



# Relationship Transformations

with Peter Kane

*Breathwork, Counseling, Voice Dialogue and Workshops*

Relationship Transformations and Peter Kane	2
What is Breathwork?	3
Breathwork Questions & Answers	4
What is Voice Dialogue?	5–6
Couples Counseling	7
Workshops and Events.	8–10

# About Relationship Transformations

The purpose of Relationship Transformations is to support all aspects of life and relationships via counseling, education, healing and publishing. While all life affirming goals interest us, we are particularly interested in assisting people in having greater intimacy within themselves and with others.

We use many approaches and tools to assist clients in fulfilling their hearts desire including: Breathwork; individual, couples and family counseling; Voice Dialogue; and Seminars, Trainings and Workshops.

We employ multiple lens and models including:

- **Family Patterns and Family Systems Theories**— resolving issues that originate from our family experience is a key to successful relationships.
- **Pre- and Perinatal Psychology**— we go beyond an understanding of childhood issues and help individuals understand and resolve the effects of

their own birth on their life and relationships. Incorporating pre and peri-natal psychology into general family counseling can assist in creating much deeper understanding of issues.

- **A Psychology-of-Selves**— seeing how our issues are expressed as sub-personalities or selves gives another concrete way to resolve individual and relationship conflicts.
- **Creating Healthy Communication**— it is important to learn how to communicate constructively and let go of defensive communication patterns that escalate conflicts in relationships.

We feel that a purpose of life is healing. By resolving relationship issues individuals are not just creating increased health and prosperity, they are creating a truly meaningful life that embraces soul lessons while manifesting abundance.

## About Peter Kane



Peter Kane, one of the original certified breathworkers, was the director of Theta House, the first rebirthing/breathwork center, from 1979–1981. Peter was also a trainer for the Loving Relationships Training, 1981–1990, and was the creator and first director of the LRT rebirthing/breathwork school.

He has been a breathworker since 1979, counseling individuals and couples, training of practitioners, and leading seminars on personal growth and relationships. He has facilitated trainings and workshops ranging from 10 to 500 participants in 30 cities around the world, including Europe, Australia, New Zealand, Canada and the U.S. Peter's passion is for

creating personal/emotional freedom and commitment in relationships, family and community. "Freedom comes from being present with life and relationships, not from trying to get away from them," he says. "The key to freedom is commitment: the more you're 'in' something, the freer you become." For example, a major purpose of his work is to be 'present' emotionally." His relationship with his family is thus an invaluable vehicle for him. "They have helped me heal, be present, and learn to smell the roses. They have taught me how to play and be as a child again." Peter is the creator and director of *Relationship Transformations*, a healing and transformational seminar business he created in 1989. He has published numerous articles internationally and his newest book on sustaining intimacy in relationships will be available soon.

Peter works with individuals and couples doing counseling and breathwork, as well as workshops such as *Creating Intimacy*.

# What is Breathwork?

Breathwork is a process that increases our ability to feel and resolve the effects of our past. It involves breathing in a full, free manner guided by a trained breathworker. The result is an increase in the level of physical and spiritual energy in our body, thus cleansing the many tensions held there. By learning to breathe consciously and fully, we discover and release the core issues now held in our mind and emotions.

This process was developed in the early 1970s and named rebirthing by metaphysical teacher Leonard Orr when both he and his first clients relived their births while engaged in the breathing. Rebirthing has since undergone many changes to become a more holistic process, addressing our entire childhood and life experience thus many practitioners have stopped using the term rebirthing and embraced the name breathwork. However, understanding the birth experience is still one of the valuable results of breathwork.

Breathwork's contributions to psychology and personal growth include helping us to understand the effects our birth has had on individual self-esteem, relationships and family dynamics, as well as more specific issues like the addictive process and abuse. Breathworkers assist their clients with a wide variety of counseling tools and perspectives including the breathing process as well as a general discussion of feelings and family knowledge that helps to get a picture of what occurred at the time of their birth. Our background is with many nontraditional ideas and approaches to healing, and we have learned to value and respect some of the more traditional ideas and tools as well.

