

# TBF E-News

VOLUME 3, NUMBER 4

AUTUMN 2007

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

## SPECIAL POINTS OF IN- TEREST:

Judith's Seasonal  
Message

Jessica on Raw  
Foods

The Africa Project  
expands - TB in  
Kenya

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## Damanhur: Beyond Our Times and Space



By Judith Kravitz

On October 17 twenty-four experienced Transformational Breathers from around the world came together for a magical journey to Northern Italy at a Spiritual Community unlike any other on this planet. Damanhur, most widely known for its amazing underground temple, is built on a juncture of 4 of the Earth's synchronic Ley lines and on a large bed of melonite, a mineral known for its spiritual properties.

There really are not sufficient words to describe the uniqueness of this very special place and the highly evolved citizens of Damanhur. Founded almost 30 years ago by visionary Oberto Airaudi known as "Falco", and a small group of very dedicated Italians, the Damanhur community has grown in a short time into thousands world-wide.

This was my sixth trip to Damanhur in the past 8 years and each time I find it more astounding than the last. To me Damanhur and its citizens model a new paradigm in spiritual living and creating more effective systems for living in harmony and awareness on the planet. This consists of the incredible artistic expressions, successful social structures, ecological environment projects and green energy systems, practices for spiritual living, sacred jewelry, advanced healing modalities and tools, industries, research and technology, biological foods, innovative spas just to name some of the ventures at Damanhur. There seems to be no end to the creative talent and diversity, most beyond what has been developed in this world. Having their own government, schools, currency, and publishing house also adds to their solid foundations.

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## Facilitator Spotlight

**This Issue: Trainer Jessica Leaf talks about "TB and the Raw Foods Lifestyle"**



**You have been involved with TB for many years. How did this come about?**

Back in the late 90's I was a guest at one of my favorite (at that time) haunts, Optimum Health Institute, a raw food and detoxification educational center, where I met a wonderful spirit-filled being that had been on a cruise with Judith and Byron Katie doing Transformational Breathing and The Work. She thought I

would resonate with Judith and Transformational Breathing; how right she was! Several weeks later Judith was in San Diego doing a Level IV training which included an evening workshop followed by a breath clinic the next day. I attended both and then had a private session with Judith several days later. I began the breathwork training the following month.

**When did you become interested in raw foods?**

*(Continued on page 2)*

## Facilitator Spotlight ... continued

Unconsciously, probably in the 60's. My father's physician was also Dick Gregory's physician. Through him I learned that Dick Gregory's diet consisted of dehydrated grasses. Sounded great to me so I started the dehydrated grasses. My diet consisted of 16 grass pills daily along with lots of water and orange juice. I was in university at the time with a heavy schedule and had lots of energy on this new diet of dehydrated grasses! I had been fascinated by Arnold Ehret's Mucusless-Diet Healing System earlier on and went through a number of phases throughout the years including fruitarianism. Health food stores back then were not what they are today. The health 'faddist' consciousness in the 50's and 60's – and actually way before that – was peopled by an array of eccentric and very interesting characters who marched to their own drums.

I consciously became interested in raw food in the 1980's when I began attending Optimum Health Institute several times a year.

### What is a good way to begin transitioning to a raw food diet?

One can begin by adding more raw fruits and vegetables and also fresh green juice into their diet. Green smoothies are a great and easy way to get lots of greens into the diet quickly. My favorite recipe is to put a little water in the VitaMix and lots of kale. Kale is a protein filled green. Liquefy the kale (or spinach or other leafy greens of your choice) and then add pineapple (or your favorite fruits) along with a few pitted dates or agave to taste. I also add hemp protein powder and dehydrated grasses, greens, vegetables and algae. This is easy, quick, nutritious, and tasty.

### How does Raw Food and TB together change our lives?

Transformational Breathing and a raw and living food diet raise our vibrational frequency thus changing our lives. They have so much in common in that they both are cleansing, detoxifying, regenerating, increase our cellular oxygenation, stimulate and increase our energy levels, and help us connect more fully with our higher consciousness which brings more joy and vitality into our lives.

Last year we did a Breath Seminar and Raw Food Retreat in Hawaii. I would like to do more of these combined Seminar programs in the future and invite everyone that is interested to contact me.

