

WARM WATER REBIRTHING

THE SYMBOLOGY

Yin, womb, birth, infancy consciousness (helplessness), no exit terror (struggle), letting go of control leading to trust and really incarnating.

This is more powerful than dry rebirthing. It is advisable to have previous experience and trust of the rebirthing process.

PREPARATION

- 1) This procedure can be done in a bath when a hot tub is not available. Set up the place so that it is and feels clean and tidy (a candle, flowers, etc)
- 2) The temperature of the water should be comfortable (37-38 degrees C)
- 3) Foresee one or two people to support the rebirthee
- 4) Explain the process beforehand to the rebirthee as, once in the water, people may feel disorientated due to birth associated memories, the heat or the more activating mouth breathing through the snorkel

PROCEDURE

- 1) Can be done either floating on the front with a snorkel or floating on the back and breathing through the nose/mouth. Be aware of fear of water or putting head under the water. The rebirthee may wish to begin by being supported on their back anyway, sitting or even just dabbing foot or hand in the water
- 2) Encourage the rebirthee to relax more and more (with the breath) while being supported gently by both the water and the rebirther
- 3) Encourage them to always move very slowly in and around the tub, staying focused in their body

INTEGRATION

- 1) Warm water rebirthing is very powerful and allows the rebirthee to go into a deeper process, so allow plenty of integration time. This can be on the side of the tub or in another room by a fire.
- 2) Grounding is also important. Consider them taking a cold or lukewarm shower, going for a walk in nature, having a cup of tea
- 3) Check that the rebirthee feels ready and able to drive home.

COLD WATER REBIRTHING

THE SYMBOLOGY

Yang, sun, spirit, death, fire, male, day time, father, direction and purpose.

This is an advanced technique. It takes experience to enter the cold water with integrity, as a witness. The sensation is fear. The fear causes the sensation called "cold". When we are afraid/cold, we shake.

THE PURPOSE

- 1) To balance the Warm Water Rebirthing (yin)
- 2) To integrate feelings associated with fear, misery, death and temperature trauma from birth experiences
- 3) To learn to experience more pleasure in the body, more aliveness, clarity and grounding.

PREPARATION

- 1) Totally understand the process and the role of your rebirther before commencing
- 2) SLOWLY IS HOLY
- 3) The ideal water temperature is 18C (cold tap water in Summer, add hot in Winter)
- 4) The room must be warm, with candles (fire), a supportive environment (clean, tidy, flowers, incense, etc.) and a comfortable seat from which to enter the water
- 5) A sweater may be worn on the top half to help the body feel secure. Have warm towels, bath robe ready
- 6) Beware of competition and comparison issues to prove how brave you are!

PROCEDURE

- 1) Start conscious breathing before entering the water
- 2) Proceed with one foot very slowly, totally integrating the experience before moving on. Continue in this way through your body
- 3) Relax into the sensations. Notice when your main chakras enter the water
- 4) Continue this process for an hour unless there is undue discomfort. If you only reach the knees in this time, that's fine. The important thing is to integrate the experience
- 5) If you have to come out mid-process for any reason, get dried and when you go in again, start from the beginning
- 6) After an hour, if you feel complete, totally immerse your body, incl. you whole head, slowly into the water before getting out and relax.
Do this even if you only reached your knees.
- 7) After the rebirth, it is good to lie down in front of the fire if possible. Cover yourself with lots of blankets to feel secure. Lie on your back, as this keeps the energy moving better and continue to breathe strongly to re-energise your body.
Very often there is shivering from the inner cold and it is important to stay with this until it goes away as the body is still processing the cold and fear.