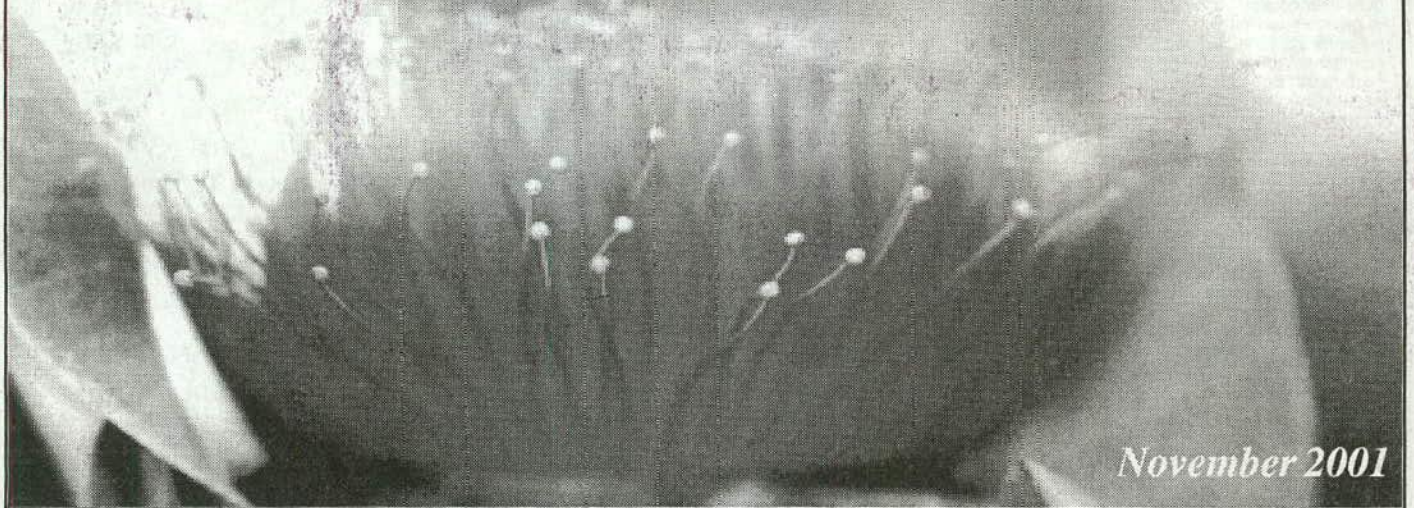


# BREATHCOLLECTION. ♥



November 2001

## A New Kind of Peace

Since May this year I have focused intensely on integrating 'Placenta Trauma' with clients and myself. In the last newsletter I shared my own session experience and in this issue I want to give a more objective overview of my findings.

### What is 'Placenta Trauma'?

PT is the trauma associated with the period of birth during which the placenta is birthed, the cord is cut and the baby is separated from the placenta.



- Nemi Nath -

logical conclusion that this disassociation has a major influence on our social behaviour. Because most of us have it we do not recognise it as a malfunction of the human psyche but must see it as a 'normal' human trait.

It is also common knowledge that error builds on error... and, because this misconception is part of the very first experience of our life, there must be a

web of other illusions from which we have formed our concepts of reality in this life.

### Why and how is this part of birth traumatic?

Not many people are aware that the placenta is our first organ 'we' develop when the fertilised egg settles in the uterus. The placenta is usually associated with the mother as it grows on the wall of the uterus and causes a wound when it comes away and is birthed. In our minds it has become a part of the mother's body and is only useful during pregnancy and is now shed in its redundancy.

We totally overlook that this organ was formed by the fertilised egg and therefore is a part of the baby. To see it as a part of the mother is a total disownment and disassociation from a part of us...and this causes trauma of separation, abandonment, violation, loneliness and confusion of identity.

### Why is Placenta Trauma release important?

Realising that nearly all of us have experienced this misconception during the first hours of our lives, it is a

I find this realisation and the correction of this error of perception an exciting and challenging prospect for mankind. I am curious and certain that we will become a more peaceful society as a result of this, and cannot see a better or more important reason for wanting what is real and letting go of what is not.

