

TBF E-News

VOLUME 6, NUMBER 1

JUNE 2010

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

SPECIAL POINTS OF INTEREST:

Breathing, Addiction
& Recovery

Judith's Message: On
Love amidst Turmoil.

GIC2010.com
reports:
Michael Brown
author of
The Presence Process,
is to participate in the
*Global
Inspiration
Conference*

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The Only Thing You Have To Do



by Judith Kravitz



In the past few months I have noticed some very intense things going on, not only in my life, but the lives of all around me. There seems to be a condensing of energies, causing big changes and shifts in our human experiences, relationships, and awareness.

I have, somewhat unusually, found myself waking in the middle of the night with feelings of stress, overwhelm, and some anxiety. This is not something that is so common for me. My mind begins to race and usually takes me to a place of helplessness for all my perceived life stresses. These are

mostly about people in my life I want to help or support in some way and not able to effectively enough.

I have also found myself crying deeply over the insurmountable pain in this world and also feeling powerless as to what could be done to alleviate it. I would breathe for as long as it took to go beyond the feelings and yet feeling somehow incomplete.

Then one of those nights of waking to my inner turmoil, I engaged myself into a major breathing session with the intention of some answers and resolution, to not only my condition but how I could be more effective in creating more global healing as well.

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Facilitator Spotlight

by Judith Kravitz.



Giri Bek is a Transformational Breath Certified Facilitator, and Teacher Trainer Graduate, Registered Holistic Nutritionist, Registered Yoga Teacher and was recently certified in Clinical Hypnosis with Rapid Trauma Resolution. She is the author of the CD, *Inner Peace in Recovery*. She currently offers a variety of classes in two alcohol & drug rehabilitation facilities where she had incorporated Transformational Breathing into their programs.

(Continued on page 2)

Spotlight ... continued

JK: What was your healing path with Transformational Breath (TB)?

GB: By the time I was introduced to TB, I already had 11 years in recovery from alcohol, drugs, and a debilitating eating disorder. Over those years, I had incorporated many great tools for healing into my life, and had certainly come a long way from the pits of despair I had come from. However, none of the other healing modalities even came close to the powerful effects I experienced after just one session of TB. I knew right away that I needed to learn this work and incorporate it into my work with recovering addicts.

JK: How did TB affect your recovery process?

GB: In a very short time practicing TB, a lot of things came together for me, and I really feel I came into my own. I am more focused, my expression is clearer, I feel more comfortable and capable in my skin. Long time triggers of anger and frustration have disappeared. My awareness of my spiritual connection is greater, along with an increased awareness of ever-present grace. I am "in the flow" much more often. After taking Level 5, I feel much more comfortable speaking to a group, and understand the different learning styles better, which helps me in many facets of my work.

JK: How do you employ Transformational Breath in recovery centers?

GB: I have been teaching a "Conscious Eating" class at a women's-only addiction facility for several years. Giving lectures, food-prep demos, and introducing living foods to support detox and healing has been extremely fulfilling for me. This past year, I was brought in to a larger facility for men & women to do a variety of classes. I developed and implemented a breakfast program, where we serve wheatgrass & green smoothies every morning. I am teaching yoga, meditation, relaxation, yoga of sound, and weekly Transformational Breath classes. I have used the toning exercises from the Seminar as well as the Forgiveness exercise. I feel very fortunate to be bringing TB into this population. As a recovering addict myself, I know the amazing benefits that are available.

JK: What insights do you have to offer when working with addictions?

GB: There are many theories as to why people become addicted. I am sure there is not only one reason, but one theory I have believed for a long time is that addicts are "spiritual" people, who recall that feeling of connection & closeness to Spirit, and are just trying in many misguided ways to get back to that feeling. By bringing Transformational Breath into the Rehab, I have been able to provide a safe, healthy, sustainable vehicle to that end. The results have been phenomenal. Keep in mind, my class may consist of 30-40 people, and I am the only facilitator, I remember to do the invocations, for I know I need all the assistance I can get. Not everyone becomes activated, but the ones that do have such a profound experience and then are thrilled to share with their peers afterward how they have never been this "blissed out" and connected in their lives, despite taking every drug known to man.

Everyone feels calmer and better able to breathe afterward. Surprisingly, these folks are not the "worst" breathers I have every seen. In fact, many of them have a relatively open connected breath, with very little coaching. There is something to be said for the gift of desperation. In general, these folks are really ready and open to try something new with the intention of feeling "better". I have had some predictable findings, no movement in the sternum area, signaling a need for surrender, no breath in the belly with the people with anorexia, a lot of closed down hearts, etc. Surprisingly, I would have thought more people would have an "unconscious source urge," but not so.

