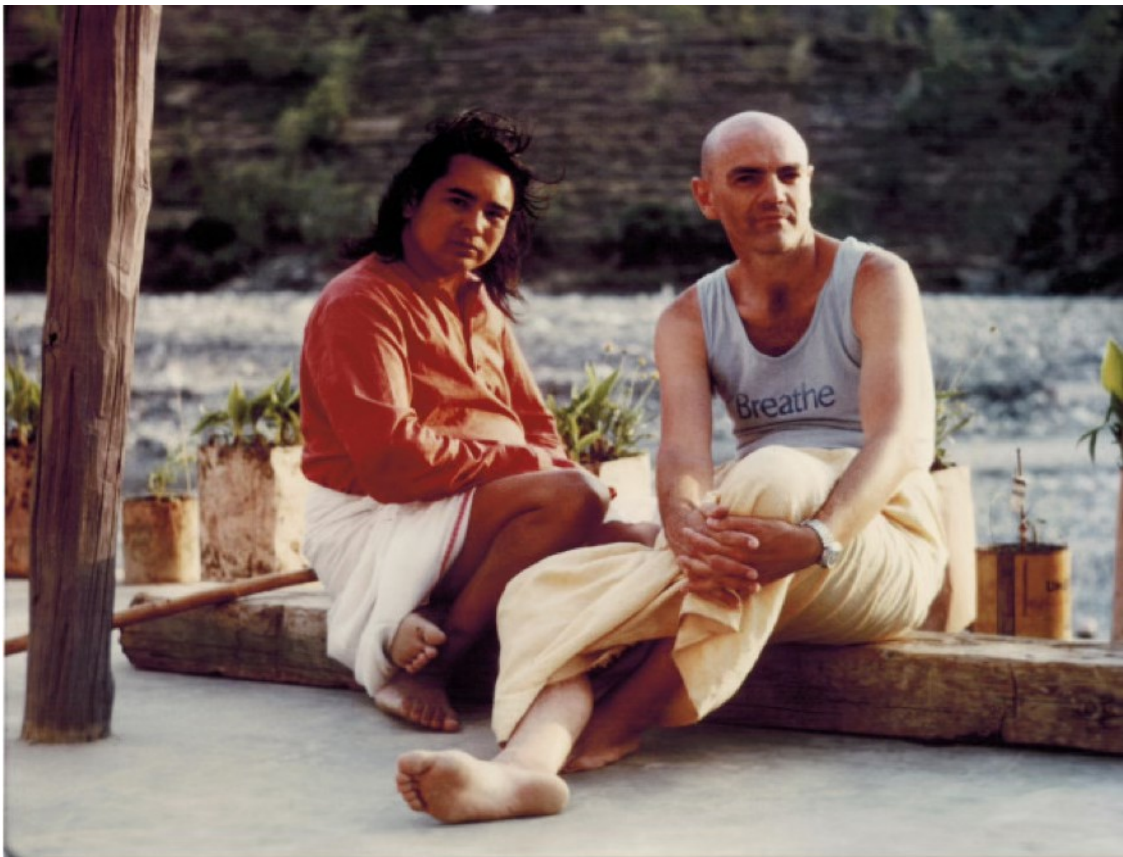


Len Raja's Special Newsletter

May & June 2005
By Leonard D. Orr, A.R.



Picture: Leonard Orr and Shri Haidakhan Wale Baba at Haidakhan ashram, Uttarakhand, India. To those who asked, Haidakhan Baba acknowledged that He was the Shiva Mahavatar Babaji, known to many thousands in the West through Paramahansa Yogananda's Autobiography of a Yogi.

Len Raja's Special Newsletter May & June 2005

By Leonard Orr

Dear Generous Friends ~

I think you'll agree this newsletter is an amazing collection of information that you'll enjoy reading again and again and sharing with people. **You have my permission to make 100 copies, or more, and share them freely.**

Do you love death?

Do you have an unconscious death urge?

Are you killing your self?

Do you know how to heal the death urge?

Are you doing it?

These might seem like severe questions but as you will see, death has no power except what we give to it in our own mind. Everyone creates their own death.

Isaiah

Isaiah: No more shall an infant from there live but a few days, nor an old man who has not fulfilled his days; for the child shall die one hundred years old, but the sinner being one hundred years old shall be accursed.

1. Children will no longer die.
2. People will live so many hundreds, or thousands, of years that a person who is a hundred is still considered a "child".
3. These are the days that are coming. But for the last three thousand years, since Isaiah, people are still living under the curse.

Notice the detail: people who die before 100 are still under the curse. What curse?

The curse of death?

The death of Jesus didn't change the longevity statistics in the last two thousand years. In fact, a thousand years ago was called the Dark Ages in which people died before 35 years of age. Even geniuses like Mozart. The statistics have only changed significantly the last hundred years. In the last hundred years, longevity has doubled from 35 to 75.

Theologians will say the curse of Adam.

Medical scientists will say the curse of eating meat - heart disease, cancer, kidney and liver failure, etc. Psychologists will say - stress. The many causes of stress in our complex civilization. Economists will say, "We work ourselves to death for money."

Philosophers say, "People just don't think!"

Etc., etc... Believing that death is inevitable and beyond our control is a significant cause of death.

I agree with all the above about the causes of death and add: Ignorance about our Immortal Divine Nature; and, E.E.P. (Emotional Energy Pollution) and ignorance about basic, simple, pleasurable spiritual purification practices - like conscious, intuitive, Energy Breathing, bathing twice per day, fire, fasting, mantra, and love.

Obviously, the death and resurrection of Jesus did not solve the problem, as expected by the Old Testament Prophets or as the Church has taught for 2,000 years. Christians are still under the curse and die quicker than some native tribes all over the world who, with some degree of consciousness, actually do some of the basic 7 practices I continually recommend. Longevity statistics reached an all-time low of 35 during the Christian era.

What is it about church doctrine when Christianity ruled the Western world that produced the Dark Ages? Could it be dependency theology? That Jesus will do it for us? Has done it for us? Is this what caused Christianity to fail? This is not what Jesus taught.

Jesus taught that repentance and keeping his commandments and the Father's commandments is the road to salvation.

This is the model of the immortal yogis as well as Enoch, Melchizedek, Moses, and Elijah, and Jesus. Longevity is not desirable if we are not healthy, happy, successful, and prosperous.

Death is desirable when we lose the joy of Life.

The practices are the Science of Aliveness in all realms - in heaven and on earth. They keep us happy, healthy, and successful.

Are you working the death and reincarnation model? Or, are you working the personal mastery model?

In the world after death, many people who return have said that Purgatory and hell involve involuntary spiritual purification with fire and water and other tortures - extreme heat and cold, etc. This leads us to the conclusion that spiritual purification is either voluntary or involuntary. When we evolve a lifestyle that includes the spiritual purification practices with the elements in a pleasurable way for us we not only conquer death but we keep ourselves constantly in the joy of living in the God Presence and have the ability to create a successful life in every respect.

Here is another Bible quote.

Romans 8:

14. For as many as are led by the Spirit of God, these are sons of God. (We have to listen to and be led by our Divine Nature.)

15. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." (If we weren't raised with the idea of Being God's children we have to adopt the idea of ABBA - God as our Father.)