### How do we do this?

In the short time that I have worked with this, I have discovered some simple common steps. They are:

- 1) The phase of recognising that, if your cord was cut and your placenta discarded, you will have placenta trauma.
- 2) The phase of acknowledging that you must have the symptoms of PT and are not recognising them, and, most likely, are attributing them to something else.
- 3) The phase of re-owning the placenta as a part of

(Continued on page 6)



## Subscriptions are due!

If your address label has a date .... please send your payment in (see form on back page)





## Contributions

Please send any articles, stories poems, drawings or photos etc, that are relevant to rebirthing and the work of Breathconnection. Our aim is to maintain this magazine as a place for personal sharing and connection. Because of space requirements, it may be necessary to edit longer articles. In personal correspondence, please indicate if you do not want any of it put into the newsletter. "Breathcollection" is not copyright - you are free to print any article you wish for distribution providing the author is acknowledged. Opinions expressed in the "Breathcollection" are the responsibility of the authors, and do not necessarily reflect attitudes of Breathconnection or newsletter workers.

## To All Contributors:

## A big THANK YOU!!

Nemi Nath, Ewa Foley, Jim Morningstar, Samsara Salier, Amrita

## Cover Photo:

Photo by Basia Meder

## Dates:

The Breathcollection is put out approximately quarterly. We aim to be regular, however, this is not guaranteed.

## Next Issue:

Lifeline (aka deadline!) :  
Dec 1st, 2001

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Breathcollection has a circulation of 1600 interested persons, families & organisations extending 90% nationally and 10% internationally. We accept advertisements & announcements on Rebirthing and related fields.

## Rates for ads ready to print:

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**\$200/full page**

## Breathcollection

'Kaivalya Meru'  
Kyogle Rd  
Lillian Rock  
NSW2480

Phone/Fax  
(02) 6689 7455

# CALENDAR OF EVENTS

## ♥ OVERSEAS WORKSHOPS

Feb 2 - Feb 9	Chakra and Breath	Poland
Feb 9 - Feb 12	Orders of Love Family Constellation	Poland
Feb 19 - Feb 26	Chakra and Breath	Germany
Feb 9 - Mar 2	Chakra and Breath	Germany
Mar 3 - Mar 4	Reb. Tr. Support days	Germany

## ♥ CONFERENCES & FESTIVALS

<b>Australia</b>	Starlight Festival 2002 Bangalow/Byron	Jan 3 - Jan 6
<b>Australia</b>	Nat. Reb. Conference 2002 Lillian Rock	May 16 - May 19
<b>Venezuela</b>	Global inspiration Conference	Jun 29 - Jul 6
<b>NZ</b>	Nat. Reb. Conference 2002	Aug 16 - Aug 19

## ♥ PROFESSIONAL TRAININGS

Rebirther Training Level 1 Australia	Enrolment by Jan
Rebirther Training Level 1 Part 1 Poland	Enrolment by Mar

## ♥ WORKING DAYS AT 'KAIVALYA MERU'

Work Exchange is an enjoyable way to work and assist you in payment towards your workshop. Accommodation is provided and you need to bring vegetarian food. Work exchange days take place prior to workshops so that your working hours are completed before commencement of the workshop you are enrolled in. You may exchange up to \$150 (two days work) for Heart Matters and up to \$300 (four days work) for the 28 Day Transformation Intensive. Please ring the office.

## ♥ PERSONAL RETREATS AT "KAIVALYA MERU"

If you need some time for yourself, or support through a crisis you can arrange for a personal retreat at "Kaivalya Meru". Special retreat packages are available or personalised programs.

## ♥ VISITORS AND WWOOFERS are also welcome; please apply for rates.

## ♥ SESSIONS AVAILABLE AT KAIVALYA MERU:

Rebirthing, Spiritual Purpose Alignments, Spiral Aura Balances, Magnified Healing, Counselling, Couple sessions, Body Detoxification treatments. Cost for sessions range From \$ 30 - \$ 60: We can cater for retreat guests only at some times (due to workshops), so please ring to make arrangements. Minimum 3 days notice. Bunk-style accommodation \$18.00/night. Full board \$33/day. Phone (02) 6689 7455.

## ♥ BOOKING INFORMATION

Please contact the office for all questions, brochures and booking information. Discounts are available for bookings 30/60 days in advance or for repeat workshops.