JK: What is your vision for TB in the recovery field?

GB: The Clinical Director of the program is 100% behind this work and sometimes asks me to do a private session when there is a client who is having a rough time, and not breaking through. Recently, I was asked to breathe a woman who had come to the center with a huge grief piece she was working on. A lot of integration took place. The fact that they believe TB will help these folks is amazing to me. My vision is that TB will become one of the usual holistic modalities that Treatment Facilities worldwide embrace as part of their regular treatment plans. Although most of the clients don't get a private session with me, they certainly get a good taste of what TB is, and my mission is to encourage them to look up a local facilitator when they get back to their home town. So, all you facilitators out there, get ready, these folks are ready and willing! ♥

The Only Thing ... continued

At the end of my breathing that early morning I heard the voice say, "The answer is simple". Questioning in my mind where that statement was coming from, I focused within and heard once again, "The answer is simple". Having got my attention, my mind asked, "What is it? Please tell me."

And then as clear and strong as any message I have ever gotten, I heard, "JUST LOVE GOD". Well, of course, I love God, but how will that help? "JUST LOVE GOD". Even though I thought I loved God a lot, I listened to the message very carefully. Maybe I had overlooked something, or could learn to love in a better way.

So I thought I will reflect on all the ways and whys I love God, which to me, meant to start with all the things I was grateful for, knowing they were mine as gifts out of Grace. I then began to feel the inner tension melt away and the energy of my innate love for the Divine began to surface. Before long I was able to somehow transfer this powerful Love to all who I was concerned about and realized they were God too. And love them from another space.

I have been playing with this awareness and method for the past few weeks especially when the fears and worries arise and in remembering that love, I can feel the power of the energy of the Divine Love that exists from God to us and us to God.

This *It* is it. This is really the only answer we need to have and focus on, no matter what comes up in our mind or experience to transform or deal with.

If we look at it from the entrainment perspective, that is, maybe the awareness of Divine Love is the highest frequency energy in the Universe, at least one that we can access from our understanding.

So, by remembering this Love and then allowing ourselves to feel it, it then entrains whatever lower state we may find ourselves in.

I feel very blessed to have been given this simple but powerful way to melt the concerns and fears that arise and feel unconditionally the Love and Grace that can transcend all that is not the true perfection.

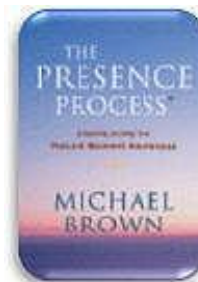


TB & TPP

Transformational Breath & The Presence Process

We are pleased to announce a new and dynamic weekend training.

A divine marriage of Transformational Breath® with [The Presence Process](#)™. Michael Brown, the creator of The Presence Process recommends Transformational Breath for personally facilitated breath sessions.



Now we are combining these two Conscious practices into a cohesive and synergistic weekend that is sure to keep with the tradition of all Transformational Breath programs ... to be the most powerful and transformative healing tool on the planet.

The program is planned for Southern California during November 2010. Judith will lead the event on-site. Michael will join us live from South Africa at select times throughout the weekend. You can already feel the energy building for this fantastic event.

Join us! Clear your calendars. Tell your friends and we'll see you this November.



Bits & Bytes

SURVEY

Help make Transformational Breath® better. Send us an [email](#) and we will send you a survey in the coming weeks. Receive a CD just for participating. CD gift is limited to the first 100 respondents.

FACILITATOR-ONLY EVENTS

Special weekends for Facilitators to get practice and update certification are coming. Events in Southern California and the Southeast US to give the support that Facilitators deserve. More such opportunities are expected in other regions.



Q&A

HEAD INJURY

Q. Hello Judith,

A client has interest in breathing. He was hit on the head a couple weeks ago and sustained a concussion - knocked out for 20 minutes, 3 days in hospital, slight memory loss, and still has some headaches. He states he has had many strange dreams and encounters with his "unconscious death" (others who have died in these dreams.) I see he breathes up to his chest. Do you have any indications whether I should pursue a breath session with this situation?

Lovingly, Julie

A. Dear Julie,

Hi there. Since your client has shown a genuine interest in Transformational Breath I would - if that felt good to you - offer him a session. His soul will know what is right for him and respond. I do not feel the breathing would be harmful and could bring more healing energy in. I would keep things at a somewhat gentle pace, i.e. not too much vigorous coaching on your part and also make sure he is in a position where there is an open flow, *especially* in the upper chest.