16. The Spirit Himself bears witness with our spirit that we are children of God,

17. and if children, then heirs - heirs of God and joint heirs with Christ.

18. For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

19. For the earnest expectation of the creation eagerly waits for the revealing of the sons of God.

20. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope.

21. Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.

22. For we know that the whole creation groans and travails with birth pains until now.

23. Not only that, but we also who have the first fruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.

Notice that the whole creation groans and travails until The Redemption of the Body!

The Redemption of the Body is the goal of creation!

Jesus taught for all of us The Eternal Life of the Body. Physical immortality means to incorporate the physical body into the Conscious Life of the Eternal Spirit.

John 6:

49. Your fathers ate the manna in the wilderness, and are dead.

32. My Father gives you the true bread from heaven.

33. For the bread of God is He who comes down from heaven and gives life to the world.

58. This is the bread which came down from heaven - not as your fathers ate the manna, and are dead. He who eats this bread will live forever.

61. Does this offend you?

62. What then if you should see the Son of Man ascend where He was before?

63. It is the Spirit who gives life.

The true bread is our Divine Nature.

The Son of God is the principle of conscious individuality.

We are all thinking centers and co-creators in the One Being - The One Energy, which is the Source of all Life and healing. Thought or the Mind is the principle of separation, of multiplicity. Separation is a wonderful and beautiful thing if we use it properly. The ability to separate one thought from another and from our selves, the Source, is enlightenment, power, and mastery.

Jesus taught that nutrition is very important in the Essene Gospel of Peace, but it is not the Source of our salvation. Even though vegetarianism prevents death from cancer, heart disease, and other diseases. Our Divine Nature is the Source of our salvation - eating of the Tree of Life rather than the Tree of Knowledge. Our Tree of Life has to be the Source of our Tree of Knowledge. Spirit - our Divine Energy - has to be the source of our mind our habits.

The redemption of the Body is the symbol of our realization of Oneness. Total mastery of the Body is the natural, effortless result of the practical realization of Oneness.

Oneness is contagious.

Oneness is total consciousness.

Oneness is incorporating the Body into the conscious Life of the Eternal Spirit Energy.

Individuality doesn't disappear in Oneness. Individuality is supported by Oneness and made richer and infinitely complex - as well as simple. Oneness is the inevitable integration of Spirit, Mind, and Body. Spiritual practices with earth, air, water, and fire automatically regenerate our experience of Oneness and free us from sin - E.E.P. - Emotional Energy Pollution. The practices are the true rituals habits of Aliveness - Eternal Aliveness - they clean and balance our Soul - our Energy Body - which is the Source of the physical body. They are taught from the beginning of time in the Shiva Purana. All the immortals of history do the practices. Jesus actually said, "If anyone keeps my saying he or she will never see death." He got the saying from Babaji when he was in India with Him for 9 years. The saying referred to is, "No person can take my Life from me. I lay it down of myself and take again of myself." In other words, death has no power apart from what we give to it with our own mind and lifestyle. Jesus talked about the Holy Angels of earth, air, water, and fire in the Essene Gospel of Peace.

The Christ of India

Here is some detail on the resurrection of Jesus, in [The Christ of India](#):

When Swami Abhedananda was in the Himis monastery doing his research on the records of Jesus' life in India he was told by the abbot that Jesus had not departed from the earth at the time His Apostles saw Him ascend, but that He had returned to India where he lived with the

Himalayan yogis for many years... as recorded in one of (India's) sacred books, the Nathanamavali... It was the life of Him Whom the Goswami knew as Jesus the Christ! Here is the relevant portion of that book: "Isha Natha came to India at the age of fourteen. After this he returned to his own country and began preaching. Soon after, his brutish and materialistic countrymen conspired against him and had him crucified. After crucifixion, or perhaps even before it, Isha Natha entered samadhi by means of yoga. Seeing him thus, the Jews presumed he was dead, and buried him in a tomb. At that very moment however, one of his gurus, the great Chetan Natha, happened to be in profound meditation in the lower reaches of the Himalayas, and he saw in a vision the tortures which Isha Natha was undergoing. He therefore made his body lighter than air and passed over to the land of Israel. The day of his arrival was marked with thunder and lightening, for the gods were angry with the Jews, and the whole world trembled. When Chetan Natha arrived, he took the body of Isha Natha from the tomb, woke him from his samadhi, and later led him off to the sacred land of the Aryans. Isha Natha then established an ashram in the lower regions of the Himalayas and he established the cult of the lingam there."

This assertion is supported by two relics of Jesus which are presently found in Kashmir. One is His staff, which is kept in the monastery of Aish-Muqan and is made accessible to the public in times of public catastrophe such as floods or epidemics. The other is the Stone of Moses - a Shiva linga that had belonged to Moses and which Jesus brought to Kashmir. This linga is kept in the Shiva temple at Bijbehara in Kashmir. One hundred and eight pounds in weight, if eleven people put one finger on the stone and recite "Ka" over and over, it will rise three feet or so into the air and remain suspended as long as the recitation continues. "Shiva" means one who is auspicious and gives blessings and happiness. In ancient Sanskrit the word "ka" means to please and to satisfy-that which Shiva does for His worshippers.

Isn't it interesting how much history reveals to us when we look for it??! I am presenting here historical facts that tie a lot of things together and make it easier for you to master the idea of physical immortality and your body.

Isn't this a fun newsletter? Does it measure up to my promise in the April Newsletter that it would be most amazing? It's going to get more interesting and amazing still.

Raised From The Dead

I've had the most valuable and powerful book that 2,000 years of Christianity has produced on our book list for many years, [Raised From the Dead](#), by Father Albert J. Hebert, S.M., but few people order it.

Why don't people buy this book?

1. They don't like having Life too easy?
2. They are addicted to death? And to the womb?
3. They lack imagination?
4. They don't like having their low self-esteem confronted by their own Divine power?

Or, maybe it is more simple - they don't know about it and its power. The following excerpts are just 3 of over 400 similar stories. The power of the book will dramatically expand your power in your relationship to God and what is possible in your Life! ...

It's good to read and re-read these stories until we have the same powers as these Catholic Saints.

"I have raised several people from the dead during my career, I don't talk about it much because it is pointless, until people learn the practices."

Woman stands in the midst of flames

St. Christina, p.98: There was also a woman who was brought back from the dead to live a long, penitential life. Again one is encouraged to accept the reality of the wonders in this life, that of St. Christina the Admirable, by no less an authority than St. Robert Cardinal Bellarmine, J.J. Another serious author, Cardinal James de Vitry, had great admiration for Christina. Christina lived in Belgium at the end of the twelfth century and beginning of the thirteenth (1150-1224). (There is apparently some confusion about other Blessed Christinas, but with the reported endorsement of the two eminent cardinals one would do well to accept

the reality of this Christina experience.) When Christina was about to be buried (having died at the age of 32), as her body rested in an open coffin, she arose from it healthy and strong. It is said that the whole city of Trond witnessed this miracle with amazement, and were even more astonished at what she then related: "As soon as my soul was separated from my body, it was received by angels who conducted it to a very gloomy place entirely filled with souls. The torments which they there endured appeared to me to be so excessive that it is impossible for me to give any idea of their rigor. I saw among them many of my acquaintances, and, deeply touched by their sad condition, I asked what place it was, for I believed it to be Hell."