Visit our website: <http://breathconnection.com.au>

**CREDIT CARDS** are accepted with a surcharge of 4%:

MasterCard, Visa and Bankcard

## ♥ EMAIL & WEB SITE

Email: [breathe@breathconnection.com.au](mailto:breathe@breathconnection.com.au)





# CALENDAR OF EVENTS

## NOVEMBER

Nov 6 - Nov 16	Body and Breath detox workshop-Samsara Salier	Lillian Rock
Nov 16 - Nov 23	7 day Heart Matters-Nemi Nath	Lillian Rock
Nov 21 - Nov 22	ASCA Sexual Abuse-Samsara Salier	Lillian Rock
Nov 24	AAPR Meeting	Sydney
Nov 25 - Nov 27	AAPR Generic Accreditation Meeting	Sydney
Nov 29 - Dec 2	Orders of Love Family Constellation-Nemi Nath	Hunter Valley

## DECEMBER

Dec 1	Creating Clear Relationships-Samsara Salier	Lillian Rock
Dec 5 - Dec 12	Professional Reb. Training-Nemi Nath	Lillian Rock
Dec 21 - Dec 23	AAPR Generic Accreditation Meeting	Hunter Valley

## JANUARY

Jan 3 - Jan 6	Starlight Festival	Bangalow
Jan 11 - Jan 18	7 day Heart Matters-Nemi Nath/Michael Haining	Lillian Rock
Jan 12	Creating Clear Relationships-Samsara Salier	Lillian Rock
Jan 18 - Jan 20	Reb. Training Presentation Weekend-Nemi Nath	Lillian Rock
Jan 25 - Jan 28	Exploring the Breath, Intro into Rebirthing-Samsara Salier	Lillian Rock
Jan 29 - Feb 8	Body and Breath detox workshop-Samsara Salier	Lillian Rock

## FEBRUARY

Feb 2 - Feb 9	Chakra and Breath-Nemi Nath	Poland
Feb 9 - Feb 12	Orders of Love Family Constellation-Nemi Nath	Poland
Feb 9	Creating Clear Relationships-Samsara Salier	Lillian Rock
Feb 15 - Feb 17	Changes-Samsara Salier	Lillian Rock
Feb 19 - Feb 26	Chakra and Breath-Nemi Nath	Germany
Feb 19 - Mar 2	Chakra and Breath-Nemi Nath	Germany
Feb 23	AAPR Meeting	Newcastle
Feb 27 - Mar 3	5 days Journey into Transformation Samsara Salier	Lillian Rock

## MARCH

Mar 3 - Mar 4	Reb. Tr. Support days-Nemi Nath	Germany
Mar 8	Reb. Tr. Graduation-Nemi Nath	Lillian Rock
Mar 8 - Mar 10	AAPR Generic Accreditation Meeting	TBA
Mar 15 - Mar 22	7 day Heart Matters-Nemi Nath/Michael Haining	Lillian Rock
Mar 16	Creating Clear Relationships-Samsara Salier	Lillian Rock
Mar 22 - Mar 24	Orders of Love Family Constellation-Nemi Nath	Lillian Rock
Mar 26	Orientation day Reb. Training 2002	Lillian Rock

## APRIL

Apr 2 - Apr 12	Body and Breath detox workshop-Samsara Salier	Lillian Rock
Apr 4 - Apr 7	Orders of Love Family Constellation-Nemi Nath	Melbourne
Apr 13	Creating Clear Relationships-Samsara	Lillian Rock
Apr 14	Wet Rebirthing	Lismore
Apr 19 - May 10	Reb. Tr. 21 day intensive-Nemi Nath	Lillian Rock
Apr 19 - Apr 21	Exploring the Breath, Intro into Rebirthing-Samsara Salier	Lillian Rock
Apr 26 - Apr 28	Orders of Love Family Constellation-Nemi Nath	Lillian Rock

## MAY

May 4	Creating Clear Relationships-Samsara Salier	Lillian Rock
May 16 - May 19	National Rebirthers Conference	Lillian Rock
May 24 - May 31	7 day Heart Matters-Nemi Nath	Lillian Rock

Overseas workshop contacts are:
<b>In Germany:</b> Gudrun Tober Ph: 038328 70423 gudrun.tober@gmx.de
<b>In Poland:</b> Ewa Foley Ph: 22 834 1706 foley@foley.com.pl

<b>30 day Transformation Intensive</b> <b>2002</b> <b>Oct 2—Nov 1</b> Plan your year around this extraordinary international event. The world comes to Australia!
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(Continued from page 1)

ourselves.

- 4) The phase of reintegrating the lost part of our etheric body
- 5) The phase of recognising and readjusting the errors in many life situations
- 6) Dealing with the deprivation syndrome of not being able to have something that is ours (the nutrients from the placenta at birth)

Once the PT concept is understood (**first phase**) it is only a matter of time to recognise the symptoms of the **second phase**. They are usually felt in the stomach. (Mine was a very daunting feeling of dread.)

From the **third phase** onwards I find it necessary to work with breathing sessions.