Love and hugs, Judi

PARALYSIS

Q. Hi, dearest Judith,

Have you any experience with clients who suffer from paraplegia (through transverse lesion of the cord)? A man is interested in breathing but cannot move his legs at all and his arms hardly. He is able to sit and move his head. I suppose that he might not have any body sensations or am I wrong? Some tips and hints?

Lots of love and hugs, Ursula

A. Dear Ursula,

Hi there. I have worked with quite a number of paraplegics and have had good results. One man just took a weekend with us last month and had great results of overall well-being and body energization. Since TB works on one's whole energy body and goes beyond the physical body there are many good things to be achieved physically, mentally, emotionally, and of course, spiritually. One lady I worked with

actually got some feeling and movement back in her legs. I did not have the opportunity to ask about the type of injury they have had so I cannot respond to the sensation part of your client's abilities.

I also did a workshop for a community of paraplegic and quadriplegics and they all were able to do TB and felt lots of good things. It is a situation where their disability does not disqualify them from being able to participate and they were all fully able to breathe.

Love and hugs, Judi.

DRUG ADDICTION

Q. Hi Judith,

I'm wondering if there is room for my son to be at the seminar. I'm not 100% that this is the best decision, but I'm exploring it very seriously. He confided his situation to me and I know I must act quickly. It's drugs, it's stealing, it's lying, it's depression and thoughts of suicide, it's deprivation of food and love, it's a hatred of self and subsequently of life.

I'm looking for places for him here where he can get cleaned up. He's confirmed that he was taking everything except crack and shooting. He's failing most of his courses. I'm going to his school on Monday to talk with the principal and find out how they can support him. School is where he's getting drugs and the temptation is too great. Anyway, he's feeling so awful that he's not managing to do anything.

Thanks and love, [Name withheld]

A. Dear Friend,

Hi there. I can totally relate to your situation and know that if something is not done now it only gets worse and worse. I have been to the end of the road on that one. Anyway, there is room for him at the Seminar, but it would be pointless *unless* he really wanted to be there and get better. If so, I cannot think of a better place for him to get in touch, heal old wounds (which sometimes is the cause of the addictive patterns) and

(Continued on page 6)

Good Works

The Kivuli Project More Wonderful Work in Africa

We have featured numerous times the grassroots healing work being done in Africa thru TIBA-Africa and the Club of 100. Now Vincent and Daniel are aiming higher. They have done several workshops at Kivuli Center in the slums of Nairobi, Kenya. Kivuli Center is helping people suffering with AIDS/HIV, which we know is a great problem on the African continent.

We hear that the workshop participants really loved the breathwork Vincent and Daniel offered. They felt their bodies in another way and realized more freedom and could release stored emotions, so they felt much better after the sessions despite their medical condition.

For the coming year Vincent and Daniel want to start a big project at Kivuli Center intending to help 200 people over a 1 year period. They will produce a lot of workshops and after the workshops guide people with individual sessions. However, for this work they do need support. And the support is financial, because the people at Kivuli Center have no means to pay for the travel and meals they receive during the program.

Vincent and Daniel, in cooperation with Mitchel de Jager, (Club of 100) are now building a special project website www.kivuli-project.com, so everyone can be informed and read and watch about the development of this project.

If you would like to support our project, please contact Vincent at vincent@tiba-africa.com or Daniel at daniel@tiba-africa.com or Mitchel at mitchel@tiba-africa.com.

Optimum Health Solution

From Betsy Bragg, Executive Director of *Optimum Health Solution*

Dear Judith,

On behalf of the board of directors of Optimum Health Solution and The Raw New England Community, thank you from the bottom of our hearts for your generous contribution to our community last night, May 25, 2010. You and your in-

spiring team of facilitators changed people's lives last night. [Name withheld] said that your Transformational Breathwork is the missing link to her recovery. You all really made a difference in the lives of the participants last night. Your heartfelt story and insight moved and made a profound impact. They felt an immediate connection with you. You will have a rippling effect as they share your story and wisdom with others.

Dr. Brian Clement, Director of the *Hippocrates Health Institute* and newest member of OHS Board of Directors, says, "Never forget that one step and one person at a time brings us closer to the world that we are meant to live in. Your contribution in helping to change and save lives is warmly and happily embraced by us."

Sincerely,

Betsy Bragg

TBF says, a great way to help children is to support **Optimum Health Solution**

From their website:

www.optimumhealthsolution.org ...

Join Us to Form a New Future for Our Children and Our Entire Global Community...

Our children are sacred and their vitality, well-being and health are critical for their happiness, their productivity, and for a healthy and well balanced future for our planet. The most effective way to impact our children is to nourish them thoroughly.