A key to all personal healing is to learn to feel again. As a result of early life being too traumatic or intense for us to stay "present," we learned to numb ourselves to avoid feelings. Some of us used substances and behaviors to accomplish this numbness, others just used behaviors; it is

our feeling that virtually all of us have this issue. We call it addiction—the habit of not feeling or not being present. This is a slightly broader definition of addiction than you may be used to, but the inability to feel and be present is an addiction in that it's a habit that we don't know how to change and we subconsciously think we need it to survive. Our culture has supported this greatly by suggesting that the source of happiness is outside of us, in things. The subconscious communication is that these things would "fix" our pain. You don't need to be drug-addicted to avoid feeling in a materialistic and sexualized society. There are millions of ways to avoid feeling and not be present with yourself. Breathwork is the most powerful healing tool we've ever experienced. It gives tremendous support in learning to feel and be present. After doing the process for a while, breathing becomes a moment-by-moment ritual for feeling, healing, and disengaging control. It's very all-encompassing and can assist in all aspects of personal growth. It offers a major contribution to psychology in that it provides a nonverbal way to heal and it takes most people way beyond more verbal and cognitive therapies. It also results in such powerful emotional and spiritual releases that it addresses one's whole process, from releasing traumas to healing relationships.

Breathwork sessions are two hours in length and consist of counseling and the breathing process. We recommend weekly sessions for the first 10 to 20 sessions. After about 10 sessions, most people can get value from doing breathing sessions on their own, and can start to see their breathworker less often. We also recommend people train to become a breathworker at any point in their process, as it enhances their personal process and assists them in learning more about breathwork. We also offer weekend intensives on relationships which are very breathwork-based and provide a group environment to support individual healing.

# Breathwork Q and A

## **What is breathwork?**

Breathwork is a breathing process that increases our ability to feel and resolve the effects of our past. It involves being guided by a trained breathworker to breathe in a full, free manner resulting in an increase in the level of physical and spiritual energy in the body. The breathing process cleanses the tension stored in the body, bringing the physical and emotional origins back into consciousness where they can be healed.

## **What is a session like?**

Every session with a breathworker involves both counseling and the breathing process. Your breathworker will help you to contact your true feelings about both current and past issues, and resolve the associated unconscious beliefs. The breathing process assists this journey by increasing your physical and spiritual energy, enabling you to surrender to feelings and open the unconscious mind so past experiences can be released. Breathwork leaves you with an incredible sense of peace, aliveness, and authentic self-worth.

## **Why do I need a facilitator?**

A breathworker is a professionally trained counselor who guides your breath in a way that enables the process to occur. S/he also guides and supports you through the variety of feelings, thoughts, and body sensations that you may experience during a session.

## **How many sessions should I do?**

Breathwork can be used for either short or long term counseling. We recommend one session per week. The purpose of this is to build a trusting relationship with your facilitator and to maintain that relationship frequently enough to realize and integrate the cumulative results. In most people's experience, a relatively short-term commitment to the process brings long-term and life-transforming results. Often, after only 15 to 20 sessions, you will be able to start getting results from doing breathing sessions on your own. However, there will always be value in continuing sessions with a professional breathworker. You can also attend trainings and learn to trade breathwork sessions with other breathwork trainees.

## **How does breathwork relate to childbirth?**

Breathwork does not directly relate to childbirth, but if both partners are resolved with their own birth and family issues, they will be more able to give birth without complication and to be better parents. Since birth has a major impact on our lives, breathworkers tend to be advocates of gentle childbirth practices.

## **Why did you change the name from “rebirthing” to “breathwork”?**

Since the breathing process was about more than childbirth, the name rebirthing has always been a source of confusion. Breathworkers have used different names, such as “conscious breathing”, as far back as 1980. The term rebirthing has occasionally been used by other practitioners to describe completely different processes that do not even involve breathing. This took tragic proportions in 2001 when therapists in Colorado killed an 11-year-old girl while forcing her through a tunnel of blankets and pillows. These therapists called their process “rebirthing” even though it had no connection to rebirthing as it was commonly practiced. Rebirthing as a restrictive therapy, (forcing people through a birth canal or by sitting on people) has since been made illegal in a few states. Rebirthing as breathwork remains legal under these laws but more and more practitioners have changed the name to avoid any confusion.