**Editor's Note:** Jessica may be reached at:

[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net) and **760.724.6006**.

Judith adds her support. She holds a vision of having regular Raw Food Seminars and healthful programs as part of our curriculum. "The combination of Raw Food and Breath alone gives us amazing levels of prana – or life-force – and fosters health, and vitality."



## Q & A

### SORE THROAT -- PULMONARY CONDITIONS

**Q.** Hi there. A lady in her 60's suffers from COPD (Chronic Obstructive Pulmonary Disorder). She had a connected breath during the session, but later complained of a sore and hoarse throat that went on for weeks. It prevented her from talking and she would not come back for another session. She claims it was due to the open mouth breathing and that her symptoms are not improved. Do you believe it was just the body's way of releasing and detoxifying?

- Dave

**A.** [physician's opinion – Reinhilde Dillen (Belgium) ]

I agree with Judith's assessment that TB's techniques did not cause the sore throat. I say this because COPD patients are typically treated with "inhalation puffs". These can cause sore throat and hoarseness – especially the corticoid inhalers. It is possible, however, that the open mouth breathing accentuated the site effects of the puffs together with the detoxifying pattern that Dave speculated upon.

### ACUPUNCTURE

**Q.** Would be it okay to receive acupuncture the day after a session to restore or balance the system or would this disturb the process?

- Phyllis Linn

**A.** Dear Phyllis,

Hi there. Yes, acupuncture is wonderful to balance the energy that has been freed in the session and using flower essences is a nice ritual and addition. I have had comments from clients who have had acupuncture after a breathing session and they said their acupuncturist was amazed at the difference in their energy flow and bodies as a result. They also noticed a difference in the clients ability to hold the treatment better. This has also occurred in Chiropractic and Reiki treatments as well. So my overall attitude is that TB enhances all other therapies and the feedback I get supports this.

- Love and hugs, Judi

### DIFFICULT PREGNANCY -- INDUCED LABOR

**Q.** Judith,

My nephew is 4 1/2. His anger and the other "hot" emotions seem to be growing right now greatly testing my sister. Maybe age is part of the issue, but I thought I'd check his breathing. Your thoughts?

- John Woods

*(Continued on page 3)*

## Damanhur ... continued

They recognize themselves as having origins in Atlantis and here to support and establish higher consciousness and sustainable ways of being for the New Age. Everything done at Damanhur has a spiritual intention behind it and more impressive than anything else this can be felt and affects everyone who visits.

Significant preparation time was spent to prepare for the visit to the temple which is clearly the high-point of the trip for most. First, we learned sacred dance and movement to declare our readiness to receive the gifts of the space, then we all walked massive stone spirals on the grounds above the temple, each holding a specially programmed medallion key to unlock the energies.

The majestic and awe-inspiring beauty, energy, and creativity of the temple is named by many the 8<sup>th</sup> wonder of the world and rightfully so. It is something that has to be seen and felt to really understand the high intention, creativity, dedication, beauty, and unmatched feat in this monument to our Divine Nature that the temple at Damanhur embodies.

Many felt the peak experience was when on our last day we were permitted to go back to the Hall of Mirrors in the temple and do a breathing session followed by a ceremony and the Great Now Invocation. Energies and awareness went off the charts.

Here are a few quotes from participants about their visit:

"Damanhur is extraordinary! Quite unbelievable. The energy, the art, the people—amazing!" - Raya King, Los Angeles

"Totally worth it! The effect of this visit will always remain with me." -Allen Baker, Chicago

"The first visit to the temple was an amazing saturation of beauty, information, and grace, with a sense of connection in/of the past, present, and future, and in and through the universe. Most memo-

orable!" -Tim Glynn, Palm Springs, CA

"I was very impressed and inspired by their enormous accomplishment. It has lit a stronger fire under my own commitment to my own highest visions for my life." -Lois Grasso, CT

"As I laid down in the Hall of Mirrors, my third eye immediately opened, warm expansion, light abounding, calm, peace, gentleness. Damanhur is an intriguing place!" -Marie-Therese, Canada

"I liked everything, the place, the people, the program. I am thankful!" -Elsa Urbani, Italy

"Breathing in the Temple - incredible shades of consciousness and feeling along the entire spectrum - memorable" -Cynthia Liddell, Sacramento, CA

"Breathing in the Temple gives me a privileged sacred feeling of wholeness! I liked the visit here and feel very well." -Peter Koene, Spain

Plans are already underway for next year's visit, October 9 – 15. It will be longer and adding some new experiences, such as, the full moon oracle ceremony, and a visit to the sacred forest, and talking and listening to the plants. A day-long trip to Turin, to the Egyptian museum, and the shroud of Turin, as well as horseback riding in the sacred forest will be an optional extra. There will also be an evening with the founder to ask questions and experience this great spiritual visionary and pioneer.