It works very well to breathe into the symptoms, to hold a little cushion as a placenta, and to surrender to the feelings that arise: pain of separation, anger and rage for being separated, resentment and betrayal for having something stolen or taken away, fear of loss, joy of being reunited, contentment and fulfilment of being whole and of having found something that was lost.

It is important to switch to experience the situation from the perspective of the placenta as well. The placenta has the ability to feel and a certain amount of intelligence. This is concluded from the fact that it exists before the baby's body forms. The strongest feeling from this perspective is the terror and rage of total abandonment, worthlessness and rejection, and the joy and total peace of being reunited and whole. The experience of wholeness is quite overwhelming for some people, all report never having felt this whole before.

Because the placenta is a part of the baby, the etheric body of the baby includes the placenta. This shows that removing the placenta is not just a simple 'cut-it-and-discard-it' procedure. We are dealing with an organ whose function of being a bridge between the mother and the baby is no longer needed. It seems natural to think that we wait until its function is fulfilled and let it come away naturally. This process is called *Lotus Birthing*. \*

When the cord is cut straight after birth not only the physical organ is cut off but also part of the etheric body that envelops the placenta. (It is known that people who have lost a leg still have an etheric leg that experiences pain as if the real leg was still there.) It forms a small separate bubble that continues to exist in its separate state until we actually reabsorb it. This means that most of us have this somewhat strange occurrence of a part of our etheric body living its own independent existence in isolation.

In the **forth phase** we reintegrate this lost part of

ourselves. Again, once the theory of what has happened is understood and the symptoms are recognised, they serve as the entrance into the sessions and the use of a little cushion is a helpful tool. It is only a matter of asking for the etheric body to return and surrender to the merging. Some clients had to find their lost part in the hospital or where they were born, for others this part was in close proximity. The merging may take some time, fifteen minutes to several hours.

The result of this integration brings an even greater sense of wholeness than we experienced during the phase of re-owning our placenta.

The **fifth phase** is the period of time after this session (s), during which the client recognises many life situations where PT has been in action; an integrative period. Sometimes during this period a new/old

symptom emerges. Most of us know the immensely frustrating situation in life where we want something that we can't have or get, and where we spend much energy, sometimes to the point of being undignified to attempt to get the object of our desire. It could be a lover or an experience or a material object. We also know the pattern of making the wrong choice. These are PT patterns.

Naturally if the placenta is part of us, it contains vital ingredients for us. Cutting the cord before it stops pulsating results in the baby not receiving the last vital nutrients from its placenta. Putting the baby to the breast at this point imprints 'I-am-not-getting-what-I-need-and-want' because it is still waiting for and expecting the rest of the nutrients from his placenta. "I-want-to-be-with-you,-but-now-that-we-are-having this-

problem,-I-am-not-so-sure-that-I-have-made-the-right-choice." This sentence is part of the repertoire of many relationships. How can we make the right choice if at birth, at our very first experience of life outside of the womb, our choice was misunderstood and taken?

This trauma of wanting one thing and getting another is all too familiar to us. The session work in this **sixth phase** needs to focus on what happened to the nutrients in the placenta after birth, that were truly meant for us and that we never got. We transfer this feeling onto many life situations, often not finding any solutions for the frustration that results from this lack. Eventually we tolerate the situation and make the lingering deprivation "normal" so that we can get on with life.

Travelling the journey of the placenta has brought healing to the people in all the sessions where I have applied this theory. It is not usually a pleasant journey because the places where our placentas land are not the most hygienic and welcoming, compost piles, incinerators, garbage dumps etc. No matter where the remains land they re-enter the cosmic Heaven and Earth





## Researchers to Present Amazing Discovery

MILAN (ZENIT.org). - Mothers undergo permanent changes during pregnancy, in which they "inherit" some characteristics of the child they carry and, through the child, also receive some characteristics of the father.



This is but one of the surprising discoveries to be presented at the congress entitled "At the Dawn of Human Life," organized by the Institute of Gynaecology and Obstetrics of the Catholic University of Rome. The congress begins Sept. 6 in the Vatican, as part of the Jubilee of University Professors.

The child inherits half of his genetic patrimony from the mother. He also "hears" the outside world while in the womb, through the mother's body, a fact which substantially conditions the unborn child's life. Now, research indicates that the mother also undergoes long-term changes caused by the "person" of the child and, indirectly, also from her husband.

Professor Salvatore Mancuso, head of the gynaecology institute, said: "We have proof that beginning in the fifth week of gestation, in other words, when a woman realizes she is pregnant, an infinite number of messages pass from the embryo to the mother, through chemical substances like hormones, neurotransmitters, etc. Such information serves to adapt the mother's organism to the presence of the new being.