# What is Voice Dialogue?

## Who's Running Your Life?

Voice Dialogue is a communication tool created by Hal and Sidra Stone and used by many counselors and psychotherapists to accomplish a wide variety of personal growth results. In Voice Dialogue, issues are distilled down to the parts or sub-personalities that are operating (or not operating) in your life or relationships. Sessions include dialoguing with sub-personalities one at a time from the position in the room where the part feels most comfortable. The result is a clear and profound connection to the part and its purpose and perfection. By listening to sub-personalities one at a time the strength of their role becomes clear and we become able to use them optimally and without resistance.

Understanding which sub-personalities are dominant or underdeveloped within you creates powerful answers to the difficult question of what is really creating your life and relationships to be the way they are. Relationships can be understood from the perspective of how you are likely to attract a person with sub-personalities that correspond to the sub-personalities that are operating within you. To examine this, Voice Dialogue first looks at an individual as being composed of primary selves and disowned selves.

Primary selves are those we developed for the purpose of protecting our vulnerable inner child. This is a normal part of development: as we grow we develop ways of accomplishing success to increase our feelings of security in the world. We may get our sense of security by being responsible and working hard, by being nurturing and caring for others, or even by getting out of the way and learning not to need in order to avoid feeling like a burden. As we grow, these become primary selves, meaning they would be our primary way of being and expressing ourselves. They are also formed by our conforming to, or rebelling from, our parents' and society's primary selves. They become our inner value system and we view the world through their prejudices. One problem with this is that when one way of being becomes primary or favored, we create a resistance to the energies that are its opposite. This is what a disowned self is: the energies that are the opposite of the primary selves. They are the energies that you had to suppress to accomplish your primary way of being. So, if you were primarily responsible you would fear and disown your irresponsible side and disown the qualities that go with it, like rest, leisure, selfishness, stupidity, or laziness. If you were primarily nurturing you

would probably disown your uncaring side and the qualities of selfishness, greed, thoughtlessness, or meanness. If you were primarily withdrawn so as to not be a burden you would disown issues having to do with needing, asking for what you want, being expressive or visible.

It is valuable to distinguish Voice Dialogue theories from the theories of multiple personality disorder. An individual with multiple personality disorder lacks the awareness that s/he is acting from a sub-personality and the sub-personalities do not have awareness of each other. In Voice Dialogue theory, awareness is described as originating from the aware ego and the purpose of Voice Dialogue is to develop the aware ego. The aware ego is the consciousness that orchestrates the selves: it's the conductor that picks which selves get to play; it's the driver of the car that contains the selves; it's the juggler that juggles the selves. In multiple personality disorder, both the awareness and the choice are not present. The vast majority of the population needs not to concern itself with this, but it is a helpful distinction given that the fear of "being crazy" is so common.

The Voice Dialogue model simplifies relationships by looking at how the primary and disowned selves in one person tend to relate to the primary and disowned selves in the other. It explains relationships by identifying our reactions to people who hold our opposites, and it also explains how we attract people in our lives who hold our opposites for us. A primary self attracts its opposite. It is difficult to answer how and why this happens, but the most basic explanation is that people are attracted to people who have something they lack. For example, the responsible person may be more cut off from their playful, spontaneous side, so they unconsciously crave someone who is more in touch with that. Similarly, the nurturer is cut off from their own needs and respond strongly to someone who is more connected with their own needs; a withdrawn person craves the ability to come out and be seen, so they are more likely to be attracted to outgoing people. This same explanation can be expressed in more spiritual terms. Spirit or God links us up with people who have the energy we have disowned within ourselves because God wants us to be whole. For me, this explanation parallels the view that the purpose of life is to grow and evolve.