"My guide answered me that it was Purgatory, where sinners were punished who before death had repented of their faults, but who had not made worthy satisfaction to God. From there I was conducted into Hell, and there also I recognized among the reprobates some whom I had formerly known. The angels then transported me into Heaven..."

In Heaven the Lord gave Christina a choice of remaining in glory, or, having been so moved with compassion for the souls in Purgatory, and horror for those in Hell, to return to earth, there to suffer dreadful torments and penances without dying. By such reparational sufferings she would deliver souls from Purgatory and convert sinners away from the road to Hell and toward that of eternal salvation. The Lord told Christina that then, "after having ended this new life, you shall return here laden with merits.

Christina told the people on earth that she had answered the Lord without hesitation: she would return to life on earth. At that instant she arose from her coffin. She warned the people not to be surprised at the extraordinary penances she planned to suffer from then on.

Thenceforth Christina lived (for 42 years) without house or fire; she threw herself into burning furnaces, where she survived the torment of the flames. The Lord told her that she would endure great torments without dying from their effects-this would constitute a constant miracle. She prayed in winter in the frozen waters, and on and on.

Cardinal Bellarmine wrote that everyone could see Christina standing in the midst of the flames without being consumed, and covered with wounds, every trace of which disappeared a few moments afterwards - certainly a vivid picture of suffering against the flames of Purgatory and Hell.

Christina's experience puts the cross of Jesus in true perspective. First of all, she is suffering for the sins of people she knows as Jesus did. The belief that Jesus died for the sins of people

for all time is a false religion. It is obvious for 2,000 years that no one can die for another - except to produce temporary benefit - an emotional catharsis that heals our death urge temporarily. Everyone must free themselves from death - no one can do this for us in a sustainable way. Second, Christina did earth, air, water and fire purification to liberate herself as well as other's in her environment in the same way that we do. We being those who do the practices. In other descriptions of Purgatory in this book, the punishments have to do with the purifying power of earth, air, water and fire. Thirdly, Rb Breathworkers do sometimes experience the symptoms of their clients for a few minutes or a few days as the clients heal. All Rb Breathworkers who do this are Saints. It is an ordinary part of our healing work. The integrity and power of our work and style of healing is amazing and unique in history. As we teach people the skills of self-healing with conscious breathing, affirmations, bathing twice per day, fire purification, fasting and exercise, vegetarian diet, spiritual community, etc., we are saving the world, as well as ourselves. All the Catholic holy orders like Franciscans, etc., that were established by visions of Jesus and Mary have vegetarianism written into the rules of the order.

Jesus and Mary have been trying to make Christians vegetarians for 2,000 years.

The Ox and the Chicken

St. Paul, Pg. 126: Many have heard of the Passionist Fathers, or perhaps have attended a stirring mission given by them. St. Paul of the Cross (1694-1775) was their priest-founder. Paul was one of the great mystical souls of reparation. He endured terrible sufferings and spiritual trials, but also sustaining consolations like visions of Our Lord and Our Lady. He had visions of souls in Purgatory, who were allowed to come into his cell and tell of their sufferings. At times rays were seen shining around Paul's head.

St. Paul was once working on some soldiers at Portecole in an effort to reform their lives. One not only resisted conversion but also made blasphemous and obscene remarks about the matter. This soldier had been sitting outside on a stone and had been trying to draw a sentinel nearby into conversation and a game of cards.

The other remonstrated with him, saying that the holy priest Paul might pass by at any moment.

The other soldier reacted strongly: "I will be as soon converted as that ox returns again to life!" He was referring to the lifeless body of a slaughtered ox that lay nearby. The butcher had already partially flayed it. But at the soldier's unwise and irreverent remark, the ox rose up alive and ran with wild fury at the soldier sitting on the stone. He managed to escape, and

the ox hit his own head on the stone where the soldier had been sitting but a moment before. The stone was drenched with blood and the ox "died" there.

(Not only do animals often die for people, but children also. The benefits of others dying for us are temporary. All healing is temporary until we heal our own death urge and learn the science of rejuvenation through spiritual purification. We have to constantly heal ourselves of the death urge of the people in our environment until we are surrounded by spiritual adults people who are responsible to keep themselves clean. There is a point when words, no matter how lofty, don't work anymore. Only earth, air, water, and fire work at

this point.) At the close of a mission given by Father Paul in Orbetello in September of 1741, a child was gazing out a window at the crowd which was leaving the church. He fell to the pavement and was instantly killed. Medical assistance was called for and life was pronounced extinct.

At that moment St. Paul of the Cross was about to enter a boat to go elsewhere. The bereaved parents ran to the shore and told him of the tragedy. He went back with them and contemplated the corpse of the innocent child. Paul remained silent a little while and then spread his hands over the little body. The onlooking crowd was silent. In a few seconds the child came to life, and Paul restored him to the arms of his parents.

On another occasion, the saint was a guest at the house of Signori Goffredi, where a hen was served for dinner. St. Paul said, "You have done wrong to kill that poor animal, because with her eggs she was the support of a poor woman to whom she belonged. Let us do an act of charity. Open that window." He then blessed the 6 hen-already cooked, as it was- in the Name of the Father, and of the Son, and of the Holy Ghost. He had hardly pronounced the words when the hen returned to life, was covered with feathers, took wing and went off screaming out the window to the house of her poor mistress, from whom she had been stolen by the man who sold her. This miracle was recorded on oath by an eye-witness.

Notice not only the power of God that we can exercise when we have a successful relationship with Him but the sense of lightness and humor it should contain.

Skeleton becomes living man

St. Stanislaus, Pg. 147 Bishop of Cracow and martyr (July 26, 1030 - May 8, 1079) is surely one of the greatest - if not the greatest of the patrons of Poland. Born Stanislaus Sazepanouski in Sezepanou, in what was then the diocese of Cracow (lately the archdiocese of Cardinal Wojtyla, to become Pope John Paul II), he had great difficulties with Duke Boleslaw, who had become the cruel King Boleslaw II of Poland. He prayed for the king and pleaded tearfully with him to better his life - but to no avail.

It is generally conceded that there were disputes with the king over property claimed by the Church. Boleslaw was also hostile to the saint because of his preaching and holiness. The king conspired with the heirs of one Peter Miles, who had been dead for three years. Before he died he had sold a certain piece of property to the Church. But the conspirators claimed that Stanislaus possessed it for the Church by fraud, and they brought the saint to court on this false charge.

St. Stanislaus asked the judge for a three-day delay, after which he would produce the dead man himself as a witness to the right of the Church to possess the property. His request was granted, although the saint was laughed to scorn by some, particularly his enemies. St. Stanislaus then prayed and fasted for three days (and it is likely others may have done the same along with their holy bishop).

On the third day the court reconvened. After Mass Stanislaus led a procession to the graveside of Peter Miles. Stanislaus prayed before the grave. Then he had the grave opened; there before them lay nothing but the bones of Peter Miles, deceased three years.

Stanislaus then touched the bones of Peter with his Episcopal crozier, and in the Name of Christ, ordered the dead man to rise. Before the awed clergy and crowd the bones suddenly reunited, became covered with flesh, and Peter Miles came forth from the grave.