"Moreover, it has also been discovered that the embryo sends stem cells that, thanks to the mother's immune system tolerance, colonize the maternal medulla and adhere to it. (the 'medulla' is part of the "brainstem", which is a continuation of the brain from inside the head to form the spinal cord within the spine—ed.) What is more, lymphocytes (protective white blood cells that form part of our immune system fight infections and invasions of the body - ed.) are born from here and remain with the woman for the rest of her life."

Mancuso continued: "From the fifth week there is clearly a passing of cells, but messages begin at conception. Even during the first phase of cellular subdivision, when the embryo is moving in the fallopian tubes, there are transmissions through contact with tissues touched by the moving embryo.

"Later, after implantation in the uterus, the dialogue is more intense through the blood and cells, and chemical substances enter the mother's bloodstream. "Finally, the child's stem cells pass to the mother in great quantity, both at the moment of birth, whether spontaneous or Caesarean, as well as at the time of abortion, whether spontaneous or voluntary. These cells are implanted in the mother's medulla and produce lymphocytes, which have a common origin with the cells of the central nervous system; they have receptors for the neurotransmitters (chemicals that flow along the nerves

to make them active—ed.) and can make messages pass that the maternal nervous system understands." He added, "An astonishing area of research is opening up. This is information of enormous importance on the first phases of life."

When asked whether it was difficult to make rigid divisions of the phases of the embryo's development, Mancuso said, "It is a grave error to make distinctions between the embryo and pre-embryo. It is such an initial phase - one cannot of course speak of a central nervous system - but the messages the embryo sends to the mother express manifestations that are proper to the human species. The instruments used are highly specialized chemical substances and cells, such as stem cells. (Stem cells are made from bone marrow and are undifferentiated—that is, they are the 'initial cells' that can grow into many types of blood cells—red blood cells, white blood cells etc.—ed.)

"It should be remembered that if communication was lacking, the maternal organ would reject the embryo. The dialogue makes possible the perfect acceptance of an organism that is 50% foreign to the mother's genetic patrimony. In fact, these chemical substances, which express nutritional and metabolic needs of the embryo to the mother, cause an immune depression in her that facilitates the acceptance of the new being."

When asked how long the foetus' influence on the mother lasts, the professor answered: "Stem cells have been found in the mother even 30 years after the birth. It could be said, therefore, the pregnancy does not last the 40 canonical weeks, but the woman's entire life. "This should be cause for reflection also in regard to the hypothesis of 'renting' a womb: In this case, the mother who carries the embryo accepts a being whose genetic patrimony is 100% foreign, and who will 'modify' her for the rest of her life. We have no idea of the long-term consequences of such operations.

Regarding the transfer of the father's characteristics to the mother via the unborn child, Mancuso said, "These are areas that are yet to be explored. Of course it calls for reflection on a new way of understanding pregnancy. Also, a very close tie is undoubtedly created between man and woman, because the child has 50% of the father's genetic characteristics. Moreover, the hematopoietic [blood-producing] stem cells go to the medulla and produce offspring cells, lymphocytes and neurotransmitters with the capacity to dialogue with the maternal central nervous system. It is somewhat as though the 'thoughts' of the child pass to the mother, even many years after his birth."

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## Conferences

### Breathworkers, here is your ongoing development chance!

There has been a lot of great events and news in the past three months. Most exciting of all is the announcement that the 2003 International Global Inspiration Conference will be held in Australia! Nemi has been working towards this for some time now, and we look forward to the world of breathers coming to Australia. The developments within the breathwork fields are significant, as we move towards clear training guidelines, accreditation and a wider acceptance within the professional spheres.

#### AUSTRALIA



Next year's national breathwork conference will be held at Kaivlaya Meru in Northern NSW once more. May 16 - 19 are the dates. Please mark this in your diary now. We will offer the 'share the travelling costs' scheme once more; probably the last time as the increased

number of participants makes it too cumbersome to work. By pooling and dividing all travel cost we are supporting and encouraging far-away rebirthers to attend.

We especially invite rebirthers from WA and NT to consider this and make our conference a truly national event through their attendance.

Information is available from Samsara and Nemi 02 66897455, [breathe@breathconnection.com.au](mailto:breathe@breathconnection.com.au)

#### NEW ZEALAND

A professional and friendship exchange is establishing between NZ and Australian rebirthers, by attending each others conferences. The NZ annual conference was held in Wellington during August. Next years dates are August 16 - 19, and the location will be Auckland.

