

Rebirth offers 'chance to reevaluate life'

By **HEATHER McCLENAGHAN**
Of the Emerald

Most of us came into the world under unnatural, violent conditions. We were pulled, drugged and struggling, from the warm ocean we had inhabited for nine months into the bright, cold confusion of a sterile delivery room. Blinded and terrified, we were turned upside down, slapped and whisked off to a nursery where we screamed in freaked-out union with our fellow infants.

Sound like an event worth repeating? Hardly.

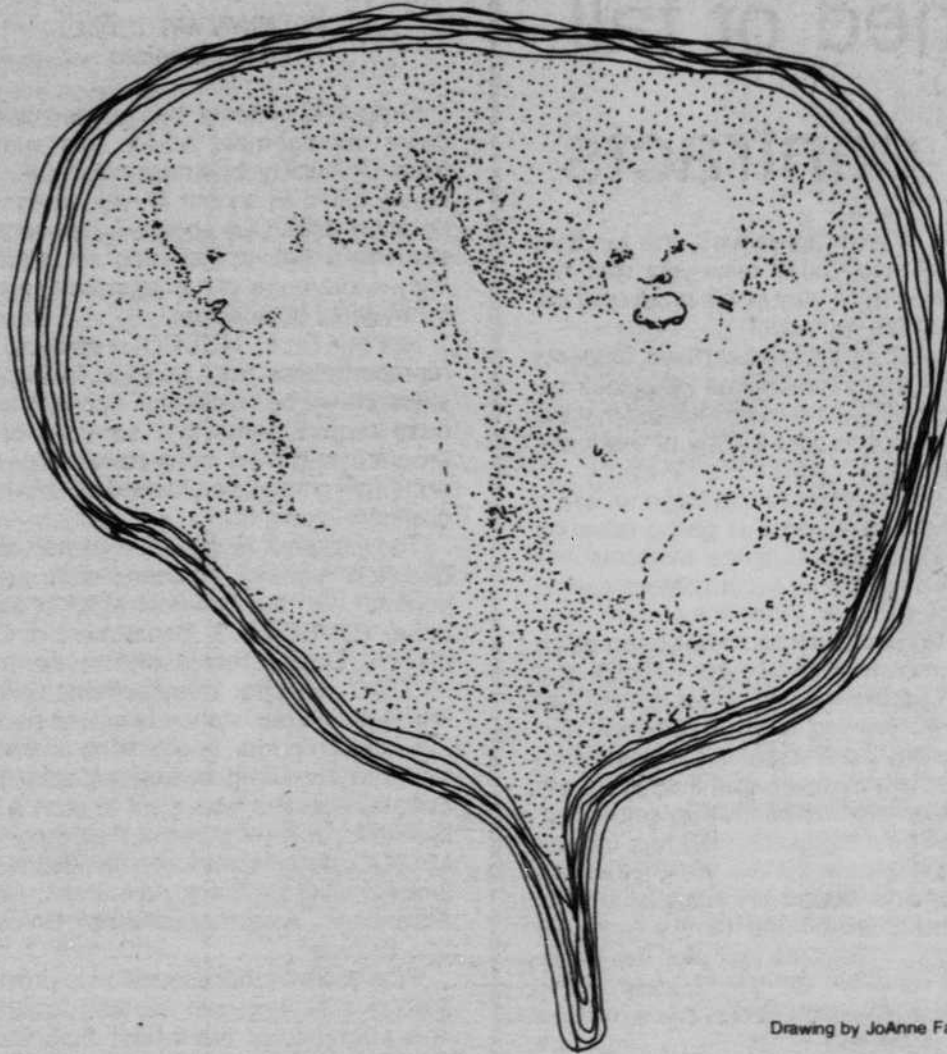
But to a few adventurous and curious people in Eugene, the reliving of the birth process is a form of self-therapy they claim heightens perception and eliminates fundamental psychological problems.

"The rebirth process gives us an opportunity to re-evaluate life," believes certified rebirth specialist Cathy Schuber of Eugene. "Your mind and your body go beyond anything you've experienced. You get back to your primal imprints and have a true sense of what it is to be alive."

According to Schuber, a human being's basic attitude toward life is formed in the delivery room. The subconscious fear that existence is full of pain and suffering springs from the non-verbalized impression of the world babies gain during their first rude introduction to it.

Using the theories of pioneering French obstetrician Frederick Leboyer, the rebirth therapists hope to change the experience of birth from a period of terror to an episode of pleasure.

"We go back and remove our pre-verbal generalizations about the horror of life," Schuber explains. "Instead we get the sense that life is voluptuous and sensual. Several people report they have a sense of heaven on earth. They have a feeling that suffering is not the only state on earth. Most people come



Drawing by JoAnne Fahlgren

away with the belief that life is absolutely divine."

After attending an introductory seminar and at least one private session, "the babies," as Schuber terms the adults who complete the process, are ready for the actual rebirth experience. The process takes place in Schuber's warm, darkened converted garage in South Eugene.

The participant, the rebirth specialist and an assistant enter a large hot tub.