Peter took the hand of Stanislaus and they proceeded to the trial. There Boleslaw waited with his "witnesses" in expectation of securing "restitution" of the property, and disgracing the holy bishop. In amazement and consternation king and plotters watched as the Bishop and Peter Miles entered the court, followed by a reverent but excited crowd.

"Behold Peter!" spoke the saintly Bishop. "He comes to give testimony before you. Interrogate him. He will answer you/" Amidst the stupefaction, awe and one suspects - the frightened consciences of king and conspirators, Peter affirmed before the court that he had been paid for the contested property. He then turned to his terrified relatives and reproached them for their evil plans, exhorting them to do penance. St. Stanislaus was acquitted. Then occurred something that has happened more than once in similar raisings from the dead. St. Stanislaus, no doubt inspired by the Lord to impart a good lesson to the crowd, offered Peter the opportunity to remain alive a few more years if he so desired. But Peter replied that he would rather return to Purgatory and to the surety of eternal salvation - but he did ask for prayers.

Then Stanislaus and a vast crowd (no doubt with more added from the court scene) accompanied Peter Miles back to the place of burial. There he lay down in his grave and composed himself. His body fell to pieces and his bones lay there exactly as they had been when the grave was opened.

There are those who may find such a miracle hard to believe. But there have been others similar to it: St. Anthony was transported to Lisbon to have a dead man clear his accused father, St Francis Xavier raised a man long dead to confound his hard-hearted listeners, and

St. Vincent Ferrer raised someone to proclaim him

(Vincent) as the "Angel of the Apocalypse." With God all things are possible. Why limit the Creator of all the marvels of this vast universe? This Creator seems especially pleased to work great miracles through His saints for the good of the faithful, for the conversion of pagans and sinners, for the confounding of His enemies, and for the glory of His saints the 7 of His Church, and His own glory.

When some of Boleslaw's minions refused to kill Stanislaus, he dispatched the saint with his own hand as Stanislaus was saying Mass, offering the Holy Sacrifice in the chapel of St. Michael in a suburb of Cracow. The saint is often depicted with a sword, and is invoked in battle. King Boleslaw was forced to flee, and reportedly spent his last days as a penitent in a Benedictine abbey at Osiak, Hungary.

Even Catholic priests can sometimes have such a successful relationship with God, Babaji, that He plays these powerful games with them. Yet Catholic theology doesn't yet support physical Immortality, and even though we can have these great powers in times of stress in human history, we still have to do the practices with mantra, earth, air, water, fire, and love to continually enjoy the peace and ordinary power of God to live a happy, healthy, peaceful, and productive Life filled with Divine Energy.

Many Catholic Saints have so completely absorbed various Bible verses that they manifested an incorruptibility of the body. They were buried for years - even centuries - but when their grave had to be moved for some reason and they were dug up, their bodies had not decayed, but were found to be in perfect condition! If you master the three pages of the physical immortality affirmations which I'm sharing with you again herewith, don't be surprised if they work for you and keep you alive until you build the purification practices into your life that enable you to sustain the joy of eternal Life. If you don't master these practices, don't be surprised if you experience the misery of sinners and die as if you knew nothing.

These incorruptible bodies can be found on display in many churches around the world. The Church is reminding us of the "redemption of the body." These Saints are teaching physical immortality - Catholic style!

Acts 26:8 Why should it be thought a thing incredible, that God should raise the dead?

Matthew 10:8 Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give.

Is this newsletter amazing? and fun?

If you take the time now in your Life to Master the P.I. Affirmations and The Body Meditation also included in this newsletter, and you develop the habits of Aliveness with mantra, earth, air, water, fire, and loving support groups, you can help bring the Kingdom of Heaven to earth people won't be able to die because there won't be anywhere else to go. Without these practices built into our personal Life and our culture, history proves over and over that eternal Life is just a theory, a belief system, mental furniture, that may make us feel good for awhile, but has no substance.

The Gospel of Spiritual Purification

The Gospel of Spiritual Purification is the only Gospel that produces reliable, scientific results. They give us Science of Salvation.

Consciously bathing is as important as food.

Regular - if not daily use of fire for cleansing our Energy Body is as important as good nutrition.

Exercise and regular fasting are as important as food.

Conscious Breathing also cleans and nourishes our Energy Body.

Loving relationships are also an ongoing spiritual purification process. Remembering the mantra 'Aum Namaha Shivaiya' is as important as remembering the word 'food.'

There is no one technique or practice that does it all. We have to stay open, intuitive, and balanced and realize that the Source of Eternal Life is Life Itself. We are already Immortal by nature.

Health, youthfulness, and Aliveness are the most natural thing we can experience when we stay centered and do spiritual purification to keep our Energy Body clean and balanced. And notice that all the practices are simple and pleasurable. Physical Immortality is not something we can learn or earn, it is our very nature. And yet, the body is perishable and we have to take care of it by successfully dealing with the death urge energies 8 that would destroy it.

Even Rb Breathworkers who have become great intuitive healers can die when they get out

of balance, neglect the practices, and are separated from Source.

God loves us. The Presence of God is everywhere. We have to stay tuned in and listening every moment. Using a mantra is the easiest way to do this.

The mantra keeps us in ecstasy and continually reveals to us more knowledge of the body until we become masters.

The Shiva Purana teaches us that the only way of salvation and heaven on earth is perfect Love and perfect knowledge. This is totally logical. Anything less than perfect Love and perfect knowledge is not heaven. Perfect Love and perfect knowledge are not static nor boring, but growing, intuitive, and forever expanding.

This is the only Gospel that seems to work. And if you read the teaching of Jesus, I think you will realize that it is the Gospel that he taught. Orthodox, evangelical Christianity is a false religion. It has been for 2,000 years. It doesn't deliver eternal Life or even healthy people - mentally or physically. It is dependency theology that doesn't work and prevents people from seeking the real Truth.

I stopped attending church years ago because they are filled with sick and dying people who are not interested in solving this problem of why they are all sick and dying. Their theology prevents them from having an open mind and the kind of openness to God that can heal them, they are meat-eating zombies who die of cancer and heart disease in obese and rigid bodies. This, they think, is "the American dream".

Jesus lived with the Essenes for 20 or 30 years after the resurrection. Then he went back to Kashmir for 30 or 40 years where he eventually died at around 100 to 120 years of age. His tomb is still there and is protected by Muslims from the Church which would like to destroy it. There is a whole branch of the Christian Church that started from his ministry there. This eastern branch, called the Ishannis, is a much purer branch of Christianity than the western Church.

Jesus was raised again from the dead probably the same day he died in Kashmir, as Mary was when she died in Greece, and they are still very active in human history. I have pictures of their bodies as they exist today. If anyone is interested in having copies, send a donation of \$3 or more for printing and postage.

If you study the Essene Gospel of Peace, the last Gospel of Jesus, you will notice that he didn't fully understand fire purification. However, he and his mother Mary have a powerful

ministry on the planet still and are very active. You may enjoy ordering the Christ of India booklet from the I.U. catalogue. It is fascinating reading.

