

# A New Reality: A Rebirthing Experience

by Maile Vanderford

Maile Vanderford is a Rebirther, certified by Christina Thomas-Fraser ([innerlightinstitute.com](http://innerlightinstitute.com)), and Sondra Ray ([liberationbreathing.com](http://liberationbreathing.com)), one of the original founders of Rebirthing. She offers live and online classes, rebirthing and energy healing, along with a talented group of massage therapists, acupuncturists, and energy healers at The Centre located in Pasadena, California. [thecentre.com](http://thecentre.com) (more at end).



MAILE VANDERFORD

The room was buzzing with electrical energy, and there was a bright light permeating the room. I was in awe and could not move. I had to lie there for several minutes before I had the strength to sit up and walk back to the living room to join the others. I did not feel like talking about what happened. I had no words for the experience. It felt like the most blissful peaceful feeling I had ever experienced.

This was my first experience with rebirthing. How I got there wasn't important. Unless you consider maintaining your sanity of some importance.

It was March of 1997.

I missed work. I missed wearing a suit, going out to lunch and feeling accomplished. No one warned me when I became a stay at home mom, instead of a litigation attorney, the price I was really paying. Now I had no power. I was one of the kids who had to ask my dad/husband for permission to

buy anything, to go out to eat, to go anywhere. I felt isolated, depressed and very lonely.

I was in between worlds. I no longer fit in with my work friends, and the other moms judged and distrusted me. I was one of those career types, merely visiting the sacred territory of the "stay at home mom." No one was interested in bonding with someone who would be going back to work.

And, I had a terrible secret. I was really a monster. At least that is what I thought about myself. I pictured all the other moms having blissful days with their children—learning, laughing, and bonding. I, on the other hand, woke up every morning scared to death, that this was the day I would not win the battle with my inner rage. That this was the day I would lose control of that wave of intense energy and hurt one of my kids.

I did not realize I had this problem until I was a stay at home mom. As a child, I was not allowed to express any anger. Suppressing that rage became second nature for me. Now as a stay at home mom I had long silent hours with no one to talk to, and all that repressed rage was resurfacing.

I was always thought of as the "nice one." So peaceful and kind. I was actually able to keep up this facade for decades until now. I felt like a fraud. Nice on the outside, black and evil on the inside.

They say the difference between rage and anger, is anger discharges when you express it. Rage, on the other hand, does not discharge until you harm your "target." I lived this distinction everyday, and I knew from personal experience it was true. So far I had won this battle, but it was exhausting, scary, and I felt really guilty and ashamed that I felt so much rage at my two innocent and beautiful children.

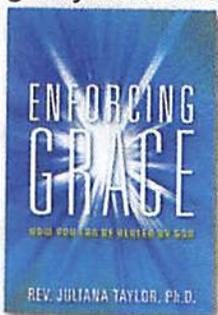
Then one day, I got a call from my former secretary. We had become friends at work, and continued this friendship after I quit my job. She was really excited about some woman she met at the Whole Life Expo. She told me I had to read her book, "Secrets." The title intrigued me so I bought it. She did some work called "Rebirthing." Something about releasing old emotional trauma, which she claimed had energy that gets stuck in the body and caused you to feel depressed, tired, and fearful.

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## Rebirthing Experience

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At first, I was not interested. It sounded stupid to me, until I read, how impossible it was to mentally decide not to get angry. She explained when you have stored anger or rage within you, keeping it down was like trying to keep an inflated ball under the water. It takes up all your energy and attention, and if you aren't concentrating all your energy on it, it comes bobbing back up to the surface.

She practiced Rebirthing, an ancient breathing technique that supposedly releases trapped anger, rage, fear or grief energy so that you don't have to keep it suppressed; it is released! That was all I needed to know. I did not know anything about Rebirthing, but if I could release my rage with this technique, I was willing to try it.

The woman, Christina, was beautiful, normal looking. It was comforting that she wasn't wearing crystals and chanting "OM." She almost looked like a businesswoman, and was very kind. My friend and former secretary went first and the four of us, waited with anticipation in her living room. When she came out, I looked up expectantly. She shrugged and said, it was relaxing, but nothing much happened. I felt let down.

