

## The truth about Rebirthing

From Denver, Colorado:

The whole of Colorado community is in a state of horror and shock as they followed closely the trial of Evergreen therapists Connell Watkins and Julie Ponder at the Jefferson County District Court after the death of 10-year old Candace Newmaker during a rebirthing.

“Like many people across the country I am horrified, appalled and saddened” said Petrene Soames, a professional rebirther with 12 years of experience and author of The Essence of Self-Healing. “Rebirthing does not involve covering the head or face with blankets or pillows or anything else. It most definitely does not involve putting weight of any kind on top of the client. During a rebirthing session, any sign of distress should be immediately reacted upon and the session stopped. I understand that the girl was called a ‘quitter’, that she vomited, and was even allowed to soil herself and told to die. This is not rebirthing. It is absolute abuse.”

Ms Soames describes the rebirthing session as a deep connected breathing technique where soft music and lighting are often used. The idea is for the client to be emotionally supported and allowed to release emotional pain in a safe, warm and comfortable environment. It is a highly positive, powerful, uplifting and releasing therapy for anyone who feels stuck, blocked or in any kind of emotional pain. Often people report getting more out of one rebirthing session than many years of therapy.

“At one point during the rebirthing session the fetal position is assumed. The client is rocked gently, their hair maybe stroked lightly and perhaps the back rubbed gently. The client is verbally encouraged to relax and let go. This is a very nurturing part of the session. Rebirthing is empowering and a client would not be called a “quitter” or any other negative term“ added Ms Soames.

Although the word “rebirthing” implies to “be reborn”, clients are not asked or expected to reenact the birth experience. Some rebirthers may use this approach, but it is not the essence of rebirthing.

---

**Petrene Soames** is recognized around the world as a leader in the self-healing movement. She is a therapist, intuitive healer and **professional rebirther** and regression therapist. She is the author of The Essence of Self-Healing: how to bring health and happiness into your life (FleetStreet Publications – March 2001).

*Call Janie Jones at **1-888-263-9637** for more information  
or to schedule an interview with Petrene Soames.*

**<http://WithoutAnyDoubt.com>**

[Includes Press Kit, TV and Radio Demos, Biography, Interviews, Ideas]

# END #

---

**CONTACT JANIE JONES AT 1-888-263-9637 TO SCHEDULE AN INTERVIEW TODAY**