

# Re-birthing — a self-help technique

By LISA BOONSTOPPEL-POT

Debra Lum has been born again. In fact she's reborn almost weekly with 'Re-birthing,' a self-help technique that uses breathing to bring about personal change and spiritual transformation.

Debra is a re-birther. She and her husband, Steve Donahue, are the only Canadian graduates of the Loving Relationship's Training International six month program based in Connecticut, U.S.A.

Armed with her personal belief in re-birthing and the technique to help other people use their breath to effect personal growth, she's set up shop in Limehouse.

Re-birthing has certainly changed Debra's life since she was first introduced to the concept while vacationing in Mexico.

"I did it out of curiosity at first," says Debra. "But my initial session amazed me. I was very emotional and I couldn't believe there was so much sadness in my body."

She continued with the re-birthing sessions during the vacation to discover more about herself and in the end, believed in the process and decided to train under co-founder of the LRT and the re-birthing concept, Sondra Ray.

The Connecticut-based Ray is a re-birther and author of 10 books on the subject. She's a former nurse who became completely frustrated with Western medicine and found that re-birthing not only cured her pain and healed her baldness (her hair fell out after an emotional traumatic divorce), but changed her consciousness allowing her to change her outside circumstances.

"Sondra is so inspirational," says Debra. "She's a model for reaching higher. Her life is very clear and spiritual."

Becoming 'clear' is one aspect of re-birthing Debra is constantly striving for. She says most people are trapped under negative thoughts that begin with birth.

She says the shocking changes babies undergo at birth, like coming from a dark, warm, peaceful environment that meets all your needs to a bright, cold, noisy environment where a doctor slaps your bottom, give babies negative feelings about life. After the actual birth, the cord is cut and the baby is thrust into a life-death situation.

"Our first breath was taken in a moment of fear and panic. We had to fight to survive," said Debra. "Because babies are intelligent, they make decisions about their introduction to life such as: life hurts, life is a struggle and life is dangerous. The baby incorporates these thoughts on a deep unconscious level and these unconscious thoughts are governing the way we live our lives because thought is creative."

During re-birthing, the act of breathing releases these negative thought patterns and 'clears' the way for creative thought.

Debra has seen the process working not only in herself, but in her one-and-a-half-year-old son, Isaac-Spirit.

When her son first made his appearance into the world, he almost died. The doctors needed to place him on a respirator but because the baby was so stressed, he kept fighting the use of the respirator. The doctors had to paralyze the boy in order to get him to accept the machine and

it's life-giving oxygen.

"Because of that he thought that in order to survive, he couldn't move," said Debra. As he grew older, she found her son would just lie there. "You could say he was a slow baby but when we tried to teach him how to crawl, he cried and cried and cried."

When Debra realized his own particular birth trauma, was causing the distress, she re-birthing her own son.

Personally, Debra says re-birthing has allowed her to receive materials rewards through creative thought.

"The mind creates our reality," she says, and by affirmation: constantly telling yourself you're good enough and deserving of whatever it is you want, you'll get it. Debra wanted a new car and by continuously writing her creative thoughts down, she did get her new car. She was able to ensure a good plane flight on vacation and an affordable house the same way.

Debra has re-birthing about 30 people but most of her clients are from Toronto, where she has a room for the service and from Guelph. She's hoping to expand both her Guelph-based and local clientele.

During a re-birthing session, you usually lie down and breathe in a connected manner, inhaling to your exhale. Because the breath is oxygen, you are bringing more energy and aliveness into your body, says Debra. A session usually lasts one-and-a-half hours and costs range from zero to sixty-five dollars.

After 10 sessions, the recommended number, most people are trained well enough to re-birth themselves.



Debra Lum, of Limehouse, a trained re-birther, believes re-birthing can facilitate personal growth and spiritual transformation. She was trained by Sandra Roy, former nurse and author of 10 books on the subject, including 'Pure Joy.' (Herald photo)

# Ottawa bound

By LISA BOONSTOPPEL-POT

The Herald

Martin Davison has been chosen as Georgetown's candidate for 'Adventures in Citizenship' and will venture to Ottawa May 5 to 8 to see first-hand how the government runs.

The Adventure in Citizenship program is sponsored by Rotary clubs province-wide as each sends one student on his experience of a lifetime.

Martin, 19, a student at Georgetown and District High School, was chosen by the school for his intelligence and ability to get along with others.

He eagerly accepted the offer because he thinks it will be a "fun and exciting trip."

Though Martin doesn't consider himself a great follower of politics, he does watch 'The National' news regularly and has been following such issues as national unity and the Persian Gulf war.

While in Ottawa, he hopes to get a chance to meet the Prime Minister just to say hi. "I don't want to lecture him on any issues," said Martin.

This is Martin's final year in high school. This year, he's taking all his OAC courses and is concentrating on English and History.

He belongs to the yearbook and formal committee and is an avid runner and member of the school's cross country and track and field teams.

His other interests include writing poetry, which he describes as "kind of weird and psychedelic," and playing tennis during the summer months.

He fully intends to enter university and leans towards becoming either a journalist or a teacher.

Martin will be one of 250 students learning about federal politics in May, said Murray Thoms, Rotary Club member and organizer of the program for the Georgetown branch.

The program costs the club approximately \$133. The students are billeted with Ottawa families for their stay.



Martin Davison

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