Please contact TBF for more information and to register. One needs to have at least gone through the TB Seminar to attend. Group size will be kept minimal to insure a quality experience.



- Love and hugs, Judi

## Q & A ... continued

Background on birth and pregnancy:

John's sister had high blood pressure intermittently during the pregnancy (her 1st), high enough to induce labor at 37 weeks. It took 2 1/2 days of drugs to get into labor. Once induced, no other drugs. Labor was about 6 hours. John's nephew had a deep 10 centimeter bruise on his head at delivery.

**A.** Dear John,

Hi there, It sounds as if he was not allowed to be born organically at his own cosmic rhythm and could have anger issues over that. I do know that my one induced child was the angriest. However, if you can get him to breathe that would be great. Bribes sometimes work to get children motivated to work on their issues. I used to send my kids to a "breath time out" when misbehaving and after 100 breaths they usually had a different attitude.

## BREATHING IN A CHAIR

**Q.** Dear Judi,

I have a client who finds it difficult to breathe on the floor. It is hard to get up and down and hurts her back. Is it alright to do sessions in a recliner? She also had feelings of lightness and imbalance at the end of the session.

**A.** Hi there. It would be okay for her to bring her recliner to sessions. In the past we have used other things when folks have challenges getting up and down from the floor. I would avoid the leg compression, based on her age and condition. It would probably be good to hold her feet at the end of the session to help balance and ground her energy. The pattern will

*(Continued on page 4)*

## Q & A ... continued

eventually integrate, and it would be good for her to do a week-long event.

- Love and hugs, Judi

### PARKINSON'S

**Q.** Hello Judith,

I know 2 people that have Parkinson's disease. One more advanced than the other. They are very open to TB. Do you have any precautions or advice for me?

Thank you,  
Therese

**A.** Dear Therese, Hi there, I have worked with a few folks with symptoms of Parkinson's and with good success. Mostly the results have been the reduction and sometimes elimination of the shaking and overall a feeling of relaxation. I feel that the breathing we do in TB definitely affects the nervous system and causes more balance and flow. I also would definitely monitor the exhale and keep it as relaxed as possible as this is one of the ways the body builds up excessive energy.

Love and hugs, Judi

#### **Case Study:**

(our own Ron Israel – Facilitator & Parkinson's patient)

Hello Therese,

I started using TB in July of 1999. I have had Parkinson's for as long as I have been a facilitator. I believe that is why Judith popped into my life. I can honestly say that I have experienced a great calming in myself when I do the breathwork. I use it when I have difficulty moving around. I have been experiencing freeze-ups more often and that can be a real bummer when I want to move across a room full of people. I have learned to relax, close my eyes and just breathe deep into my belly and calm myself down. I use TB as a tool to relax and calm me, to help me clear my head and open up the channels to meditate. Yeh, TB is a powerful modality. Call me anytime or email me also.

-Ron Israel

### TETANY and CIRCULATION

**Q.** Dear Judith, my alternative health care practitioner questioned the validity of my TB coaches telling me that tingling in feet & hands during 15 min. daily practice indicates oxygen is going to those places. He asked why I was practicing; my answer is "to improve circulation." He asks how long before I can expect a result.

--Thank you, Betty

**A.** Dear Betty,

Hi there. I am glad you are working with Transformational Breathing. Working with your breathing in the way we instruct you, not only improves the volume of air going into your lungs and blood. It also brings life-force or *prana* to your entire energy field. The tingling you feel when you breathe is a sign of that. It would be great if your practitioner could try TB and they could have that experience too.

Breathing in Love, Judith

### HEART and LUNG

**Q.** Hello,

I am working with a gentleman on Friday that has a pacemaker, atrial fibrillation, sleep apnea, and nasal obstruction that has not been remedied by surgery. He is about 60 years old, also has allergies, but is otherwise fit. Should I keep sessions very gentle and shorter?