Also, if you read the Koran, you will notice a truer knowledge of Jesus than in the Church. The Protestant Reformation would have been unnecessary if Christians had read the Koran 800 years before. Although the intellect is not the Source of our power and our Eternal Life, it is the director of this power. It is therefore worthwhile to get our facts straight. I hope this newsletter is helpful. If we do the practices we experience the Truth in our Energy Bodies and our physical bodies. Then everyday is Resurrection Day. Today is The Day of our salvation! There will never be a better Day to save our future -- both before, or after, or instead of death - than Today! Our future is an extension of Today. The Siva Purana scriptures has been the Gospel of spiritual purification for millions of years and it still works for us today. CHECK IT OUT!

AUM NAMAHA SHIVAIYA

The Teachings Of Jesus On Immortality from the Gospel of John **compiled by David Boudouris**

Jesus answered, "It is written in your own Law that God said 'You are gods.' We know that what the scripture says is true forever, and God called those people gods, the people to whom his message was given." -John 10:34-35

► John 3:14-17 "As Moses lifted up the bronze snake on a pole in the desert, in the same way the Son of Man must be lifted up, so that everyone who believes in him may have eternal life. For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life. For God did not send his Son into the world to be its judge, but to be its savior."

John 3:36 "Whoever believes in the Son has eternal life, whoever disobeys the Son will not have life, but will remain under God's punishment."

John 4:13-14 Jesus answered, "Whoever drinks this water will be thirsty again, but whoever drinks the water that I will give him will never be thirsty again the water that I will give him will become in him a spring which will provide him with life-giving water and give him eternal life."

John 4:36 "The man who reaps the harvest is being paid and gathers the crops for eternal life..."

John 5:21 "Just as the Father raises the dead and gives them life, in the same way the Son gives life to those he wants to."

John 5:24 "I am telling you the truth. whoever hears my words and believes in him who sent me has eternal life He will not be judged but has already passed from death to life."

John 5:39-40 "You study the Scriptures, because you think that in them you will find eternal life. And these very Scriptures speak about me!"

John 6:27 "Do not work for food that spoils, instead, work for the food that lasts for eternal life

John 6:33 "For the bread that God gives is he who comes down from heaven and gives life to the world."

John 6:40 "For what my Father wants is that all who see the Son and believe in him should have eternal life

John 6.47-51 "I am telling you the truth he who believes has eternal life. I am the bread of

life. Your ancestors ate manna in the desert, but they died. But the bread that comes down from heaven is of such a kind that whoever eats it will not die I am the living bread that came down from heaven. If anyone eats this bread, he will

live forever The bread that I will give him is my flesh, which I give so that the world may live."

John 6:53-58 "Jesus said to them, "I am telling you the truth if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in yourselves. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is the real food, my blood is the real drink. Whoever eats my flesh and drinks my blood lives in me, and I live in him. The living Father sent me, and because of Him I live.

In the same way whoever eats me will live because of me. This, then, is the bread that came down from heaven, it is not like the bread that your ancestors ate, but then later died. The one who eats this bread will live forever."

John 6:68 Simon Peter answered him, "Lord, to whom would we go? You have the words that give eternal life."

John 8:51 "I am telling you the truth: whoever obeys my teaching will never die."

John 10:10 "The thief comes only in order to steal, kill, and destroy. I have come in order that you might have life- life in all its fullness."

John 10:27-28 "My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never die. No one can snatch them away from me."

John 11:25-26 Jesus said to her, "I am the resurrection and the life. Whoever believes in me will live even though he dies; and whoever lives and believes in me will never die. Do you believe this?"

John 12:25 "Whoever loves his own life will lose it; whoever hates his own life in this world will keep it for life eternal."

John 12:50 "And I know that His command brings eternal life."

John 17:1-3 "Father, the hour has come. Give glory to your Son, so that the Son may give glory to you. For you gave him authority over all mankind, so that he may give eternal life to all those you gave him. And eternal life means to know you, the only true God, and to know Jesus Christ, whom you sent."

John 21: 20-24 Peter turned around and saw behind him that other disciple, whom Jesus loved (John)... When Peter saw him, he asked Jesus, "Lord, what about this man?" Jesus answered him, "If I want him to live until I come, what is that to you? Follow me!" So a report spread among the followers of Jesus that this disciple would not die

Jesus answered, "I am telling you the truth: no one can see the Kingdom of God unless he is born again... no one can enter the Kingdom of God unless he is born of water and the Spirit. A person is born physically of human parents, but he is born spiritually of the spirit" - John 3:3-6

To experience this rebirth Jesus speaks of, or to learn how the Holy Spirit can transform your life, find a Rebirthing Breathworker.

To learn in-depth what the Bible teaches about Immortality, and the practices that will enable you to live as long and as fully as God intended, the book *Immortality For Christians*,

by Leonard Orr is recommended.

Bible Passages About Immortality

1 Corinthians 15:26: "The last enemy that shall be destroyed is death"

John 8:51: "If a man keep my saying, he shall never see death"

1 Corinthians 15:54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

2 Corinthians 1:10 "But we had the sentence of death in ourselves, that we should not trust in ourselves, but in God which raiseth the dead."

Mark 9:1 "And he said unto them, Verily I say unto you, That there be some of them that stand here, which shall not taste of death, till they have seen the kingdom of God come with power."

Matthew 4:4 Jesus says, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God'".

Acts 26:8 "Why should it be thought a thing incredible, that God should raise the dead?"

Matthew 10:8 "Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give."

1 John 2:17 "And the world is passing away, and the lust of it; but he who does the will of God abides forever."

Romans 8:1-2 1 "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. 2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death."

John 8:32 "And ye shall know the truth, and the truth shall make you free."

Matthew 19:26 all things are possible with God.

Enoch, Melchizidek, Moses, and Elijah are immortals

Moses said, "Choose Life!" In God, all things are possible!

Deuteronomy 8:3. God tells the Israelites that they should know that they live by the words

of God, not just bread, because he provided manna for them in the wilderness.

Notes Taken During Training Lectures Given by Leonard Orr.

Notes taken by Ciara Longman

The Bible says that "The goal of Creation is the redemption of the body." It also says that "The wages of sin is death, but the gift of God is eternal life."

The Bible says, "God is not willing for anyone to perish, but for all to come to a knowledge of repentance," (see Peter 3:9)

The Bible says, "If you believe in Him you will have eternal life."

What happened to this eternal life"? Has nobody believed in Him yet? The Bible teaches that the moment we believe, we enter into this Life, but the church changed it to mean that eternal life starts at death.

The Bible simply says that mind separated people from their Spirit at the time of Noah, who lived 930 years.

The Bible says, "They that die before 100 are under the curse," the Bible says that most people in the beginning lived 500 to 1000 years.

Jesus gave more great secrets in the 17th chapter of John.

The Wisdom of Solomon, chapter I, verses 12-16 (In the Catholic and Jewish Bible)

"God did not Create Death

“12 Do not bring on your own death by sinful actions.

13 God did not invent death, and when living creatures die, it gives him no pleasure.

14 He created everything so that it might continue to exist, and everything he created is wholesome and good. There is no deadly poison in them. No, death does not rule this world,

15 for God’s justice does not die.