The participant dons a snorkel and begins floating face down in the silent 102-degree water. The water stimulates the memory of the womb, Schuber says, as the participant slides back into the subconscious.

"You beat a path back to childhood very quickly, but most people don't stop at childhood," she says. "On your way back to the womb you come to a boundary that is pure fear — we don't want to go back there."

At this point the observer notes a

panic breathing response from the participant. Schuber finds that many people wish to stop the experience at this point.

Although it may take two or three sessions in the tub to break through the panic barrier, birth is right beyond the fear, she says.

Emphasizing that every person has a different experience, Schuber says, "Most people report an overwhelming feeling of their mother and the basic sense of the goddess is very strong."

The supreme importance of the mother to the fetus manifests itself in various ways, Schuber says. One rebirth participant told of feeling she was being poisoned by her mother's cigarette smoking and coffee drinking during pregnancy.

Schuber has performed some 40 rebirths since opening her rebirth clinic in January, and reports nine out of ten of her clients have a "critical experience."

Versed in the teachings of Leboyer and primal therapist Arthur Janov, Schuber believes the emotional repression that babies in American culture begin receiving at birth is a contributing factor to the brutality of society.

"I have a great deal of respect for Sacred Heart Hospital," she says. "But last week I watched babies screaming in the nursery for ten minutes without pause. I hurt tremendously and felt nauseated. I mean, here were these new beings, fresh from the realm of God, forming this painful concept of the world."

Schuber has experienced her own birth over again at least 15 times and says she will continue as long as she assists others.

"It has been the most powerful healing experience in my life," she says. "As long as I'm doing this I'll have to keep re-experiencing it."

Free introductory seminars are held each Wednesday at 7:30 p.m. in Schuber's home, 2733 Harris St. A refundable \$35 fee is asked of all rebirth participants.

Group sees national health plan need

By **BILL LUTZ**
Of the Emerald

In an attempt to rectify the national health care crisis, Congress is now working on three proposals for a national health insurance program.



THE 2ND HAND BOOK MAN

Fine selection of used books at one-half the original price.
Top prices paid for your Quality Used Books.
New and Used.

101 W. 7th - 342-2002

In 1975, Americans paid \$119 billion to the medical industry. And, according to the Congressional Budget Committee, Americans can expect that figure to rise 14 per cent every year for the next ten years.

Private insurance companies and government programs pay only an average of 40 per cent of medical costs, making medical bills the number one cause for bankruptcy in America, according to Iris Dudman of the New American Movement (NAM).

Under bills proposed by Pres. Gerald Ford and Rep. Al Ullman, employers and employees share the cost of private insurance for the employee.

For the unemployed, low-income and people over 65 the government would pay part of the cost of private medical insurance on a sliding scale; however, self-employed people would not be covered.

Neither bill, claims Dudman, provides for consumer control or any kind of cost control.

Ron Wyden of the Eugene Gray

Panthers said the basic problem with these two plans is that they keep the privately controlled, profit-motivated insurance companies intact.

"The private insurance companies have a stranglehold on the system. They do nothing to keep costs down; they just pass the rising costs on to the consumer in the form of rising premiums."

Both Wyden and Dudman support the Kennedy-Corman bill (Health Security Act), which takes the majority of health insurance out of the hands of private insurance companies.

The Kennedy-Corman bill proposes a federally administered and funded insurance program for all U.S. residents, with no co-payments, and limited consumer control on the local level.

The program would be funded one-half from payroll taxes drawn from a one per cent tax on employees and a two and one half per cent tax on employers. Self-employed would have to pay two and one half per cent of their income.

However, incomes over \$20,000 would not be taxed.

The other half of the funding would come from other undefined government revenue.

The Kennedy-Corman program would be administered centrally through a federal administration and then broken down to regional, area and local administrations. Consumers would have advisory positions on the area and local levels.

Dudman pointed out that although the role of private companies would be curtailed, "the burden is still left on lower and middle income people." Employers will eventually pass the extra expense to workers and consumers in the form of higher prices, she said.

Wyden said the drawback of the Kennedy-Corman plan was that it instituted "another massive federal program" for which the "track record is not good." Wyden suggests a decentralized program, giving state and local government more control.

Love is a Giving Thing



Because of its lasting beauty and value, a diamond ring is the perfect symbol of love. And... there is no finer diamond ring than a Keepsake.

Keepsake
Registered Diamond Rings

Fine watches, Jewelry and gifts

Don's Jewelers

Keepsake Corner
Valley River Center



German
AUTO SERVICE

VOLKSWAGEN

MERCEDES • DATSUN • TOYOTA

GUENTER SCHOENER

Bus. Ph. 342-2912

2025 Franklin Blvd.
Eugene, Ore. 97403
Home Ph. 746-1207

reliable service for your foreign car.

Grantee

OFFICE & HOME FURNITURE RENTAL

- 100% Purchase Option (Rent to Own).
- Month to Month Rental

Showroom Open 9-6 Mon.-Fri., 10-5 Sat.
1st & Lawrence Eugene 343-7717