Thank you,

Mary

**A.** Dear Mary, Yes I believe it would be good to start off gently and be sure the air is accessing his entire respiratory system, so start with him propped up. I would definitely go for flow as opposed to getting him activated or volume. Most important is the energy to his heart and relaxing fully on the exhale. Love and hugs, Judi

**Follow-up** from Mary:

Thanks so much ... this info really helps me. I am finding each client is so uniquely different in how they respond to TB. It is fascinating to witness Spirit work through each person and to practice relaxing into my intuition to let the process flow.

### CHILDHOOD SEXUAL ABUSE

**Q.** A client came in for chronic stress and a pain in her neck. But it came up that there was significant sexual abuse from ages 12 - 18 by her father. I have heard you say that deep issues can be resolved in as little as three sessions. So how do we approach such a sensitive issue?

-Love, Mary

**Background:** She is about 50, with two grown daughters (all  
*(Continued on page 5)*

## Q&amp;A ... continued

doing fine). She has only shared the trauma with her husband and her sister. She is on anti-depressants, Rx for insomnia, and high cholesterol.

A. Dear Mary,

This is just the perfect situation that helps you see how powerful TB can be. The most important thing is that she not be able to control the breathing or she will continue to suppress the feelings. So use all the wonderful techniques we have to get her activated and be sensitive to her situation, which I know you already are. It is also important that she not fall short so a three or four session commitment would be good. I know your intuition will guide you. Sometimes abuse clients will do pelvic rocking or lower body movements. Leg compression would be good for that and lower body-mapping. Affirmations of forgiveness are good. I know she will have great and powerful sessions. Love and hugs, Judi

## DARK FORCES &amp; ENTITIES?

Q. Hey Judi,

How do I handle and explain the dark or "evil" energy that comes up in a session? A client, with another facilitator, during integration time, got up screaming and ran to find a facilitator. While working an extremely sensitive 12 o'clock navel point she had an "alien" show up right in front of her face. Any thoughts?

Love,

John

A. Dear John,

Hi there. It is important that we hold a fifth-dimensional perspective or spiritual consciousness during the sessions in that everything is a reflection of an aspect of our consciousness. So when dark forces, entities, or aliens show up it represents parts of us that are clearing or need healing or forgiveness. The most important thing is to not make them wrong and separate. Yet it is also important to meet our clients where they are at in their consciousness, while maintaining our understanding of oneness. It is good to call on the angels and keep the focus of the breathing positive and let the client know that they are safe. This can be challenging sometimes in the middle of a big fear integrating. So we have to be strong, positive, and focused in the higher reality. Sometimes lost or disassociate energies come for healing and it is good to remind all concerned that we are all the light. I hope this is helpful.

Love and hugs,

Ciao, Judi

## CANCER CHEMO

Q. Good Morning Judith,

I have a client who just received her last chemo treatment. What should I be aware of before working with her?

Thanks so much!

Love,

Mary

A. Dear Mary,

For Chemo, patients, they will have a lot of toxins in their body to discharge and may vomit or feel nauseous. Just have them breathe through it and know the body is clearing. It is good for them to have the understanding of the emotional connection between cancer and their feelings at whatever level they can accept.

- Love and hugs, Judi

## LUNG TRANSPLANT

Q. A man has had a single lung transplant to offset idiopathic pulmonary fibrosis seven years ago. He reports his quality of life has not improved significantly. He retains a moderate saturation rate without supplemental oxygen when sedentary, but with mild exertion, becomes short of breath. Would Transformational Breathing help him?

-Allen

A. Allen,

Hi there. Getting a new lung does not mean effective respiration. Most folks have restricted breathing patterns, so getting a new lung does not remedy that. I strongly recommend doing a few sessions and do what you know to open his breath, get him breathing with his diaphragm and help open the upper chest and connect his breathing pattern. I am sure TB will improve his overall breathing and oxygen levels. If he is pleased you might want to refer him to Cabo or some other week-long Seminar to further assist him in strengthening his respiration process.

- Love and hugs,

Judi

*(Continued on page 6)*

## Q &amp; A ... continued

## EMPHYSEMA

**Q.** A client in her 70's has been diagnosed with emphysema. Doctors say there's nothing she can do to restore elasticity. She's a non-smoker who's had asthma since childhood and has depended on inhalers for relief.