Then Christina turned to me and said, "OK you are next. I will explain how the breathing is done and then we will go into the back room." As she was talking, I suddenly saw what looked like a light behind her. It looked like a person, but made of light. Christina stopped talking and asked, "Are you looking at



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my aura?" Confused, I said, "What is an aura? This looks like a person standing behind you." She smiled. "Oh, you see the spirit that works with me." *Excuse me. The what that works with you???*

I looked closer, and there was suddenly so much love beaming at me from whatever this was, that to my horror, I started to sob. And, I felt like a gazillion volts of electricity rushing up my legs. I felt scared and confused. I did not read about this anywhere in her book.

Christina jumped up, grabbed my hand and pulled me to the back room. She explained later that I was having a spontaneous Rebirth (when the process starts all on its own). She simply stared at me and I felt uncomfortable. Wasn't she supposed to tell me how to do this special breathing she was talking about?

She gently pushed me back and told me to lie down. She said, "breathe connecting the inhale to the exhale with no pause in between." I started breathing as instructed, and I could feel that electricity coming up my legs into my knees. The pressure was building in my knees and it hurt. "My knees hurt," I told her. She said, "I know, your knee chakras are blocked and I am clearing them right now." *Excuse me - My what are blocked???*

Whatever she was doing alleviated the pain. I could not see what she did as my eyes were shut very tight, as if not being able to see would somehow keep out all the strangeness of this experience.

Then, I felt like I was being squeezed by a gigantic hand,

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all over my body, by some invisible force. My mind was trying to comprehend how this was possible. I had never experienced anything like this in my life. And then, I had this ridiculous thought, "oh my God, my husband is going to kill me if I die on this woman's table." Silly, right? The pressure kept building and building and I felt like I was being literally crushed all over my body. "This hurts," I kept repeating. "It's okay," she said. "Keep breathing, you are okay. I promise. You are reexperiencing your actual birth." WHAT????

Then just when I thought I could not take anymore, the pressure released around the crown of my head, and then down my neck, shoulders, torso, hips, and finally my legs. My arms and legs were bent and shaking and I let out this loud infantile cry. Part of me was watching this whole thing, thinking, this is weird. Christina, with tears streaming down her face, held me, gazing lovingly into my eyes, saying, "You are a beautiful girl, and I love you and you are wanted." I realized that she was reprogramming me and changing my birth experience.

The next day, I had no energy. I called Christina, and she explained that I had been born and it would take a couple of days to regain my normal strength. She was right and from that day on my life was permanently changed. I knew with the utmost certainty that there was indeed a force greater than ourselves that was full of the most incredible loving energy. I would feel that electricity running through my body from that day on.

A week after my session,

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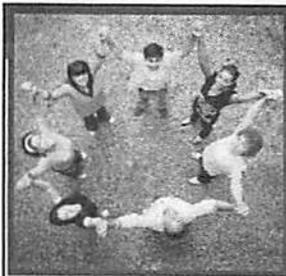


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I was put to the test. I had restored my kitchen chairs to their original creme color, just in time to witness my toddler son spilling grape juice all over one of them. Did I mention that it took six hours of scrubbing and that they were cloth cushions? Normally, I would have thrown a cartoon-like tantrum with my head ballooning out, eyes bulging, screaming at the top of my lungs, "What do you think you are doing? Are you f@##%!!! crazy?"

Instead, I took a breath and a thought instantly came to me. What the heck was I thinking, handing a toddler grape juice and seating him on newly cleaned creme chairs? I was the f@\$###%! crazy one! I actually laughed at the stupidity. Don't get me wrong, I still felt irritated. But for me irritation was a huge improvement over the aneurism I would normally have had over such an incident.

Now equipped with the breathing technique Christina taught me, I was able to quickly move through the irritation. I would work with this process over the next ten sessions and not even recognize myself several months later. What this gave me was hope, where before there was resignation, shame, and despair. What I have for others still marinating in their own rage is deep, deep compassion, and the knowledge that it doesn't have to be that way.

This article is an excerpt from her book, *Diary of an Ordinary Housewife*.

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