For instance, a person with a strong controlling adult part might attract a relationship with a person who is

# What is Voice Dialogue? *continued*

strongly connected to their vulnerable inner child. In this case, the person who is more aware of their vulnerability is attracted to the well-controlled person as they help them feel safe and secure. The more controlled person is attracted to the softness and feeling nature of the more vulnerable person as they then actually feel safer too, as if “this person will give me relief from this rigidity.” It’s not as simple to explain, but well-controlled people actually feel more secure around people who are more spontaneous, it’s as if their inner child feels more hope that it will get attention.

Another classic example is how a person with a strong pleasing part is likely to attract a relationship with someone who is more impersonal or distant. Here, the pleasing person is attracted to their opposite because they need a rest from being so nice all the time; their inner child feels more taken care of when they stop working so hard to please the outside world. The person with more impersonal energy is attracted to the pleaser in the other person because it gives them a pathway for coming out and being more intimate. One more example: someone with a strong drive to succeed will tend to have relationships with those who are more relaxed and less motivated.

Here, the drive in one person results in their being attracted to a more relaxed person because they’re tired and crave a rest. The relaxed person is equally attracted to the drive in the other. Vulnerable inner children need rest but they also like the money, food and security that driving creates.

These patterns are just one slice of any relationship and, in actuality, relationships switch back and forth very frequently, even in fractions of a second. It is important to be clear that in the examples above, the person I described as strongly connected to their vulnerability also has an inner parent who may be nurturing the other’s vulnerable inner child just as frequently. In fact, it is inevitable that your parent or child parts will relate to the people in your life; what can be a problem is if your parts lead you to a role that is overly polarized toward one extreme.

The key to successful relationships is to have a free flow between your parts so you are responding from both parent and child. This model is also extremely valuable for analyzing conflict patterns in relationships. If relationships become polarized with one individual being more the parent and the other being more the child, the relationship is less likely to have intimacy and is more likely to have conflict.

I enjoy Voice Dialogue because it leads to personal clarity and gives clear answers to the questions: What am I creating in my life and relationships? or Why are my relationships the way they are? This explains how we bring out the best and worst in people. By taking a position, you’re also pushing the world to relate to you from the opposite position. Your parental energy can be strong enough to induct people in the world to be helpless around you. Your fear or vulnerability can be strong enough to induct others to take control around you or invalidate you.

# Couples Counseling with Peter Kane

Peter's approach to all counseling is complex and based on the client's needs. With couples this is even more unique because there are two different identities and sets of needs interacting. Initially, opposites attract and a couple is attracted to each other's differences. Later when the "honeymoon" is over the differences become a source of stress or conflict which tend to trigger old issues. When dealing with their issues people tend to communicate critically or contemptuously and their partner tends to respond with defensiveness or by withdrawing.

Sometimes the "honeymoon" lasts years and others only months, but eventually every partnership will likely trigger old issues and differences. These are likely to create additional problems in the area of communication where defensiveness and criticism flows back in fourth in an escalating fashion.

By the time most couples seek counseling they feel that their main problem is communication. If this is the case a first step in counseling is to create more effective communication and learn to let go of being critical, contemptuous, defensive or withdrawn. Stress can result in people being critical. If you feel criticized you may defend yourself by attacking or being critical in return. Your vulnerabilities can make you feel defensive when you are not actually being criticized. For some couples just getting help in this area fulfills their goals. For others this is just a starting point because they want to address what fuels their communication problems. It is also normal to need help with present time differences with money, sexuality, time, work, play, children, domestic roles and more.

Another important topic is that our partner will likely trigger old wounds and unresolved issues from our past. It is as if our differences and the poor communication about them combine, and our partner becomes a walking trigger of our past. In simple terms this means that most couples have three big areas to focus on: communication, present concerns like money and sexuality, and the past issues that are getting in the way. Ideally a couple will be able to address these together. It takes good communication to explain to your partner what is really going on

for you and it takes good listening skills to hear them without getting defensive. It is also valuable to go beyond the sphere of communication and address the deeper wounds. It is easier to express and listen when you are aware of what your triggers are. Not all couples need to pay the same amount of attention to the past issues but it helps to see all of these layers.

