

Rebirthing — Maha Yoga Spiritual Breathing

Excerpted from the book, "Physical Immortality" by Leonard Orr, the founder of Rebirthing.

Rebirthing is an American form of Prana yoga that is closest to Kriya Yoga. It may be called scientific breathing rhythm or spiritual breathing. Simply described, it is a relaxed, intuitive, connected breathing rhythm, in which the inhale is connected to the exhale, and the inner breath is merged with the outer breath. This merging of pure life energy with air sends vibrations through the nervous system and circulatory system which cleans the body and the human aura, and nourishes and balances the human mind and body.

As the Maha Yoga, Rebirthing is the direct intuitive experience of God through the human breath. Connecting the inhale to the exhale in a relaxed rhythm brings about an awareness of a direct mental perception of spirit, an emotional feeling of spirit, and a physical sensation of the actual life energy, which is Almighty God flowing through the flesh.

A Rebirther is a breathing guide who has practiced enough to initiate another person into this awareness. It normally takes a rebirther about five to ten minutes to guide a person into a rhythm that is free and relaxed enough to perceive God in mind and body, but once this connection is made, it is desirable to surrender to the spirit of the human breath until a completed energy cycle is experienced, which usually takes an hour or more for beginners.

The Rebirthing session may contain dramatic emotional or physical changes. Actually, spirit is cleaning, balancing, and nourishing the human mind and body. These changes can be photographed by Kirlian photography. The physical changes can be measured by the analysis of the air in the breath and the blood chemistry. The rebirthee normally experiences a profound sense of inner cleanliness and divine feelings of love and serenity.

Rebirthing is very fast and very deep. The Breath of Life is, always will be, and always has been, one of the simplest, most direct and powerful methods of spiritual purification. Merely connecting the inhale to the exhale in a relaxed rhythm is the great secret to appropriating the Almighty Breath of Life in a practical way. If God had not made it easy, no one would ever make it.

The Breath of Life can send mind and body on a trip through the cosmos. Rebirthing has been called instant spiritual enlightenment and cosmic consciousness.

Rebirthing is intuitive. To discover rebirthing is to discover God. But since God is one, it is possible for one person to lead another into the intuitive perception of God in the breath. Perceiving God in our own breath makes it easy to see God everywhere, all the time, since we breath most of the time. It is easy to see God in other people's breath and to help them perceive God in their own breath.

But Rebirthing also involves being the master of your total consciousness, and filling total mind and body with light and aliveness—new life. It involves unraveling the birth-death cycle, which includes freedom from the parental disapproval syndrome, unpleasant emotions from this, and previous lives. It involves the conscious use of the powerful human breath, for the eternal aliveness, health, and success of spirit, mind, and body. Therefore, Rebirthing involves all the methods of spiritual purification.

Unraveling the birth death cycle through total breath mastery has the power to produce mahamritenjaya (supreme victory over death).

Maha Avatar Babaji is presently better known as Herakhan Baba and dwells in the Himalayas near Haldwani and Nainital. I have visited Babaji 3 times for one month each: January '78, April '79, and January '80. It is my great privilege and blessing to meet him in physical form and to be taught by him.

Before I met Babaji in the flesh, I had figured out that breathing in cooperation with the mind, was the key to the health of the body and mind. I had concluded that the Breath of Life could be the "Fountain of Youth" and, therefore, the key to the eternal life of the body as well as the mind.

Since Babaji has mastered the eternal life of the spirit, mind, and body, and, though thousands of years old, still has the appearance and integrity of a young man, I thought that if anyone on earth could validate my cherished logic, it would be him. I had tested my ideas on thousands of the world's greatest minds, but he was the first genuine immortal I had met. As it turned out, He called Rebirthing the "New Yoga", and by so doing, Babaji honored an American as the discoverer and teacher of the spirit and simplicity of Indian tradition and culture.

As new yoga, rebirthing is not a discipline, it is an inspiration. It is not teaching a person how to breathe, it is the intuitive and gentle act of learning how to breathe from the breath itself. It is connecting the inhale with the exhale in a relaxed, intuitive rhythm until the inner breath, which is the Spirit and source of breath itself is merged with air — the outer breath. Rebirthing merges spirit and matter in a simple, scientific method of spiritual breathing that is definitely one of the highest and most direct forms of yoga-science of life or union with God.

Rebirthing is something special. It is the power of God for the salvation of the body and cleaning of the mind. Rebirthing is a method of spiritual breathing which in just a few minutes produces the most profound religious experience.

The paradox of spiritual wisdom is that, while it is self validating, it is irrelevant, unless it is shared with the masses of mankind. The highest wisdom and power is insignificant, unless it is also common and ordinary. God is so ordinary that nobody notices him.

The Rebirthing Movement has been built upon a solid foundation of self-sufficient, highly competent professionals. But now that the foundation is present, it is vitally important that this wonderful scientific, spiritual, breathing method gets integrated into as many institutions as possible.