



DYNAMIC BREATHING TECHNIQUES

Even today there are difficulties in replying to the question “What is Dynamic Breathing?”.

There are those who define it as a technique, others as a therapy, others again as an instrument for achieving wellbeing. None of these definitions is wrong, but taken singularly each one is incomplete; in the end, uniting them one to the other, one might define the technique as a method of personal growth. To grow means to learn to know your own Self more profoundly, to be able to find responses in complete autonomy (responsibility), to express oneself in a clear and free way without any conditioning.

It is thus evident that in the final analysis all of these elements contribute to creating an emotional, psychological and physical wellbeing and to stimulating the most profound creative processes in each of us, without external influences which could corrupt the genuineness.

Dynamic Breathing is a method which can accompany anybody's life journey, and is always suitable because it changes with us and supports us, helping us to feel more protagonists of our own daily lives and all in a way as simple and natural as breathing. For cultural practitioners or artists the technique can help digging into one's own visionary library, to find inspirations that are not influenced by concept or education in first line, but that are visions one carries within. These imaginations can be germs on base of which to develop a whatsoever artistic work.

Having been many the uses of breath in meditation, such as in the ancient Indian Vipassana and various Yoga techniques, Leonard Orr is recognized as the founder of a movement called *Rebirthing*, another dynamic breathing technique. By his own admission (*The Story of Rebirthing Told by Its Founder*) this was not a sudden discovery, but the result of a series of experiences and intuition. Leonard Orr had his first experiences of spontaneous breathing immersed in warm water, during which moments he underwent strong physical sensations and intense emotional reactions. These experiences provoked the emergence of memories related to being born. Orr noticed that after these breathing exercises such memories did not reappear and that in their place was a feeling of great freedom, which is why this method came to be called by the name of Rebirthing, which literally means being born again. Having become quite familiar with the respiration cycle, he began to teach it to others. While at first people immersed themselves in water lying on their backs or face down and using a snorkel to breathe, now it was sufficient simply to lie down on a mattress. In this way with the correct breathing one could abandon oneself to the same sensations but in a situation of greater safety. The practice of dry Rebirthing also gave a person the possibility of experiencing other memories, other visions, beyond those related to his birth. Orr sensed that this breathing was capable of reviving emotional and energy blocks and allowing them to be resolved definitively. In 1977 Leonard Orr undertook his first journey to India where he encountered a yogi called Babaji. This man defined Rebirthing as “the yoga of the West”. Rebirthing spread in America and later in Europe. The theoretical system proposed by Orr thus began to undergo the changes, which would make it more acceptable to the European mentality.

Today Rebirthing is in continuous evolution and is well adapted to whosoever chooses to practise it. Each person has the possibility of choosing a way, which seems most adapted to his or her personal evolution.

Many techniques give an important place to breathing: Yoga, many types of medication, other breathing techniques, not to speak of the different approaches of Rebirthing itself, from Breath work, Vivation, Olotropic Breathing. Each one, through the simplicity of a dynamic and conscious breathing, has the possibility of extracting visions, pictures and stories from the depths of one's soul and from the most remote corners of the mind, drawing from that reservoir of innate creativity which is surely within every human being. Memory, even genetic memory, is a very rich mine of information, power and beauty, asking only of ourselves the right key to open it. Each in his own way.