Peter views the major past issues as stemming from our birth, family, and society. It is not just our family history that is important. Sometimes it is more helpful to look at the circumstances of our own birth experience because our major negative beliefs about ourselves originated there, and it can be an easier point in time to see our wounds and relationship conflicts. Understanding our beliefs about ourselves, and how they stem from our birth and family experience gives us a very powerful way to understand and resolve what the real triggers are.

Differences and conflicts can also be a source of inspiration. The process of relationship forces us to bump up against many old unresolved issues and heal them. It may not always be comfortable but it is a deep and meaningful aspect of the metaphysics of relationship. We are attracted to our opposite and this becomes a healing process. In the beginning we receive their differences and become more whole and feel the euphoria of love. Later when stress has entered the picture and we become more critical of our partner, they are serving us by bringing us to terms with our old issues. Relationships can be seen as a form of networking where we connect with someone who is different and in doing so we learn acceptance. We are embracing the whole of life and not just our own personal preferences. As we accept our partner we learn to accept ourselves on a deeper level.

Peter work independently in his Kirkland office. For people who live in the Seattle area, he usually recommends weekly sessions. He is also available for intensive work with individuals and couples from out of town. Some travelers may do sessions daily or every other day for a week or more.

# Relationship Transformations Events

## Workshops with Peter Kane

Peter holds Relationship Transformations events and workshops near Seattle in Redmond, Washington. If you would like to sponsor an event in your area, or have your name added to our mailing, please contact Peter.

### WORKSHOPS with PETER KANE

Visit the website for the most current schedules.

#### CREATING INTIMACY

A powerful and all encompassing transformational weekend event. Peter uses a wide range of tools including breathwork to create successful relationships.

Call or email for upcoming dates Cost: \$290

#### WEEKEND BREATHWORK TRAINING

A beginning breathworker training, Peter's weekend has been said to cover more concrete information than schools that are six months long! There is plenty of process, too. The weekend breathworker school is great for professionals or those who just want an intensive experience.

Call or email for upcoming dates Cost: \$290

#### TEN-DAY BREATHWORK TRAINING

Ten days of intensive personal and professional training. Great for all levels of experience.

Call or email for upcoming dates Cost: \$575

#### ONE MONTH BREATHWORK TRAINING

The *One-Month* is Peter's most comprehensive course, giving you a complete training to become a professional breathworker. It is also an awesome transformational experience that many people attend for their own personal growth.

Call or email for upcoming dates Cost: \$1,800

#### THREE-YEAR SEMINAR

Meets six Saturdays per year for three years. Intensive personal support and ongoing topics, which go beyond Peter's other workshops. Open to 16 people.

Call or email for upcoming dates  
Cost: \$90/ session

### CREATING INTIMACY

Understanding the beliefs and energies that we bring into our interactions with the world is the first step in understanding our relationships. To navigate all areas of our lives successfully we need to understand how our unconscious issues interact with the people and world around us. The first step to successful relationships is to understand how we are attracting, interpreting, and manifesting unresolved issues from our past. *Creating Intimacy* participants address the core issues they carry and recreate from their birth, family, society and past relationships. Once these issues are conscious we can then explore how we are recreating our past in our current relationships.

The nature of the metaphysical dimension of life is that we continually recreate unresolved issues and provide ourselves with the opportunity to heal them. In *Creating Intimacy* we will begin to shift our perspective from viewing our current issues as upsets or problems to opportunities for healing. In doing so we begin to experience our shortcomings as well as successes as a healing path. Life is not about accruing success on the outside; it is about becoming who we want to be on the inside. *Creating Intimacy* is about experiencing relationships as an expression of your life's purpose. It is about understanding how relationships not only help us heal, but guide us through soul lessons and facilitate focusing our purpose and passion.

*Creating Intimacy* is about creating a conscious present and future. As individuals we are in part the result of past relationships and the beginning of our present interactions. Our identity as individuals is the beginning of every interaction. Our relationship with ourselves is the basis for how we interact with the world. Whether past, present or future, it is relationships that we seek to resolve, have or attract. *Creating Intimacy* is about manifesting your hearts desire. It is ideal for individuals or couples.