Optimum Health Solution is a non-profit organization dedicated to our children and their future.

Its mission is to eliminate obesity, chronic disease and malnutrition, especially in children, through education and advocacy of healthy living.



Testimonials

forwarded by Tziporah Kingsbury

Dear Loves,

This was shared from a woman I had worked with years ago. Always a divine reminder of the gifts Spirit moves through...

"I thought of you today. I have been abnormally anxiety stricken for the past couple days and today it built so big, I thought I would explode. I didn't know why, but it was just here. So bad, I felt like I needed medication again. I couldn't figure out what to do.

"Then, on my way home, I thought... Transformational Breathing. And then I had no other choice besides going home, building myself a little safe nest and turning on my Judith Kravitz CD which unfortunately I haven't turned on in years. And guess what? I had an incredible experience.

"It cleared a good portion of the anxiety and at the end I had a half hour laughing fit. It was amazing. I've never laughed like that before, what a great release! And, the whole time I was thinking of you and having gratitude for the way you brought it into my life. It will now be a very important practice in my life again. How amazing that it just popped back into my head just as I was thinking there was no other hope. Just wanted to share that with you!"

Love, [Name withheld]

from Maureen Mahaffey

Judith,

Thank you so much for this amazing gift of transformation I continue to experience and share daily. I'm still walking around just in love. The passion and openness I continue to allow to flow through me has been the most incredible gift I will ever share with this planet. My work has grown into a beautiful orb of healing light that heals all involved. My heart has just opened wide for the love to overflow.

I have planned to attend the Level IV-A class in Massachusetts this August. I hope that you are there. I'm incredibly inspired by your energy and gifts.

Love and Light to you!



Q&A ... continued

get clear about himself and who he is and what he wants. I feel too that it would not be a negative thing for him to have to face consequences for his negative behaviors, and that the Seminar would be one of the more positive alternatives as a consequence. All addictions are a sickness and only the addict will decide when they want to get better. My prayer is that he chooses sooner. If you are tough now then you will save yourself a lot of heartache later. When I was a single parent facing this I made use of the services the state offered for children at risk and got the courts involved, which opened many doors. Not sure if that is available in Canada or not. Keep in touch and know I am here to support you. Love and hugs, Judi

PSYCHOSIS

Q. My mother has been diagnosed with a psychotic disorder and is under medication for many years and stable now. Could she do Transformational Breathing? Would it be beneficial for her? --Name Withheld

A. Dear Friend,

Hi there. Thank you for your interest in Transformational Breath. I believe and have seen many psychological benefits from people diagnosed with mental conditions. One important thing we feel is that if it is a serious or ongoing condition that we like to make sure that they have a therapist and the therapist be advised of their intention of doing integrative breathwork. That way there is something in place if issues come up needing mental processing or additional support after the session.

It is also essential that the breathing facilitator feel comfortable with the client's diagnosis and history. We have had very dramatic positive results with a number of different conditions and see how Transformational Breath can support anyone physically, mentally, emotionally, and spiritually. I would also trust your mother's intuition as to whether the breathing were right for her at this time.

Breathing in Love, Judith

(Continued on page 7)

Q&A ... continued

OPEN MOUTH

Q. I just stumbled upon your site and tried the exercise with the mouth-open breathing and I felt all tingly - it was amazing but I then researched open-mouth breathing and every site was saying it's bad. Please clarify. Thanks.

A. Dear Friend in Breath, Hi there. I understand the reason for information encouraging people to breathe through the nose – it is the most effective and beneficial way for everyday breathing. But there are a number of reasons why we coach people to do our initial breathing through their mouth. One is that mouth-breathing accesses the lower parts of the respiratory system therefore also opening and clearing the lower chakras. We also get greater volume.

Our natural breathing pattern opens up so we can progress to do Transformational Breathing with the nose. It is important that if you inhale with the mouth that the exhale is with the mouth too, and the same with the nose-breathing, in and out through the nose. Folks are generally against the mouth-breathing because it is considered not as clean as nose breathing which has a natural filtration system built into it.

However, we are only asking that the integrative mouth-breathing be used for an hour during the session and not for everyday breathing, where nose breathing is then preferred. I hope this clarifies our approach in TB.

Breathing in Love, Judith

WORKING WITH CHILDREN

Q. Hi, I work as a therapist with children and attended the workshop at Rowe. I was listening when reference was made to getting breathwork into the schools. Can you share with me some of the compelling reasons you feel this is important?

