

# TBF E-News Supplement

AUTUMN 2006 SUPPLEMENT

*"To the Degree that The  
Breath is Open and  
Flowing, We are in the  
Flow of Life!"*  
- Dr. Judith Kravitz

## SPECIAL POINTS OF INTEREST:

TBF answers your  
Questions

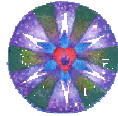
TBF Flags on Sale

## BRIEFS

Judith is developing a new website for the TBF. Look for it before the next newsletter arrives..

NOTE to Facilitators --  
When the new site is launched, all submissions for bios, trainings and workshops will utilize a standard form to convey the information to Judith. A simple organized text file template is all you'll need to submit (through email is fine). It will help beautify the website and make our update process more efficient.

More on that later.



## OUR MOMENT-to-MOMENT BREATH

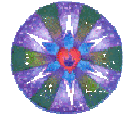
**Q.** Dear Judith, Thank you for your wonderfully informative TB Workshop in Hawaii. I learned a lot and felt incredibly good after the experience. I would like to know if there is an optimum way to breathe, as we go about our daily business, in order to achieve the healthiest body possible. Is it beneficial to have the breath circular or connected? I'd appreciated your thoughts on this Judith.

Love and Blessings Suzie

**A.** Dear Suzie,

Hi there, it is good to hear from you and that you are doing so well. Although we do not recommend using the circular pattern we use in the TB sessions, it is important we be aware of our breathing throughout the day. We need to make sure we are using our full respiratory system and that we do not hold our breath. So in general we want to breathe as fully as possible and keep our breath flowing in and out with out long pauses. This will keep us open, energized and connected. After doing TB we become more aware of the times and circum-

## Q & A



stances that cause us to close our breath. At that point we can make a conscious effort to keep our breath open and work through the issues or feelings that close our breathing down. I look forward to seeing you again and sharing more.

Love and hugs, Judith

*Continued on page 2*



*Judith and the TBF  
will be glad to answer your  
Breathing questions .*

[breathinfo@aol.com](mailto:breathinfo@aol.com)

## New TBF Flags



*TBF Flags with Logo*

Our new TBF Flags are now available for trainers and workshop leaders or for health fairs or expos.

They are approximately 3'x6'. Hand-made, they have a slot for hanging, and can also used as a breathing blanket,.

Cost is \$125.

Contact the TBF to order.  
603.286.8333. We expect them to be available soon on the website.

## Q &amp; A ... continued

## TETANY

**Q.** Hi.

The last time I did the breathing, my hands clenched and froze up in a claw-like position only with straighter, flexed fingers, and I could barely move them. It felt really horrible and took about 10 minutes of more normal, slow breathing to relax them.

The only thing that was different in circumstance this session was that I had gone running just before, so I wonder if I was already very oxygenated and this was too much?

Can you please tell me what makes this happen? (I remember someone at the workshop mentioning it too.) And also can you tell me what is the best thing to do when it happens?

Thanks.

Alice Fogel

**A.** Dear Alice,

Hi there, your question and experience is not unusual as a matter of fact it is quite common and has a good reason and remedy. What you experienced is something we call "tetany", which has a physical explanation one specifically related to Transformational Breath and the integration of a certain energy pattern. When someone is in a TB session and a part of their body gets frozen or stiff, it represents a pattern of tension that is integrating and emotionally it represents their fear response pattern has surfaced and is clearing as well. It has to do with the way we have suppressed fear and tension throughout our lives, and as we breathe that energy comes up and gets integrated. The important thing to remember is not to push or blow our exhale and to try to relax as much as possible especially on the exhale. Sometimes when this is happening it can feel painful or uncomfortable. If this happens we encourage folks to tone, or make loud clear sounds. This causes the energy to move and the pattern to integrate more quickly. This is a unique aspect of TB in using sound to integrate tetany or any other type of pain. By fighting or resisting, the tetany only reinforces the pattern since it is really represents our resistance in the first place. Each time tetany happens it will diminish in intensity eventually disappears. I know that you will be able to work with the energy in a more enjoyable way.

Breathing in Love, Judith

## SPIRITS or SPIRITUALITY?

**Q.** The 3<sup>rd</sup> level of breathing which involves spirits, which spirits are these that you call on, Do they have names? Are they good or bad spirits and what is their role in the breathing process? Please advise.

**A.** Dear Zungu,

Hi there it is nice to hear from you and I look forward to coming to your country and meeting all the breathers there.

I want to explain that the "spirits" you refer to are not specific spirits but a reference to a level of consciousness that exists within us all. Spirit is a higher vibrational level of our identity that exists within each of us. It connects us to our true loving nature, peace and joy. TB helps us reach that place inside of ourselves, and we can connect with that part of others as well. This is the "kingdom of heaven" inside of us that Jesus talks of. Sometimes we give this consciousness names, like angels and masters of light but it really is one energy that dwells inside all of us that is our goodness and light. I hope that gives you more understanding of how Spirit works in TB.

Blessings, Judith

## DANGERS OF BREATHING?

**Q.** Dear Judith,

I have been talking to someone who told me that your kind of breathing presents the client with a near-death experience, that it is dangerous to over breathe. How do you respond to this?

Thank you, Elizabeth

**A.** Dear Elizabeth,

Hi there, I am glad you are inquiring about the "danger" of breathing. In reality nothing could be further from the truth. It is good on every level to breath openly and frequently. Which is the ultimate goal of Transformational Breathing. Breathing correctly brings more life and more energy to the breathers. What you heard about is really the integration of a pattern called "the unconscious source (death) urge". Where the breather stops breathing for a while and their awareness goes to a higher dimension. This is the healing of ones desire to go back into Spirit. Whereby leaving and coming back lessens the desire to leave, until that desire is cleared. This is a relatively pleasant experience. Most do not remember their leaving, but have a recollection of coming back and feeling like they went somewhere with no memories of what happened. Eventually the pattern integrates, and then as the process evolves, we stop breathing and leave to access higher states of consciousness and establish pathways to those states. Since we are pioneering integrating this type of experience there is little known or written about it. There is more information in my book "*Breathe Deep, Laugh Loudly*" explaining the process a bit more.

Love and hugs, Judith

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