us. This expanded perspective allows us to make different choices from the automatic ones we usually make.

Finally, we explore our life's purpose, with new possibilities beyond our limitations. We begin to train for a new direction, gradually aligning with our essential, authentic self.