For information please call: Patricia Wylie 09 817 9166, [nzar@paradise.net.nz](mailto:nzar@paradise.net.nz)



Meeting time at the NZ conference

#### VENEZUELA: GIC Global Inspiration Conference 2002

The international conference will be hosted by Venezuela next year. South America invites you to a Caribbean Event of sunshine and rhythm on the isle of Margarita. The dates are June 29 - July 6 2002.

The conference theme is: Breath Dance - Power and Responsibility

Conference organiser: Viola Edwards

Tel/Fax + 58 212 977 2753 or 978 4065

Email: [gic2002@edwardconsult.com](mailto:gic2002@edwardconsult.com)

Website and bookings: [www.edwardconsult.com](http://www.edwardconsult.com)

#### AUSTRALIA: GIC Global Inspiration Conference 2003

AUSTRALIA has been voted in as the host for 2003!!!! Don't miss this unique opportunity to experience the world of breath down under. Plan now! The dates are June 27 to July 4 2003.

Conference Theme: Living the Dreaming—manifesting, actualising and walking our talk.

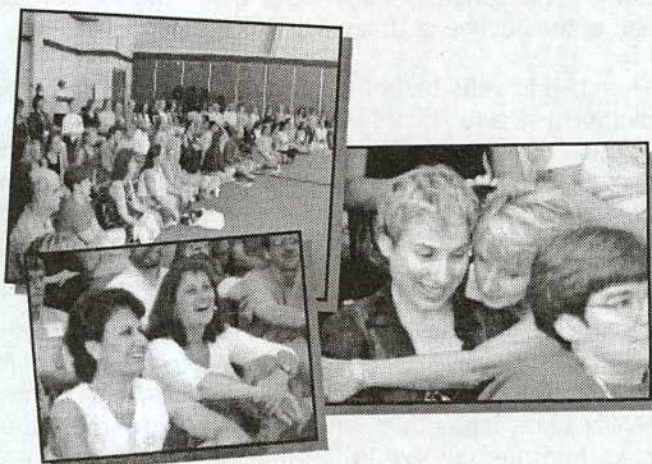
Conference organiser: Nemi Nath 02 66897455

Registration: Maree Bean Tel/Fax 03 9383 3471

Email: [gic2003@breathconnection.com.au](mailto:gic2003@breathconnection.com.au)

Website to be announced

#### Photos from the Global Inspiration Conference 2001 USA :



(Nemi's article continued from page 6)

cycle eventually and return to us in a transmuted form. My own placenta's journey was pleasant, so I will share it. It landed in a white enamel bucket from where it was transferred to the hospital compost heap. The hospital was run by catholic nuns who cultivated a herb garden behind the buildings. My placenta remains fertilised the garden and turned into herbal ointments. I still remember the smell when my childhood injuries landed me in hospital for treatment.

Merely understanding the theory of the above mentioned processes do not resolve the placenta issues. It is necessary to find one's individual placenta journey by recognising ones unique symptoms and taking one step at a time in healing the trauma.

..."I have since come to see that one of the most striking qualities that I have noticed about Lotus births is an absence of 'things to do'; less doing and more being."...

..."However three days after the birth, Maria's nipples were sore, Kian's nappy kept falling off, and the cord was constantly in the way. This turn of events severely tested Maria's patience. 'We both almost reached the point of wanting to cut the cord,' Maria told me. "At his point Kian looked up and took one of our fingers in each hand. He looked at us for some time. He was so still. He then placed first one of his hands, then the other, onto his cord. And we understood. His cord stayed attached for another five days, until he was ready to let go."...

- Nemi Nath

Quotes from 'Lotus Birth' compiled by Shivam Rachana.

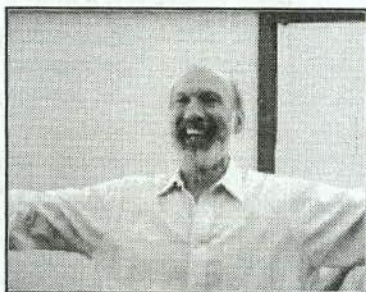
\*Lotus Birth, compiled by Shivam Rachana.



## Global Inspiration Conference, USA, 2001

Extracts from 'The Breathwork News'  
**Jim Morningstar, USA .**

Over 200 participants representing some 22 different countries came together this past June 22-29 to create Global Inspiration 2001. The gorgeous natural setting, blissful weather, accommodating resort staff and uplifting ambiance were all pluses. The true gift, however, was the spirit brought together by the high intentions and cooperation of all who presented and attended "Uniting In The One Breath."



