

## Doorways to Power – Ebook Sample

Mind / body medicine, being an expert in the ancient Hindu teachings of Ayurveda .

### **Our bodies are composed of energy and information.**

*We have known for some time that although our physical universe appeared to be solid matter, the trees, rocks, furniture and our bodies, are broken down to molecules and atoms. Now quantum physics tell us that every atom is more than 99.9999 percent empty space, and the subatomic particles moving at lightning speed through this space are actually bundles of vibrating energy. These vibrations aren't random and meaningless, however; they carry information. Thus one bundle of vibrations is coded as a hydrogen atom, another as oxygen; each element is in fact its own unique code. The quantum field holds the entire universe in unexpressed form. We live in a kind of sea of energy which is constantly giving and receiving information. The quantum field is not separate from us – it is us.<sup>2</sup>*

I had an intuitive understanding of what was going on, early on in my psychic development. However, it was only when I started working with the connected breathing method which forms the core technique of the rebirthing process, as developed by Leonard Orr, that I really experienced this. Physically and completely wide awake, I was vibrating in the energy field.

And from then on, my consciousness was alerted to the power available to us. It is most easily accessed through breathing and has been understood and used by sages from India, China, Japan to keep their physical body young and healthy. So this flow of intelligence called Prana in India and Chi in China and Japan; usually translated as life force energy. It can be used creatively by us too and the keys to unlock this are awareness and intention.(see chapter Energy and conscious breathing)

Intelligence of course can express itself through thoughts and emotions too. So our mind influences every cell of our body. Nothing holds more power over the body and our life than beliefs in the mind. It is vital to take responsibility for what we are thinking, thought really is creative (see the chapter *Mind*).

So back to Transformational theatre, I came to the exciting conclusion that the sacred space we are working and playing our dramas in, can be likened to a huge web - a matrix comprised of energy which, is intelligent and responds to our intentions to heal. I have called it the Energy Matrix. We give awareness by consciously breathing and in the heightened space, theatre can transform us. It is most closely related to ritual, but not a set of pre-ordained actions as in a church service. It's more like the ceremonial magic of some of the ancient and or indigenous tribes. One significant thing to notice though, is that Transformational Theatre is played more freely, as in improvisation, working with the participants themselves and often creating in the moment. Here it is most closely aligned with the sort of freestyle exercises we would use when working on

a play or in drama school. The play is not scripted, and the group is creating spontaneously.

What is happening is that we are putting ourselves in the position whereby our own wisdom can come through. We are all linked by the force of the energy and it is heightened by being in the group environment. Our intuition is more accessible in the Matrix.

We give structure and form by using the archetypes which are universally understood not just by mind but by the sea of intelligence which responds to these characters, helping us to transform.

We can speak to these characters directly and they can impart their wisdom. For example, we might devise a journey up a mountain to meet the Hermit or Old Wise Woman and so help a participant to discover the answers to some difficult questions, face loneliness or make decisions from a clearer space.

Perhaps we might contact the Warrior to find his strength within us if we need to develop more courage to move forward. In a mythical story we might travel across many lands to find this powerful being to find the tools of focus. (for instance the sword) Then there are the sub-personalities within us who we may want to emphasise because we never had a chance to express those parts. We may need to feel more comfortable with these parts of ourselves if we have judged them to be bad or wrong. These are all archetypal, universal energies that we can work with.

Now I want to touch on visualisation which is another major key to the effectiveness of Transformational Theatre. I have found that many people under ordinary circumstances can't seem to visualise, including myself. This was when lying or sitting down more passively. When I started to work with group energy dynamics actively and with intention and awareness, this changed. So we place our stories, the myths of our lives into the Energy Matrix and watch the magic happen.

The work with group energy dynamics can also be used for transformation in the corporate world. An organisation can be viewed as an energy matrix. We can put the ingredients of the drama and characters into the sacred space of the Board Game and play Transformational Theatre. Infinite intelligence reveals any changes that need to occur to assist the organisation to grow and heal parts that are ineffective. Now secrets are revealed and problems are solved from a level beyond mind. Moving any group into the space of the Energy Matrix will allow universal wisdom to come forth, connected by the intuition of each person in the group.

Another of the secrets of this work is the conscious use of breath. The participants are encouraged to be vigilant about their breathing to access more of the life force energy during the adventures, both individually and collectively. We have found there is nothing more effective to move emotions and negative patterning than this way of

connecting to the streams of energy that flow in the web that the workshop space provides.