“16 Ungodly people have brought death on themselves by the things they have said and done. They yearn for death as if it were a lover. They have gone into partnership with death, and it is just what they deserve.”

The Bible teaches us that the wages of sin is death and the gift of God is eternal life.

Methuselah was the oldest man in the Bible history living 969 years.

His father Enoch, ascended at the age of 365 years.

Methuselah was 300 when his father ascended.

The statement of Jesus when asked the secret to eternal life, he says, “to love the Lord your God with all your heart, soul, mind, and strength, and your neighbor as yourself.”

The book of Genesis is the history of how physical immortality got lost.

The book of Exodus is the beginning of the story of how to get it back.

The Bible tells us that Enoch, the father of Methuselah, was the first man to conquer death. He lived thousands of years before Jesus. Elijah lived several centuries before Jesus and conquered death. Jesus himself did not conquer death to prove that he was better or different than we are, but to teach us that we can do it for ourselves.

The Bible calls death an enemy and the purpose of the whole Bible, according to the Genesis story, is to restore what Adam and Eve lost when they ate of the tree of knowledge of good and evil. The promise was that they would be redeemed. The whole purpose of the Bible is

to explain redemption of the body.

Jesus condensed the Ten Commandment into two: First, "Thou shalt love thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength." This is a summary of the first four commandments. This Commandment says to love your God; to love God you must have a God. Where does God come from? The answer always ends up being in your mind. That is, the more accurately you describe your personal being, mind and body, the closer you get to self-mastery and to -God. So your conception of yourself determines your conception of God. And the bigger your conception of yourself, the bigger your conception of God.

The second great Commandment summarizes the last six: "Thou shalt love thy neighbor as thy self." This Commandment makes other people equal to you. And it means that the quality of your self-esteem determines the value you have for other people. If you hate yourself, you'll hate other people; and if you hate others, it means you hate yourself. If there is a portion of yourself or a corner of your own mind of which you disapprove, you will disapprove of it when you see it in other people. (If you approve of your disapproval, however, it can lead to positive change.)

The Body Meditation

By Leonard Orr

IT IS wonderful to have a physical body! It is marvelous to be and feel a part of the physical universe. The human body is the highest expression of God in the Universe. The body is liquids, gases and solids. It is amazing and beautiful! We can walk, run, and dance. We have systems like the respiratory, nervous, circulatory, digestive, skeletal system, a healing system, etc! We have a sexual system capable of intense pleasure! We have sight, hearing, touch, taste, smell, and speech! The human body is brilliantly designed. It functions very efficiently in its infinite complexity! It can heal itself! It already does, every day, and is patterned for Life! It is designed for continual renewal and rejuvenation when it receives proper attention and support. God loves our body as well as our soul.

In this body we also find our mind and our emotions. Between our thoughts is Infinite Spirit: "the Energy" or "Life itself- Eternal Life". We are Spirit, Mind and Body. We are Energy, Thought and Form. We are Being, Feelings, and Matter. We are Earth, Air, Water, and Fire intelligently interacting! We exist in a medium of Love.

The physical body is created and sustained by our chakras-spinning wheels of Energy. It is sometimes called the "rainbow body" by people who can fully see the aura. Our body is composed of cells and atoms. Every atom is a chakra - a wheel of Energy. All our organs and systems are governed by chakras.

There are yogis, like Agastyar and Thirumoolar, who have maintained their physical bodies on Earth in health and youthfulness for over a hundred million years. How?! They say it is easy if we follow the simple rules which God, our Creator, has established for healthy and successful living. Advanced yogis can do anything. They can dematerialize and fly through the universe at the speed of thought, levitate, and pass through walls. We have enormous Divine Potential which we are now waking up to! We have only been living in the "death dream" for about 5000 years.

The Shiva Purana says that salvation of Spirit, Mind AND Body is achieved through perfect Love and perfect knowledge. Jesus taught Repentance the science of changing our mind, our emotional mind and consequently our actions, and achieving Oneness with God-Energy. There is no Salvation without conquering sin and without keeping the Commandments of

Jesus and the Father. The good news is that they are easy and pleasurable to keep and yield a rich life! The continual rejuvenation of the body and Eternal Life is achieved through spiritual practices. The whole law is to love our neighbor as ourselves - kindness and respect.

Divine Energy is the Source of our Salvation. We receive it primarily through the Seven Vehicles of Grace:

- 1) Meditation, thinking and study;
- 2) Water drinking it and bathing twice per day;
- 3) Earth nutrition, fasting, exercise and career,
- 4) Air Conscious Energy Breathing;
- 5) Fire purification;
- 6) Love harmonious relationships; and
- 7) Rest pure relaxation and peace.

These, briefly, are the rules of personal mastery and peace. They rejuvenate, balance and maintain our chakras. And they are pleasurable to do. We have a Loving Creator who has made Salvation easy. All the immortal yogis I have met have mastered their mind and body with these practices for hundreds or thousands of years. I have never heard of anyone achieving actual Eternal Life of Spirit, Mind AND Body without these practices! They are THE BASIC RULES established by our Creator to make Salvation natural and easy. They work now they have always worked and always will. They are built into human Divine Nature.

When we actually USE these practices, we experience their Divine effects, causing a total transformation in the most profound ways. We then have the Holy Breath of Life - the daily power of rebirth, rejuvenation and regeneration, the true spiritual knowledge of baptism and scientific spiritual truth. But these practices are empty and meaningless without daily use. Then we are some place far less than Heaven. Physical death is not the automatic door to Heaven. It may be a revolving door back to the womb. Death is the same as sleep! Floating in our feelings. Being in a body in the physical world is a privilege.

We can raise our body into the Conscious Life of the Eternal Spirit-IF WE LOVE OUR BODY ONLY A FRACTION AS MUCH AS OUR CREATOR DOES, WE CAN KEEP IT FOREVER!

Physical immortality is our birth right. The human physical body was built to last forever.

Negative thoughts, emotions, poor diet and a degraded, ignorant, disrespectful lifestyle destroys it very efficiently as we have all witnessed by the death of others. Death is no accident. Everyone creates his/her own death. But it IS optional, which we can realize when we use these spiritual practices! It is actually easier and more pleasurable to create our own peace, success, aliveness and Eternal Life. Neglect of the practices creates misery and lust for death. The body is perishable, the word is eternal, we have to consciously merge our body with our words. We can create Heaven on Earth as we become masters.

We have to heal the Death Urge, which we learned from our family and cultural traditions and honor our Natural Divinity that we inherited as Children of God. Human beings must recognize a force in the universe that supersedes and reigns over the material- physical world. Our spiritual nature has to become our focus as the Source of our Life, our reality and everything we create. "The God of all grace, who has called us to His eternal glory, will Himself restore us, confirm, strengthen and establish us. But not unless we cooperate and do the right spiritual practices. Even the Father does the practices when He takes a human body.

Our mind and body become the servants of our Spirit - Our Being.

The following 3 pages are affirmations designed to destroy the unconscious Death Urge and liberate our minds from deathist mentality. They are just basic and wholesome thoughts about our Divine Nature! Feel free to make 100 copies and share them with everyone. The more people there are, thinking about the mastery of the mind and body, the easier it is for us all. We all enjoy (or suffer from) the collective consciousness! We are in this together!! Forever!! It may just take some of us longer to choose Life over Death. Let's choose LIFE together NOW! Please master each affirmation and enjoy Eternal Life!