#### Topics include:

- how your mind and emotional body work
- origins of unconscious beliefs
- how beliefs and sub-personalities interact in relationships
- authentic movement
- breathwork
- communication and more

# Relationship Transformations Events

## Workshops with Peter Kane *continued*

### WEEKEND BREATHWORK TRAINING

Breathwork is truly amazing healing process. This weekend will be a powerful and fun chance to have two breathwork sessions and learn more about it and how to facilitate others. The training will be both personal and professional in nature and is suitable for those new to the process as well as experienced breathworkers. Some of the topics and processes will include:

- Two breathwork sessions
- Expressing and releasing emotions
- The art and science of breathwork
- The personal lie
- Movement therapy
- Conception, birth, and family patterns
- Relationship to clients.

### TEN-DAY BREATHWORK TRAINING

This is an ideal format for thorough training in a short period of time. Like all of Peter's trainings it is great for personal growth and for professional training. It begins with a *Weekend Breathwork Training* and continues offering more in-depth and experiential training. The *Ten Day Training* also includes wet breathwork sessions and training.

### ONE-MONTH BREATHWORK TRAINING

Peter created and has facilitated the **One-Month Breathwork Training** for the past 18 years. It is a dynamic group experience full of the most comprehensive breathwork training available, as well as a deep process of personal healing. Experiencing a month in this environment is an amazing way to accelerate personal growth and enhance your entire life. The program meets evenings and five weekends and begins with *Creating Intimacy*, a weekend event. The purpose of *Creating Intimacy* is to be free from:

- conception, birth, family, and relationship patterns
- unsupportive protection mechanisms (numbness and addiction)
- helplessness
- dependency patterns

More importantly, the purpose of *Creating Intimacy* is to be free as your Self—to have your identity as a human intact, worthy, and fully experiencing your passion for life and relationships! It is highly experiential, involving breathwork, movement to music, and inner parent/child work. The curriculum for the *One-Month* includes:

- the art and science of breathwork
- guiding the breath
- anesthesia/unconsciousness (emotional and chemical)
- energy release and body sensations
- dry sessions (all aspects); wet sessions; hot and cold (all aspects)
- consultations/facilitation
- relationship to clients
- the personal lie
- birth and relationships
- the unconscious death urge
- breathwork as a business
- creating spiritual community personal and group-support
- continued work with the material from *Creating Intimacy*

# Relationship Transformations Events

## Workshops with Peter Kane *continued*

**More Information on One-Month Training:** As mentioned above, the *One-Month* program is both a personal growth program and a comprehensive breathwork training. It is an amazing, deep, thorough, powerful, and fun experience. Although the topic is how to facilitate people and how to succeed as a breathworker, we encourage anyone interested in furthering their own personal process to attend, as well. We spend a lot of time sharing and doing personal clearing processes, so the program provides an intensive environment for all kinds of growth as well as an advanced study of the personal and relationship healing/clearing/transformation Peter offers. The program is an excellent way to learn how to better facilitate breathwork for your clients.

**Accommodations:** We can assist you in finding a place to stay while you're here. Ultimately this is your responsibility, but we have always succeeded in finding people places to stay. A majority of the group is usually from out-of-town, so don't feel alone in this adventure.

We also recommend you talk to Peter by phone. (425) 868-3335 or (800) 373-1718. He can answer questions or concerns and generally support you in keeping your excitement up enough to manifest this experience.

### THREE-YEAR SEMINAR

The *Three-Year Seminar* is both an ongoing spiritual community and a training program which includes advanced topics not included in Peter's weekend workshops or *One-Month Breathwork Training*. The *Three-Year* will also include: Voice dialogue facilitation and training and occasional group breathwork. Each meeting will consist of movement, general sharing, and a topic. It begins with the *Creating Intimacy*. Thereafter it meets six Saturdays per year.

#### Topics:

- family patterns
- voice dialogue
- bonding patterns
- money
- birth and relationships
- physical immortality
- parental disapproval syndrome
- infancy/stages of growth
- desire and intimacy
- sacred sexuality
- immortal relationships

*Topics and sequence of topics are tentative. Peter will structure topics to best suit the groups needs.*