

Menopausal symptoms

Autor/in:



The Intuitive breathing was developed by Karl Scherer and begrndet. "Discovered" he had a vision in 1979 to search within a zweijhrigen rigorous training by Indian Medizinmner in the U.S., where the breath or less for the second time he took possession - and earned him a second birth. Then he met Leonard Orr the Begrnder of Rebirthing, Rebirthing and was immediately to teach the ermchtigt. Such were the first teachers Fri Intuitive Breathing in Germany also Rebirther. The basis of this method is a breath natrlicher mechanism of the human bodys which can integrate the traumatic experiences and stressful process information and memories on a expensive than the level of pure Reaktivitt. This almost magical, self-regulating, intelligent life function is almost intuitive in breathing, "breathing circuit called.If this has integrated organic momentum of the bodys most urgent situations of stress and trauma and aufgelst, it leads to not going but, once free, to ber, the bodys Fri step by step with the entire environment to harmonize and Hherentwicklung unleash potential. intuitives When breathing is very intense cleaning of the bodys, mind and soul instead of one. In the breathing circuit is seen mssen not to breathe himself, but to breathe the breath "are. It is the ego Ist foothill above with his old concepts, which have direct access to archetypal and transpersonal experience areas erm created the possibility. This apparent Widersprche be transcended, just as the apparent limits to places of contact or connection with what normally regarded as non-Ego.The universe is then perceived as something hchst alive and himself as a collaborator-in-e as an e-Wahrgebende-r. After the breath as a gateway to a new realm of being introductory services has its function, life appears again spontaneously and everything connected with. Literature: Karl Scherer: breath as the gateway "(Basic Texts on intuitive breathing), Arbor Verlag 1992

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