Victory Affirmations

Our gift to you – for your personal health, aliveness, truth, simplicity and Love.

Write or speak aloud each of the following affirmations three times, then meditate and share about each one of them with your family and friends. You can meditate and think about each affirmation as long as you like – until they are working to liberate you from self-sabotage and the unconscious death urge.

1. We are living the victorious Life on this planet in the kingdom of God now!
2. The cause of death is now lifted from my mind and my body. I am death-free.
3. The death urge is now banished from my friends and me. We have achieved victory over death.
4. I am no longer a victim of death. Death is my friend and servant. The principle of death is the principle of renewal, change and regeneration. Death, rightly understood, supports Life. I no longer fear death. Death is optional. I am now free of my family beliefs and traditions around death.
5. The old enemy of mankind is now dead. The wicked witch is dead. Ding Dong!
6. Death is powerless when I free myself from my mental belief in it and when I don't give it Life Energy. Practicing the presence of God and the simple and pleasurable spiritual purification practices which God has given us, with Mind, Earth, Air, Water and Fire, gives us victory over death. We now control death. Death does not control us.
7. It is OK with God if I master Life and death. In fact, She/He recommends it and has done so for millions of years.

8. I can now trust God. She/He no longer kills people. God no longer kills children, parents, old people, young people or good or bad people. Everyone is responsible for their own death by their own thoughts and lifestyle.

9. My family is now free of death. My son is now free of death. My daughter now is free of death. My dear wife/husband now is free of death. My sister/brother are now free of death. My mother and father are free to choose. We all can be free of death.

10. It is OK with Jesus if I also conquer death. My victory over death is becoming a practical reality for me!

11. I am no longer afraid of people because I have totally conquered the death urge in them. I have conquered death for them and in them. I see and know the Truth. Liberating people from death is becoming easier and easier.

12. We live now at the time in history when we are supposed to conquer death and live consciously with our Father within.

13. Everyone in my circle of influence has conquered death. We enjoy living the victorious Life in harmony with our thoughts, feelings and Body. They support each other.

14. The unconscious death urge is no longer unconscious and has stopped being the cause of death for me and everyone now. We are realizing full aliveness.

15. My oneness with God – Life – gives me victory over everything, including death.

16. God in me gives me health, success, Love, Eternal Life, peace, power, happiness, victory over death and victory over the unconscious death urge in mankind.

17. Mastering death and the death urge is a piece of cake. I enjoy doing it for myself and others. The Immortal Yoga is possible and simple for anyone who wishes a state of perpetual success and happiness.

18. Processing the death urge for others is pleasurable (or at least interesting) in my body. I do it joyfully and fearlessly – without discomfort nor symptoms of any kind.

19. The Bible teaches that when we conquer death, God will live with us in a physical body. The Bible says that “God is not willing for any to perish, but that all should come to a knowledge of repentance”. Repentance is the science of changing our mind – healing our emotional mind and erroneous thinking.

20. It is OK to love death and to be free of it. We are in charge of our death and health. We use death for healing in the regeneration of our body for perpetual Life!

21. When a large community of people is immersed in immortal mentality, it can expand rapidly, like a nuclear explosion, bringing a state of enlightenment, Love and happiness.

22. I can heal death and the death urge in others without any harm to myself. Spiritual purification with mantra, Earth, Air, Water and Fire makes it easy.

23. Love has the power to conquer all, even death. Jay Maha Maya Ki Jai!

24. The death urge no longer bothers me nor drags me down. As I heal my emotional mind, I feel the Joy of Life and continually choose Life.

25. The good news of Salvation is my Natural Divinity – that I am a Daughter/Son of God. I

achieve total Salvation of Spirit, Mind and Body through healing my emotional mind and activating my spiritual power with a good diet, exercises, herbal therapy, massage, daily conscious energy breathing, fire and water purification, intuitive Love and participation in the community.

26. God loves it when I am victorious. God loves me for no reason. Loving me is Her/His nature. She/He just loves me always and in all ways.

27. It doesn't hurt anything or anybody to heal death. It doesn't hurt me in any way to heal death.

28. All my chakras have the power to heal death in myself and in others without any pain or discomfort. Praise God for AUM NAMAHA SHIVAIYA. The name of God is powerful.

29. I am highly pleasing to myself without death. I am highly pleasing to others without death. I am highly pleasing to myself in the presence of people without death.

30. I am safe without death. I am safe when I heal the death urge.

31. Through God, death can no longer touch me.

32. It is OK to be totally healed and death free.

33. I give attention to my Body. It is the Holy Temple of God. Symptoms are the sermons of God/Life in this Temple/Church. When I meditate on them, I discover the appropriate methods to heal them. I am free to use traditional, new or alternative methods of healing when I receive an OK from God.

34. Now that I have healed death, I have time to heal everything else. I am free of all urgency and scarcity.

35. Rebirthing Breathwork heals the death urge and gives people total liberation, when it includes the Elements.

36. Healing the death urge makes it easier for me to tune into Infinite Intelligence in a practical way – every day! It is ok for me to be successful in every way.

37. I am filled with Life. My mind and body are so filled with Eternal Life that they chase away death, failure and disease everywhere I go.

38. I am living in the Power of God today – the abundant Life which Jesus and all immortal masters promise by their example. I am now an immortal master and I love to practice yoga – the Science of Life.

39. Earth, Air, Water and Fire are my eternal friends and support me abundantly.

40. The Light of God in me is stronger than death and frees other people from death automatically, when I share these ideas with them.

41. God has given us Earth, Water, Air and Fire to make it easier to be death free.

42. The purpose of Rebirthing Breathwork is to connect us with God and free us from death through the Holy Breath (Spirit) of Life. The purpose of Jesus was and is to free us from death. The purpose of the church is to free us from death. The purpose of the civilization is to free us from death.

43. It is OK to use Earth, Air, Water, and Fire in abundance for our good and for the good of others. I love doing the practices and being nourished by them! Spiritual purification practices are all disciplines of pleasure.

44. The Eternal Lifestyle of spiritual purification is the most wholesome and pleasurable and fulfilling one there is!

45. God has given us hot water to use and enjoy for pleasure and spiritual liberation. It works!

46. The Peace of God in me has freed me from death. Now I freely share it to free others.

47. Physical Immortality is my Birth Right for being a Daughter/Son of God. Physical Immortality is easy and natural!

48. My healing is happening fast enough for me to benefit and I enjoy healing others. Now I can heal others without harm or discomfort to myself – only the pleasurable sensations of Energy release, richer Peace and Bliss, success and joy.

49. Victory over death is fun. I am happy, creative, productive, goal-oriented, and a full participant in the physical universe. I LOVE LIFE! I enjoy participating in our democracy.

50. Living in victory over death is fun. I am successfully unraveling the birth-death cycle.

51. We are naturally victorious Beings!

52. When we find God within and have achieved victory over death, it is safe for God to

have a body in the open and to play with us. And it is safe for us to visit Her/Him whenever we like.