### THE BIRTH OF THE INTERNATIONAL BREATHWORK TRAINING ALLIANCE

Particularly gratifying for me was the gathering of over 30 breathwork schools and practitioners giving birth to the beginnings of a working alliance. Over the course of three meetings a structure began to emerge which provides for three levels of participation.

This structure entails three forms in which breathwork programs might participate in this alliance. The first form (the most general) involves participating through subscribing to a common vision, operating principles and ethics for breathwork. This may involve nothing more than contributing to a common website which states these principles and ethics and publishes the contact information for the subscribing programs.

The second form would include those programs who agree to the principles and ethics and, in addition, specific standards for the training of a professional breathworker. The third form of participation would include the programs agreeing to the aforementioned plus more delineated levels of training, content modules exchangeable among schools, and international certification.

Binnie Dansby <BinnieDansby@compuserve.com> agreed to coordinate those working on the first form to define the alliance, create a vision and purpose statement, and delineate principles and ethics. Catherine Dowling <cmd2@gofree.indigo.ie> agreed to coordinate those working on the second form to develop detailed guidelines to train competent breathwork practitioners to work independently. These will be a starting points for alliance consensus, the preliminary agreed upon method of decision making.

Dan Brule <danbrule@breathmastery.com> volunteered

to coordinate those working on the third form starting with collecting and collating more information on the methods and procedures of existing training programs. Our goal is to have a working alliance this year.

I, Jim Morningstar, received a vote of confidence to serve as coordinator of the International Breathwork Training Alliance in these its nascent stages.

You can contact me <transformationsi@aol.com>

Others who volunteered to work on the Alliance formation include: Jessica Dibb, Tamara Penn, Marga Paradella, Harrison Tanner, Peter Kane, Robin Lawley, Judy Gee, Tilke Platteel Durr, Layla Edwards, Nemi Nath, Franceen King, Jane Okondo, Leonard Orr, Ann Harman, Jonine Lee, Denise Burgess and Blanche Tanner.

### ACADEMIC ACCREDITATION FOR BREATHWORK STUDY AND TRAINING

A second birth for me at the conference was the beginnings of an affiliation of the School of Spiritual Psychology with fellow breathwork training sites around the world. Through SSP's agreement with the International University of Professional Studies, practitioners are now able to gain academic credit towards a bachelors, masters or doctorate degree with a specialization in breathwork. This can be accomplished through distance learning with the hands-on training done at our affiliated sites. This not only makes a statement about our willingness to take our place in the professional healing community, but also adds a regular source of research and professional publication.

Thanks to all Speakers at the conference.

Tapes are available from: transformationsi@aol.com

Gay Hendricks "The Inspired Life: Adventures In and Out of the Body"

Tav Sparks "The Power of the Inner Healer in Holotropic Breathwork"

Bob Mandel "Your Right To Be You"

Leonard Orr "Spiritual Community and the One Year Seminar"

Bob and Judith Wright "Breathing In Love"

Jasmuheen "Pranic Nourishment and Breathwork"

Bo Wahlstrom "Business and Breathwork"

Jim Morningstar "New Paradigms for Standards in Breathwork"

Bob Mandel "Pre and Perinatal States and Breathwork"

Jessica Dibb "The Divine Mother and Breathwork"

Kylea Taylor "Exploring Right Relationships (Ethics) in Breathwork"

Audiotapes of the Speeches: \$US20 plus shipping, \$US5 in USA, \$US6 to Canada, \$US9 other

Audiotapes of Forums: \$30 plus shipping, \$7 in US, \$8 to Canada, \$US12 other

## ENRICHED MASCULINITY

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VENUE: Kin Kin *Sunshine Coast, QLD*. DATES: Dec 1-8

Michael Haining (07) 54854397 carmic@spiderweb.com.au

Rudran Brannock (07) 5442.7389 rudrannock@yahoo.com.au



## Ewa Foley

We congratulate Ewa Foley on the publication of her book, a national best-seller in Poland, and into its fourth edition.



**Ewa Foley** is an empowerment specialist, trainer, author of best-selling book *Falling in Love with Life – Handbook of Small and Giant Steps for the Searching Soul* published in Poland and life coach who specializes in personal and group development.

Polish-born Ewa lived in Australia for 12 years where she completed some of her professional training. A charismatic speaker and experienced seminar leader, Ewa is a devoted student of spiritual disciplines. Currently residing in Warsaw, she works both in Poland and abroad. Since 1986 Ewa has been leading seminars in Australia and Europe on "Improving the Quality of Life" which have inspired many people to gain new insights and remake their lives.