Of course, human beings have been accessing these worlds through dreams for a long time. I have a theory too that in the 60's flower power era, one of the major reasons for the huge experimentation with drugs, was because mass consciousness needed to wake up - to expand awareness and look into other dimensions, just as the shamans have done in many different cultures.

Taking drugs certainly enables this, but it is mainly unfocused and many people found themselves in trouble. The medicine men and women of Peru used them creatively to raise their awareness to take them into other dimensions. They didn't take sacred drugs randomly; they took them with respect and intention.

Breathing is the way to get more oxygen pulsing through your veins and reaching all parts of your body, brain and other organs. You can increase the life force every day of your life by choosing to breathe full and freely. When I first read that 70% of the waste products in our bodies are excreted via the breath, I was amazed it was that much; the other 30% being through skin and the obvious ways of releasing waste products.

Another point I want to make is that physiologically, the actual physical action of the breathing mechanism is really important, in that when we breathe fully, freely and easily, we are massaging internal organs as long as the diaphragm is doing its job by dropping down. Shallow breathing does not allow this.

We are beings of spirit, mind and soul, as well as the physical. The body has the knowledge and power to heal itself, given the right conditions. I believe that we must listen to early warning signs from the body - the stress, aches, pains and common ailments. We must look more deeply at the emotional causes and belief structures held within, before they can become more manifest as a physical problem. It is more common knowledge now that we cannot just treat symptoms, we need to look deeper to the cause.

Illness is not something that is attacking you, it is the body's way of alerting you to imbalance. Taking drugs for pain often masks early symptoms. If it has reached this point, then we have not been listening to our body. Our natural state is health and disease indicates an imbalance that can be rectified if we take notice.

Disease is caused by blockage of the life force in parts of the body, often because of suppressed, old emotional upsets, traumas. Many people feel tired a lot of the time. This is generally due to fear, anxiety and stress continuously held in their bodies. When we focus consciously on releasing these blocks on a mental, emotional and spiritual level, this will increase our energy and aliveness. Our immune system will be strengthened and the very cells in our body will be re-vitalised.

### **A breathwork (rebirthing) session**

It is aptly named 'Conscious Connected Breathing' and a session can last from 1 to 2 hours or more. It is important in the early stages that one is guided by a professional Rebirther, with the skill to encourage and support your breathing rhythm and expansion; also the rebirther 'holds the space' and provides the 'psychic safety' and experience to help you release old patterns and emotions, as well as assisting your understanding of the process in psychological terms.

The 'rebirthee' becomes increasingly aware of how they are living their life and conscious of limiting beliefs. After a series of sessions, usually 10 to 20 with a Rebirther, you can continue the process by yourself. Many Rebirthers run workshops, where you can experience this powerful process in a group. It is recommended that you do both group and individual sessions. Individual sessions can give you more personal attention, whilst you can gain a broader perspective and support through interacting with others in the wonderful healing space of a group.

### **Energy and conscious breathing in Transformational Theatre**

The dynamic use of connected breathing is what makes the Transformational Theatre processes so powerful and unique.

One of the most powerful uses of this technique is the ease in which it assists emotional release. Breath coupled with drama is a perfect combination as a way of releasing creatively rather than the dialogue of therapy. I believe that instead of solely focusing psychological problems or issues in a talking therapy, the combination of the breath and the drama, dance movement and voice exercise in Transformational Theatre promotes release in a more holistic way using all aspects of mind, body and soul.

Releasing issues around self esteem, confidence, worthiness is then enhanced through taking our new found confidence onto the stage of Transformational Theatre where we actively develop them.

Here we can play them out and see them more clearly by dramatising them using sound and movements. I believe the free expression of improvising dialogue is a lot more fun than psychoanalysis. As we become more conscious about the way we are operating in life, the negative thoughts and beliefs surface and we can dissolve and integrate them.

Simply put, it makes sense to learn to breathe efficiently. Since I released the tension from my breathing and learned to breathe fully and freely, my body feels totally amazing most of the time.

Bring unconditional love to these fragmented parts and vibrate the stuck energy, by expressing and releasing emotions and feelings.

We have made decisions, often at a pre-verbal level, about life and our limitations, based on the way it felt at the time of our birth and the experience we had as a result.

Negative belief patterns are stored in the thoughts such as 'life is a what I want', 'I'm a failure' I am sure you can produce are affected by the school and society, as we compound what we



are built from this and subconscious. struggle', 'I can't get', 'I don't deserve love'. many of your own. We attitudes of parents, grow up, which simply already believe.

