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The Centre for Human Transformation

- Melbourne -

www.humantransformation.com.au

**Training Program in Rebirthing,
Breathwork, Cellular and Organic
Memory Release**

Module 1

May 9 to 22, 2009

'Australia's most comprehensive training'

For further information or to reserve a place in the programme,
call Deva Daricha on **03 5965 2325** or **041 9991434**

PO Box 233 Yarra Glen, VIC 3775. Email daricha@bordernet.com.au

Fee for the first 14-day module including meals and accommodation \$2600

Life is the time between two breaths – the first and the last. In between, embodied consciousness presents us with the experience of being alive....

In between times, each in-breath recapitulates the issues surrounding our incarnation and each exhale if conscious, prepares us for release from the body and return to the Source. Most of us rarely breathe consciously and hidden in our unconsciousness of how our breath moves through us lies our karma.

By changing our focus and bringing awareness to how we breathe and how we feel at any particular moment, patterns of contraction, fear, incompleteness – the full isolation of our personality from Spirit can gradually be released.

From earliest times breath has been used as a path to self-knowledge, healing, meditative awareness and transcendence. Many different yogas, martial arts, and shamanic pathways have been concerned with the vital and profound influence of the breath on human experience.

This 42-day training is designed over 2 years to train participants in the contemporary healing arts of rebirthing, breath therapy and cellular memory release.

Properly understood and practiced, these arts prepare the physical, emotional and mental bodies for transcendent experience. While these practices prepare s for this possibility, the experience of transcendence as such is always a gift of grace

Structure

The program will be taught in three 14-day modules with approximately 9 months between each module. The work is taught holistically, moving between practice, experience and theoretical formulations, moving from personal experience to research data, and back again. Some areas of study will unfold sequentially at deeper levels through each module.

Understanding and Witness Consciousness

- The healer as witness to the process of Grace
- Doing and non-doing as a Rebirthing Practitioner

Maps, Models and Metaphors

- The Cartography of Consciousness
- Western and Eastern Maps
- Dr. Stanislav Grof and Transpersonal Philosophy Psychology and Psychiatry

Establishing a professional rebirthing practice

- Brochures
- Cards
- Establishing a web presence
- Networking
- Professional Organisations

Practicum

This is the "hands on" portion of the training. Both during and between modules participants will learn to guide others through their rebirthing journeys. Attention will be given to issues concerning practitioner / client interactions.

Methodology

- Teaching/learning methods include
- Workshop Format
- Discussion
- Reading
- Audio and Video tapes
- Research Reports
- Practicum

Recent research and practice

The trainers regularly attend international conferences in the areas of this training. Some of the recent researches that will be explored during this training include:

- Birth and the Origin of Violence
- Lotus Birth

Anaesthesia at Birth and the Relation to Drug Addiction

The Work of Dr Michelle Odent

Dr. Lloyd Demause and the History of Birth and Childhood

Birth and transcendence

Water birth

Mentor

Each participant will be appointed a Mentor who can assist them and supervise them in the time between training modules. The Mentor will be an experienced practitioner.

Music

Choosing appropriate music to accompany sessions: specific music to elicit certain forms of experience.

Psychoacoustics and sound therapy Participants will become familiar with the work of Dr. John David and the release of old patterns and emotions through sound. We shall also explore his work on brain/mind expansion, ultra intelligence and boosting the immune system.

Dr. Lloyd Glauberman and Hypnoperipheral Processing

Dr. Albert Tomitas and "Sound Therapy for the Walkman"

Anna Wise and the High Performance Mind

Tom Kenyon and Work With the Inner Child

Biograms

The Biogram system for Healing the Body.

Nerve and Muscle Regeneration

Hormone balance.

Healthy Bones.

Rejuvenating the Circulatory System.

Mandalas

Utilising the artistic form of mandalas as a way of understanding the flow of feeling, emotions and memories through the organic mind.

Water Birth

Dr. William Emerson

A study of Dr. William Emerson's work on releasing birth trauma in babies and young children.

Ecstatic postures

Exploration of the forms that the body can assume during ecstatic and transcendent experience.

- Leary and Wilson _Neurobiological Circuitry

Transpersonal Experiences

- ways of Inducing Altered States of Consciousness through Breath, Sound, Movement and Word
- Spiritual Emergence and Emergency. The distinction between these experiences and psychotic (breaks) episodes
- Kundalini Awakening

Breath Styles

There are many different ways of using the breath to bring healing and clarity to oneself, friends and clients. Each will bring benefits to various areas of life. We teach several different styles or techniques so that practitioners have a "full toolbox" when facing different situations.

Conscious Connected Breath

- "Brain Blaster"
- Rollover Breath
- Exploring the Exhale - the Death Breath
- Grof Holonomic Breath Style
- Underwater Rebirthing
- Tantric Kriya Breath
- Ways of Working with Anaesthesia and clearing it from the body's memory

The Organic Mind

We conceptualise the 'organic mind' as the intelligent body consciousness, the 'mind' of the tissue, organs, blood and bones. At a cellular level, and beyond, forgotten memories are stored, and these can be brought to the surface of our awareness and released.

In this exploration we are able to validate for ourselves the conceptual maps that are being articulated.

- Body Consciousness and Body Memory
- Cellular Memory Release
- Genetic and Evolutionary Memory
- Ways in which the body expresses its memory of the birth process
- The impact of the mother's and grandmother's birth memories on a birth process

The Patterns of Incarnation

- The influence of conception memories
- Interuterine experience
- The missing twin syndrome
- Attempted abortions
- Unwelcome pregnancies
- The effect of the mother's experience on the developing foetus
- A death in the family
- The trimesters - 1st
- 2nd
- 3rd

The Nature of Evidence

In this program the evidence presented will come from three sources.

Personal Experience - includes data from meditation, breath work, regression, primal experience, bodywork and Shamanic exploration.

Clinical Data - case studies from the trainer's 45 years of experience in this area
Research Data - students will become acquainted with the latest research data for the appropriate areas of the training.

Meditations

The personal and professional use of various meditations. Program participants will become familiar with the following meditations:

- Dynamic
- Kundalini
- Chakra Breathing
- Nadabrahma
- Laughter

Processes

Participants will experience the healing power of the following processes and in the third module will learn how to offer them as one and two-day programs for their clients and other interested parties.

- Family Constellations
- The First Gaze
- Repatterning Conception
- Sedona Method

- Evolutionary Journey
- Spirit Release
- Releasing Epidurals

Healing Technologies

Experiencing, understanding and utilising healing technologies that will aid and increase the effectiveness of the healing process.

- Quantronic Resonance System
- The Chi Machine
- Far Infrared Ray Devices
- Float Tanks
- Sound and Light Machines
- Nutritional Supplementation
The Bio-electric Field Enhancer
Detoxifying the body
Breakthroughs in Glyco Science

Birth and Post Birth trauma

- Impacts on mother and baby
- Obstetrical intervention
 - Induction
 - Epidurals
 - Analgesia
 - Episiotomies
 - Forceps
 - Caesarean Section
 - Cutting the Cord
- Circumcision
- Separation and Isolation
- Adoption
- Formula Feeding
- The Work of the Pioneers
 - Anna Freud
 - Frank Lake
 - Stanislav Grov
 - Arthur Janov
 - Leslie Feher