Thank you-

Tadimdia

**A.** Dear Tadimdia,

In my experience, I have seen great improvement in clients with the symptoms of emphysema. I am not sure if the breathing becomes more effective due to elasticity being restored in the lungs, or if working so intently with integrative breathing brings into action parts of the lungs that have not been used or damaged previously. Either way working patiently with those with emphysema can help. I have noticed these people have a lot of tension in the diaphragm which learns to relax in TB and that also assists in the opening of the respiratory system. This, like asthma, takes more time and patience as we are working with pre-existing breathing conditions.

Breathing in Love,

Judith

## SEIZURES

**Q.** Can I work with someone who has seizures? - Jim

**A.** Dear Jim, I have found that folks prone to seizures usually tighten up on the exhale, especially in the solar plexus area. So I work pretty closely in those areas and coach them to relax a lot. Shortening the exhale helps prevent the tightening as well. If they seem to build up a lot of internal energy, toning helps release that and remedy imbalances in the electromagnetic field. If perchance your client goes into seizure, place your hand on their belly and coach them to breathe there and relax. Even apply pressure on the abdomen to help it relax more. I know it will go well. Love and hugs, Judi ♥

## POETRY

"Breath is the light of God, bringing dawn to the crevices of early rock that sleep soundly, waiting for the call,  
Breath of mountains and deserts, forests and glens,  
Breath is a small fire lit in the soul.

Breath, breath, the fire starts no matter how small, how tentative.  
The sun pours down, flames and sun meet, the fire starts. We stir.  
Something moves. Are we alive? Yes.  
One must look for signs of life buried in the snow."

--Emilie Conrad

from *LIFE ON LAND*, pp. 252-253,

## TB Africa Project Expands -- Kenya

Vincent and Daniel are living in the slums of Nairobi (Kenya). They are the first Africans to reach Level 5 training.

**Daniel:** "I am an orphan with the responsibilities of bringing up my siblings and my family. I thank the spirits for the wonderful tool of Transformational Breathing. Before I learned about TB my life was not worth living. But TB gave me neutrality in living. This made my mission clear and every day am looking forward to touching as many souls as possible and plant love all over."

**Vincent Oloo:** "I am 27 years old, married with two children. I would like to share with you this beautiful experience of Transformational Breathing -- a tool which has made me what I am today. It has transformed me 360 degrees."

**Marco and Jacquelin:** "Daniel and Vincent are for a month in Holland to do Level V and to be on a seminar week to start their own NGO. It will be an NGO which is based on doing Transformational Breathing. It was so great to hear that they have now the power to believe in themselves and to create these next steps in their lives. We really believe in them and we believe that a lot of people believe in them and will support them in

that they will succeed in it -- bringing TB to all the people in Kenya, including the people in the slums. So we promised them that we will support them for the next year (2008) in the financial way to get sponsors who will contribute. Now they are making their business plan and action plan for 2008 so that we know how much support they need for their activities (Seminars and Level IV)."

**Daniel and Vincent:** "If you feel that you want to support TB in Kenya, please give donations to our Foundation in Nairobi. Our work is supported financially by Marco and Jacquelin de Jager of Holland, so donations may be sent to this account:

J.M.B. de Jager/St Everyone Everywhere -- Steenberg (NL), account number 535768338, IBAN: NL80AB-NA0535768338 BIC:ABNANL2A.

Thanks for all your support and hope to see you once in Kenya."

With love,

Daniel and Vincent





# TBF Training: US & International

## TRAINING HIGHLIGHTS (W/ JUDITH)

Check the full Training Schedule at [www.transformationalbreathing.com](http://www.transformationalbreathing.com)

To REGISTER: Call the Contact listed with the desired Training -or- call Rox at the Foundation (603.286.8333)

**February 11 - February 16, 2008**  
**Seminar**  
**Los Cabos, Mexico**  
 TBF  
 603.286.8333  
[breathinfo@aol.com](mailto:breathinfo@aol.com)

**February 18 - February 24, 2008**  
**Level IV (part A)**  
**Los Cabos, Mexico**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**March 07 - March 09, 2008**  
**RYB**  
**Lenox, MA**  
 Kripalu Center for Yoga  
 800.741.7353  
[www.kripalu.org](http://www.kripalu.org)