Ewa travels regularly to Australia and brings many Polish people out here for personal growth trainings, including the 30-day Transformation workshop at Breathconnection. Nemi Nath travels to Poland each year to run workshops organised by Ewa Foley and her organisations Inspiration Seminars International (ISI) and The Conscious Living Institute.

At present Ewa's book is not available in English yet. For details please visit [www.foley.com.pl](http://www.foley.com.pl)

## Invitation to Teenagers!



Dear friend - whoever you are!  
**IT COULD BE DIFFERENT** is the title of a book I am writing for teenagers. It will be published in 2002.

I would like to hear from teenagers about their hopes and dreams for this, our wonderful Earth. I offer young people an opportunity to have a voice in this book.

Please read and then pass this on to young people you know, or their families.

QUESTIONS FOR TEENAGERS:  
What do you think/feel about the current political situation?  
What are your fears for the planet?  
What are your fears for yourself, if you have any?  
What are your hopes?  
What are your dreams for the World?  
How can you make a difference?  
Please be honest!

You can also write about issues that you are facing or inspiration that you have!

MAKE YOUR REPLY BRIEF AND PLEASE SEND TO:

[itcouldbedifferent@bigpond.com](mailto:itcouldbedifferent@bigpond.com)

INCLUDE YOUR NAME, AGE and WHERE YOU LIVE

You can change your name if you want to be anonymous.  
I invite you to keep your dreams alive, they are vital on the planet right now. Believe in yourself; in your positive thoughts and in the power of the love in your heart.  
I look forward to your reply.

**Amrita Hobbs.**

Author of: *It Could Be Different* (Volume 1).

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## SEARCHING FOR PEACE

*Samsara Salier*

As I write this article, ten days have passed since the terrorism attacks on the United States of America. The US government is gearing up for a war, and people are calling for retribution. Fear is widespread around the world with both anti-American and anti-Muslim feelings rising up everywhere.

There is no escaping the repercussions of these acts. We can no longer consider ourselves immune, uninvolved or unaffected.

In the aftermath of these attacks I have had to pause and re-evaluate, and ask myself what is my part in all of this? Every night on television there is footage of wars, acts of terrorism, natural disasters, people being made homeless, loss of loved ones, loss of dignity, loss of lives. Why have I not done something more proactive, rather than saying "isn't that terrible?"

What is the underlying pain that has pushed people to hate so deeply that they are able to kill thousands of people, as well as themselves? Will punishment of these people solve anything, or simply exacerbate the situation? Is it helpful to meet negativity with negativity, rage with rage, attack with attack? Can we ever feel safe shielded with even more military might? Can we continue to say "isn't it terrible" and take no responsibility for what is happening? Who is the "enemy" in this situation? Which countries have spent millions of dollars developing weapons with potential for massive destruction?

In meditation I asked what is it that I can do as a single individual? Immediately I heard the words of a Judy Small song "For we are foolish people who do nothing, because we think there is nothing one person can do". The answer is simple. I am not the only single individual, there are millions like me around the world asking the same questions.

E-mails have been flooding in from all over, which have helped me remain positive and inspired, and I would like to share some with you. Some of the quotes come from a group of well-known authors such as Marianne Williamson, Neale Donald Walsch, James Redfield and Deepak Chopra.

- We can sit together in prayer and meditation, knowing the power of our intentions for peace can provide an antidote for the negative intentions that have resulted in these tragedies.
- Take a moment and realise that these events signal a time of no return. Never again will we

be able to go back under our security blanket of self delusion

- There are two possible responses to what has happened. The first comes from love, the second from fear. If we come from fear we may panic and do things as individuals and as nations that could only cause further damage
- Let us seek not to pinpoint blame, but to pinpoint cause
- Talk with God today. Ask for help, for counsel and advice, for insight and for strength and for inner peace and for deep wisdom. Ask God to show us how to show up in the world in a way that will cause the world itself to change. And join all those people around the world who are praying right now, adding your Light to the Light that dispels all fear.
- Look to see what it is you wish to experience in your life, then see if there is another for whom you may be the source of that. If you wish to experience peace, provide peace for another. If you wish to know that you are safe, cause another to know that they are safe. If you wish to better understand seeming incomprehensible things, help another to better understand. If you wish to heal your own sadness or anger, seek to heal the sadness or anger of another.

And finally, from Deepak Chopra

- If you are having a single thought of violence or hatred against anyone in the world at this moment, you are contributing to the wounding of the world.

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