

Svashakti Ensemble

स्वसवामि शक्त्योः स्वरूप उपलब्धि हेतु संययगोः

**Re-birthing Breathwork
(Foundation)**

October 11th - 14th, 2018



AN INTENSIVE RESIDENTIAL TRAINING PROGRAM IN INNER TRANSFORMATION

In the everyday routines of our life, as we go through our 'have tos', and 'must dos,' how often do we stop to think why do we continue doing what we keep doing?

THE PHILOSOPHY – Most of us simply accept what life offers and do our best to respond! Imagine for a moment that everything you experience is what you create!

The mystic teachings of Seth say, 'You create your own reality – not some of it, not most of it but ALL of it! Therefore, examine the contents of your mind!'

This is no different from what the path of *yoga* advises. The *yoga sutras* are clear and powerful statements telling you about the state of the mind, the ill-effects of having an unclear mind and practices to learn in order to watch and remove the obstacles – to ensure that one's mind regains its pristine quality and manifests its immense potentials.

Our ability to unleash our immense human potential depends entirely on our understanding of the power of the mind and awareness of the body of thoughts and beliefs that make up the contents of our mind.

Physical materialization does not happen by chance – they have a non-physical origin within the depths of the mind, some conscious and others unconsciousness.

Personal power and self-mastery lies in understanding the relation between the physical and non-physical worlds, the dynamics and mechanics involved in creating the events in our life.

THE BREATH

The breath is the hot-line between the two worlds – energy and matter. *yoga* calls this energy *prANa*, the Taoists call it *chi*.

In *yoga* breath or *prANa* is the focus, that which connects the mind and body. The breath is the channel through which the conscious communicates with the unconscious, the inner self with the higher self.

THE PROCESS

The underlying technique used in the Re-birthing Breathwork process was given by **Leonard Orr**.

When one breathes with deep attentiveness, it is possible to resolve, integrate and heal previously unresolved issues within ourselves. This frees up energy, bringing greater aliveness and joy and allowing us to move towards fulfilment of our potential as human beings.

This approach opens Rebirthing to address all events that form our belief system about our self and the world. Rebirthing Breathwork works at a level of the unconscious where traditional forms of counselling and therapy do not go.

THE BENEFITS

This process is a naturally designed mechanism using the one resource that is assured to all – the breath. Some benefits of Rebirthing Breathwork that can be expected:

- A powerful recharging and cleansing of all inner-systems.
- Breaking through barriers/defences between the conscious and the unconscious mind.
- Awareness of and release of deep-rooted, toxic emotions associated with memories where personality-forming beliefs were made and lodged in the physical body. The power of Rebirthing is that in this state you are the experiencer as well as the observer of past incidents that may emerge, enabling you to release and re-interpret what happened in the past from a newly conscious and fresh perspective.
- Enhancement in one's ability to receive love/life-force energy and have the direct experience of letting it flow in. It provides a direct, replicate-able physical experience of Divine Love through the saturation of the body with Prana or Universal Life Force.
- This loosens up stored blockages held in your energy system – physical, emotional, mental and spiritual – thus working on all four body levels at the same time.
- Rebirthed people have more and more experiences of telepathy, intuitive knowledge and increased creative ability
- Significant increase in one's physical energy; less need to sleep; a propensity for youthfulness as well as a movement towards longevity
- Mastery of these processes enable you to discover that you are the ultimate healer, teacher and creator of your life!

WHO CAN ATTEND?

Re-birthing Breathwork is a program for those interested in inner-transformation and healing and for those interested in training to be a therapist.

This workshop would be extremely beneficial for those with:

- Muscle/Organ ailments, pains and disease (our physical body is a memory bank of our past)
- Anxiety and Stress (anxiety and stress are merely symptoms of deeper emotions that are unprocessed)
- Tiredness and lack of vitality (old, un-dealt-with emotions block energy channels)
- Insomnia or other sleep disturbances including chronic fatigue
- Recurring patterns of argument and conflict in relationships, even lack of relationships
- Low self-esteem and poor self-image; low self-worth that can result in 'money-worth' issues
- Constant internal dialogue and habitual thought patterns i.e. LACK OF INNER PEACE & SERENITY
- For people who are already practicing other therapeutic or healing modalities as this process can be integrated seamlessly into their existing practice

Workshop Contribution & Registration

Program Co-ordinator

For more details on the program please write to

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Contribution

The Ashram runs on donations.

Please contact us for details. Accommodation options at the venue are: Twin Sharing rooms (Non A/C) - (16 max) and Bamboo huts - (8 max)

For details regarding the accommodation please write to

ashram@ritambhara.org

Faculty



Anuradha Ramesh aka Usha is the facilitator of the program. She is the founder of Pink Mist Retreat based in Hyderabad and Mischkat in Dubai. She is an internationally renowned healer/facilitator having spent close to two decades in the field of Meta-physics, Psycho-spiritual healing and Human Behavior Science.

Usha has been conducting several workshops and healing sessions dealing with a wide range of modalities involving energy-work and soul- work

apart from facilitating human-process work.

As a Reiki Grand Master, a Past-life Regression Therapist, a Re-birther and currently very popular in the field of Trans-generational Healing, Usha has been working with people from all over the globe, assisting them individually and in groups to convert every 'break-down' into a break- through!



Raghu Ananthanarayanan will anchor the process. Raghu is a post graduate from IIT Madras who has focused on human behaviour. He brings together his Yoga Sadhana and understanding of technological systems to bear on his central quest: how can each of us be the best that we can be? He uses Theatre and Puranas to enable people to realise their deepest aspiration. He is now engaged in creating a Coaching Academy "Awakening Arjuna".

www.raghuananthananarayanan.com



Venue

Ritambhara Ashram,
Kanuhatty, Kothagiri
www.ritambhara.org.in

For more information
write to :

Sashikala Ananth at
ashram@ritambhara.org.in

The Ritambhara Ashram is a registered Trust (not for profit) located in Kotagiri in the Nilgiris. The program will be conducted in a space surrounding by shola forests and graced by many beings of the wild. The main purposes of the Ashram is to help foster contemplative conversations, inspire authentic inner work and a reverence for the Earth. It provides a much needed retreat from the hustle-bustle of modern life, and a nurturant context for rest and regeneration.

Accommodation is simple and comfortable.
Food is vegetarian.