**March 21 - March 23, 2008**  
**RYB**  
**Rowe, MA**  
 Rowe Conference Center  
 419.339.4954  
[www.rowecenter.org](http://www.rowecenter.org)

**March 29 - April 04, 2008**  
**Level IV (part B)**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**May 02 - May 07, 2008**  
**Seminar**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**May 18 - May 23, 2008**  
**Seminar**  
**Massachusetts**  
 TBF  
 603.286.8333  
[breathinfo@aol.com](mailto:breathinfo@aol.com)

**August 20 - August 25, 2008**  
**Seminar**  
**Whidbey Island, WA**  
 Dana Consuelo Smith  
 360.221.8575  
[breathdancer@whidbey.com](mailto:breathdancer@whidbey.com)

**September 08 - September 14, 2008**  
**Level IV (part A)**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

### TBF SPECIAL EVENTS

**"Journeys to the Divine"**  
 with Judith

The 2008 DAMANHUR TRIP  
 Experience Spirit in Northern Italy  
**October 09 - 15, 2008**

Join the Magical Transformational Breath Alignment Tour. Divine Journeys within and without. Breathing, visiting sacred power sites and the spectacular underground Temple of Humankind at Damanhur.

Six days doing chakra breathing, transformational movement and dance, and sacred dance. Learn about Damanhur and visit the burial shroud of Christ in Turin ... and MORE!

Contact the TBF at 603.286.8333

### MUST-SEE MOVIE

Dear All,

This is a movie that truly moved me to be more aware of the current transitional state of the planet. It is really an eye opener and wanted to share it with you. It is two hours long and truly mind-blowing. -Love and hugs, Judi

The Movie is called **Zeitgeist** and is available on the Internet. at:

[www.zeitgeistmovie.com](http://www.zeitgeistmovie.com)

WHAT IS THE TRUTH? CAN YOU QUESTION YOUR WORLD?

*From the website ...*

"They must find it difficult ... Those who have taken authority as the truth, rather than truth as the authority."

-Gerald Massey

### HEALTH ACTION

**Food Safety - Cloned Meat?**

If you eat meat you may not know if you are eating cloned animals. Concerned about the safety? Many people are – and we do not know the risks, especially to children and pregnant women. Tell Congress you want producers to label cloned meat as such. You have a Right To Know! These and other issues, like genetically engineered fish at:

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)

**The Health Freedom Protection Act**

Introduced by Congressman Ron Paul, HB 2117 still needs support in Congress to keep the FDA from suppressing modalities and therapies which may help you.

Visit [www.nationalhealthfreedom.org](http://www.nationalhealthfreedom.org) and tell your elected representatives what you think – and what you want!

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Judith is the Founder of the TBF and continues to mold the crest of Conscious Breathing with her work around the world!

**Stephen Gooby**  
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Steve is available around the Southeast United States offering Workshops and local Private sessions.

Thanks to **Rox Lindbert** and all of our contributors.

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## Testimonials

Dear Judith

Thank you for the inspirational week in Affligem. My back stopped aching at the airport and has got better and better. I am enjoying doing the 5 rites and 100 breaths and have enrolled my husband to do the 40 Day Prosperity program together which is wonderful to share some of the information. The reflexologist that I go to felt all sorts of change in my feet which she knows well after a year and it will be a great measure of my progress with the breathing. I have amazing energy and lightness since last week and love how I feel and the connectedness I experience with others. Small miracles are happening at home with my stepdaughter already and I look forward to more.

Your work is inspirational. I send you a big breath hug  
LOVE Claudia xxx



Hi Judi,

My health depends on this Breathwork. I have such a challenge with Chronic Fatigue that this truly is the mainstay of me maintaining oxygenation and distribution of the oxygen into my body.

I continue being able to get out for the short spurts to do workshops. And when I am back at home, I have this wonderful gift! You are amazing, and thank you!

- Patty Alessi  
Facilitator, Long Island, NY



**Editor's Note:**

The text to Judith's seasonal messages are often packaged as a PDF file and may be found on the website Articles page.

[www.transformationalbreathing.com/articles.html](http://www.transformationalbreathing.com/articles.html)