

# Rebirthing

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"**Rebirthing**" refers to two different alleged therapies, both of them rank pseudoscience originating in the New Age movement:

1. Adults using meditation techniques, usually involving hyperventilating for long periods of time, and/or sitting in a hot tub at 98.6 degrees, which is supposed to bring about an altered state of consciousness in which the person can recall memories of being in their mother's womb, or even "memories" of the time when they were a newly fertilized egg. A newly fertilized egg has no nervous system, and cannot remember anything, so any such memories must be imagined. The book *Rebirthing in the New Age* promotes this kind of rebirthing in a hot tub and is good for a laugh. Variations on this practice include the trademarked term "Holotropic Breathwork".
2. A quack treatment for attachment disorder in children, in which the child is subjected to being tightly wrapped in blankets and smothered, during which they are supposed to struggle to get out. This supposedly re-creates the "birth" experience and they are then supposed to "bond" with their adoptive mother after the ordeal in an extreme form of reparenting. This "treatment" led to several tragic accidental deaths from suffocation and is now illegal in many places.

For those not of the New Age persuasion, there is also the Christian version of this woo: being "born again".

It could also refer to a very rare, very strange hentai fetish where the person in question crawls into another person's vagina, and then crawls back out again. Of course, the number one rule when it comes to hentai fetishes: Don't ask. It's not supposed to make sense.

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### New Age



## Key cosmic concepts

- Crystals
- Spirituality
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- Woo

## Spiritual selections

- David Icke
- Eckankar
- Edgar Cayce
- Kevin Carlyon
- New Thought
- Noetic science
- Pineal gland
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- Ten percent myth
- Yogic flying

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