53. Love in several European languages – AMOUR – means “without death”, to Live without death.

54. I am a conscious participant in my community and politics.

55. I am now improving my diet and getting plenty of good water and exercise.

56. I am mastering my ability to breathe Energy as well as air.

57. Bathing twice per day cleans and balances my Energy Body, my Soul, Mental Body, Emotional Body and Physical Body. Thank you, God, for indoor plumbing and warm water!

58. Daily worship of God – the Source of the Fire – through Fire is a healing power as important as food.

59. I understand Loving service and how easy it is to play and win the money game to support Living fully! I have a successful and satisfying career.

60. I am alive now, therefore my Life Urge is stronger than my death urge. As long as I continue strengthening my Life urge and weakening my death urge, I will go on living in increasing health and youthfulness forever.

61. Spirit Energy is Eternal. I am Spirit Energy! Thinking is Eternal. I am the Thinker! My Body as matter and Energy is also Eternal, therefore my living flesh has a natural tendency to LIVE

FOREVER in perfect health and youthfulness.

62. I am safe and immortal RIGHT NOW! I am free to choose Life thoughts every moment.

63. Death has no power except what I give to it in my own mind. The power of Life and death is controlled by my Spirit and Mind. Everyone has the same power.

64. Death is optional and voluntary for everyone, but to realize our power over death, we have to learn and practice the basic rules for the health and aliveness of our Body and Mind.

(Victory to the Energy Body!)

(Supreme Victory Over Death!)

(Victory to the Simple Father/the One Source)

68. AUM NAMAHA SHIVAIYA! (Infinite Being, Infinite Manifestation, Infinite Intelligence!)

69. I am the source of money. We can create any kind of money system we like.

70. Death and taxes are no longer necessary.

71. Local, state and national governments have the right and duty to print the money for their budgets out of the authority of the people and to print an appropriate amount for every individual regularly, based upon our productivity.

72. The more willing I am to prosper others, the more willing other people are to prosper me.

73. I have the right and duty to print as much money for myself as I like and I honor this right for others.

74. As a Child of God, I am an inheritor and equal owner of the world and the universe and its riches.

75. Physical immortality means to incorporate the Body into the Conscious Life of the Eternal Spirit.

It is good to work with these affirmations daily until we have instant recall of all of them. We can replace our death urge with them. Each one becomes an angel of God that protects us and guides us into mastery.

The Leonard Orr Method of Rebirthing Breathwork

Leonard Orr was the discoverer of conscious connected breathing in the early 1970s. He studied Theology in College so keenly

Born in Walton, New York, Leonard Orr became a born-again Christian when he was in high school. Filled with Spirit, he attended Geneva College in Beaver Falls, Pennsylvania and majored in Bible. His original intent was to become a minister until the day he received a message from Jesus saying that he was to minister to the unchurched.

At the time the meaning of this message was unclear to Leonard Orr. Over the next 12 years a series of what he describes as "spiritual accidents" led to the discovery of rebirthing, and in 1974 he started rebirthing other people. As he rebirthed over 100 people he became totally, consciously aware of what he was doing, and started the first training center for rebirthers in Walton in 1975.

Leonard describes the breathing rhythm of rebirthing as "the most powerful form of prana yoga. The secret to life and death in the body is breathing." His own practices have evolved in his quest to fulfill his goal, which, he says, always has been "to enlighten people spiritually and to make them spiritually self-sufficient."

He is considered one of the leaders of the New Age for his teachings on prosperity consciousness, healing the unconscious death urge, and physical immortality. He is also known for identifying what he calls the 11 Biggies of Human Trauma: birth trauma, parental disapproval syndrome, personal lie and specific negatives, school trauma, past life karma, the unconscious death urge, religion trauma, senility, repression of the feminine, world savior syndrome and physical abuse and sexual abuse trauma.

1970s Rebirthing Breathwork

When Rebirthing Breathwork was first discovered the original Rebirthers used mouth breathing because they breathed through a snorkel in a hot tub. The original Rebirthers spread conscious connected breathing across the world and created their own variations.

Although there are many schools of Rebirthing Breathwork worldwide of those that sprung

out of the early days are not the Leonard Orr Method as Leonard taught it. For high quality Rebirthing Breathwork look for teachers and practitioners who observe Leonard's teachings after they evolved.

Meanwhile Leonard kept perfecting the technique. Leonard spent time every year with Mahavatar Haidakhan Babaji who is the founder of conscious connected breathing. Babaji told Leonard, "breathe with the nose and eat with the mouth." Leonard adopted nose breathing.

Nose Breathing

There are many reasons why some people cannot breathe through the nose and this is ok, mouth breathing is then be done. Even during a sessions it is often necessary to move from nose to mouth breathing particularly when birth experiences arise. The session should be started and finished with nose breathing.

Mouth breathing allows a person to access emotional states and is incredibly important if these have been repressed. It is important to understand that this can turn into emotional drama and a Rebirther is trained in helping a client through, as well as integrating emotional situations. Returning to nose breathing allows a person to understand situations from a greater perspective.

Nose and mouth breathing use different Nadi systems in the ancient Indian ayurvedic tradition. Some people say that a person only enters a spiritual experience if they breathe through the nose. This is not correct, emotional states can be reached with nose breathing. However, if a person has difficulty accessing repressed emotions, then mouth breathing is recommended.

The Core Method of Rebirthing Breathwork

Individual high quality sessions. Group rebirthing is discouraged.

Predominantly nose breathing, mouth breathing is used when needed.

Body Mastery:

Spiritual purification techniques which use the four elements.

Air – high quality individual rebirthing sessions in a private safe environment

Water – twice daily bathing

Fire – sitting with the fire twice daily

Earth – fasting and exercise

Learning about Physical Immortality and Immortal Yogis

Mind Mastery:

Spiritual psychology – Unravelling the Conscious Mind

The Personal Law

Breath Mastery:

Undivided attention on the rebirthee

The Energy Cycle

Breathing Deviations and breath psychology

Physical Resistance.

Emotional Resistance.

Breathing Mechanism Release.

Energy Release.

First Breath.

Life Mastery

Conscious Birth and Birth Types

Stages of Development

Parental Disapproval

The Biggies of Human Trauma

Eye Gazing Rebirthing

Warm Water Rebirthing

Cold Water Rebirthing

Additional Teachings in Rebirthing Breathwork:

Prosperity Consciousness

Professional Success

The Money System

Enlightened Politics

Past Lives

Wisdom of the Eastern Yogic Scriptures

Resources

Physical Immortality

[Breaking The Death Habit: The Science of Everlasting Life](#)

[The Secrets of Youthing](#)

The Leonard Orr Method of Rebirthing Breathwork

[Rebirth International Breathwork Association](#)

Heike Strombach <https://heikestrombach.com/>

Sara Dawn <https://www.saradawn.com/>

Peace Arnold <https://rebirthingnyc.com/>

Irene Jove Baumann <https://www.rebirthingjove.com/>

Katia Boustani <https://globalbreathingawareness.com/>

Armando Sanchez <https://www.inhala.es/>

Ciara Longman <https://breathtalks.com/>

[The Manual For Rebirthers](#) Orr & Van Laere

Mary Baker Eddy

[Science and Health: With Key To The Scriptures.](#)

Paramahansa Yoganada

[Autobiography of a Yogi](#)