The result of all this is learned behaviours which then become fixed into behavioural patterns that we believe to be true for us. These then solidify as belief structures that we operate from unconsciously. Mind needs to be right and so this becomes the life we live. The trouble is eventually, all of these decisions go deeper and become unconscious and then we wonder why our life and relationships are not working. We ask ourselves why am I not happy? Why am I tired all the time? Why doesn't s/he give me what I want? Your negative thoughts, beliefs and expectations produce results in your world

One of the key factors here is the upsetting range of feelings that are activated in our emotional body, that cause us to want to push the feelings away and not experience them (see the chapter *Emotions*).

These are called survival mechanisms. The brain or mind has a defence system which cannot distinguish between real or perceived danger psychologically. The mental pictures painted from our reality are based on what we believe. So we develop a complete personal belief system which is convincing to us but is actually way off track.

## **The Personal Law**

As you dig deeper, you discover there is one thought that is the root of all the others. This core belief is powerful and recurrent. It is the most negative thought you have about yourself and it is so familiar it is never questioned. There is proof in the circumstances we play out again and again in the outer reality that this is what's so. This then becomes the law – your personal law (see the chapter *Roles*).

This dynamic thought/belief underpins everything and is the Window through which we view life. It influences all behaviour. It's as if all the other negative beliefs are balloons and the hand that holds all these balloons, and keeps them in place is the personal law. The life force and vibrancy in our bodies gradually gets worn down and we will stay stuck in helplessness and prisoners to fate.

There are many myths that show this dilemma. Prometheus, who defied the law of Zeus and stole the fire of the Gods to give to man, knowing full well he would suffer for his deed. He was chained to a rock by Zeus for his wrong thinking and doing. His torment was a loss of faith, which in mystical teaching is called the 'dark night of the soul' where one can only wait without a confident vision of how it will end.

The most extraordinary thing here is that personal law is the biggest lie about us and masks our greatest strength. It seems if we are to negate our purest divine self and cut back our aliveness and greatest gifts, this is the way we do it. An efficient way to heal this negative thought structure is to recognise this fundamental thought and as it clears the balloons will float away without further effort.

## **Victim Consciousness**

If we continue to perpetuate the belief that someone or something else is responsible for us and our dilemmas... it's everybody else's fault but mine; our partner; the government; latest financial crisis. We project our thoughts and feelings in order not to feel the terrible feelings we have inside.

For example consider a person who has a personal law – I am not wanted, I am wrong. Perhaps they felt rejected at their birth because they were a girl instead of the much desired boy. In adult hood, after being in a happy relationship for a while, they begin to project on to the partner 'I don't want you' and no matter what the partner does, no matter how hard he tries, he can't be what is wanted and he is always wrong. The relationship is doomed.

Mind is not the demon. There is hope. We can take charge and we can change the beliefs and patterns that produce negative results. We have direct access to the creative force. This is one of the secrets of the Energy Matrix. Human beings are highly evolved in that we have the ability to make conscious choices.

An excellent way to start taking responsibility for the way this personal law affects our life, is to replace it with an affirmation called the Eternal Law. This is a life affirming statement opposite of this lie. When you finally let go of the hand that holds all the balloons, you will experience amazing results in your life.

An affirmation is a positive thought that you choose to create as reality in your life, taking responsibility for the quality of your thoughts, which then has a direct effect on the quality of your life. If you are the 'thinker' who is thinking your thoughts – then you are in a position of power to consciously choose in any moment, to have and do and be whatever you want. When you start to work with affirmations, they will often bring to the surface those negative beliefs stored in the subconscious.

I do not see them as a continuous programming of positive thoughts with no responsibility for what's underneath. That would be like the icing on a cake that looks nice on the outside but the inside of the cake is mouldy, and full of maggots. I see the affirmations as a tool to keep us on track, a statement of our intentions.

The most effective way I know to get positive and permanent results, is to use affirmations in conjunction with connected breathing. This dynamic process opens you up to your intuition, which makes you more aware of the negative thoughts and patterns of behaviour, and the associated feelings.

It is not just the thought; there is an associated feeling, which causes blocks. Energy is dammed up, keeping the block in place, and we don't want to feel some of those emotions again, because we judge them as bad or hurtful. When we allow ourselves to feel, to 'vibrate' this stuck energy through this dynamic breath work, these blocks in mind, body, and spirit are released more easily.

Start acknowledging and praising yourself each day. Here are some good affirmations. I'm learning to love myself more and more everyday.