A. Dear Jeanne,
Working with children is so important and especially ones with extra challenges going on. For one thing giving the young such a powerful tool to stay energized, healthy, emotionally clear and connected to their spirits is invaluable. Children that have had traumatic histories or difficulties in their lives need this tool even more, not only to overcome

the past but to also work with, as things continue to happen in their lives. Who would we all be if we had such a tool when we were young? Certainly not needing to spend time to undo our pasts. Children also integrate the patterns more quickly than adults because they have not had the time to solidify like adult patterns have. It is such a privilege to work with the young because of their innocence and innate connection with their spiritual natures.

Looking forward to seeing you and sharing more.

Breathing in Love, Judith

BACK PAIN

Q. Dear Judith,

I am continuing my sessions, mostly 3 or 4 per week. I've had chronic lower back pain. However, nowadays I feel the intensity of the pain is increasing. Moreover, I have heartburn and pain in my heart chakra. Do you think this pain might be related to the transformational breathing sessions I conduct? If this is the case, what should I do in order to protect and take care of myself?

With Breath and Light, Love, Gulin

A. Dear Gulin,

Hi there. Sometimes if we have a vulnerable condition to begin with, physical straining during breath sessions can temporarily aggravate the symptoms. If you have not had a facilitated session in a while I suggest you have one with one of the trainers so they can see if your breathing pattern might be adding to your back condition. I would also try your next few self-sessions on your stomach to help your back relax. You could look at the body map system and see if you might be having any guilt about your power or moving forward or retreating.

Please keep me posted on your progress.

Love and hugs, Judi

(Continued on page 8)

Q&A ... continued

WITHDRAWN BODY AWARENESS

Q. Hello,

I have watched some demonstration videos of Dr. Kravitz and wonder if Transformational Breath could help me. After some trauma and a dysfunctional upbringing I have developed what I have now discovered is a severe armoring in the genitals and pelvis whereby I feel very little to nothing in those areas and have almost completely dissociated these areas from my awareness. [Name Withheld]

A. Dear Friend,

I understand your situation and we have actually had success with individuals with areas of their body that for one reason or another have been withdrawn from their awareness (i.e. energy withdrawn from the area.) In such situations when folks begin breathing into those areas it not only brings awareness back in, but also brings life force and energy to heal the mental and emotional component associated with the withdrawal of energy.

I feel you have a good chance to resolve this situation with Transformational Breath. I recommend either some private sessions or to attend one of our programs when possible.

Breathing in Love, Judith

BREATHING and MOUNTAINEERING

Q. Hi Judi,

I have a new client who is a high level mountaineer who climbs at high altitudes with low oxygen levels. He is drawn to the breath as a preparation for his next expedition which will be in Nepal: His last one failed due to not coping with reduced oxygen. I'm assuming that when I meet him and can identify and help him to release blocked areas, this will help as it will make his breath more efficient and therefore better able to utilize the oxygen that is available.

Love and hugs,

Ange

A. Dear Ange,

Hi there. Yes, I agree with you as far as removing restrictions thus giving increased capacity and more oxygen and greater performance abilities for a climber. The possibility

of using short practices of TB during the climb when feeling the need for more oxygen seems worthwhile. Let us know the result.

Love and hugs, Judi

PANIC ATTACKS

Q. Hi Judith,

A client said he felt like he was about to have a panic attack. We slowed down the breathing and he avoided the panic, but I wanted to know how to continue with him if this edge keeps appearing. What is the best thing to do if he has one?

Kip

A. Dear Kip,

This is a good question and TB works very well with panic attacks as you noticed during that session. As you remember when emotional patterns are integrating people sometimes experience the feeling during that process. That is when we need to stay strong and focused and keep them breathing until the integration occurs. If they keep breathing in their relaxed belly and/or tone, it will resolve. The place in the body where panic and fear reside is in the solar plexus area so pressure in those places while they are breathing is helpful too.

Love and hugs, Judi

NO BREATH IN MIDDLE

Q. Hi dear Judith,

I have a regular female client, breath very erratic, and I would like you to confirm something. It looks to me as if she can breathe into the belly (at times) and then move the breath into the chest somewhat *without* engaging the middle. Is that really possible?

Breathing love, Helle

A. Dear Helle,

Hi there. With your client who looks like they are
(Continued on page 10)



TBF Training: US & International

Training Highlights (w/ Judith)

Check the full Training Schedule at www.transformationalbreathing.com

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

Seminar
June 25 - 30, 2010
Istanbul, Turkey
 Nese Dimli
 +90 533 3458131
nesedimli88@hotmail.com

Level IV(B)
July 11 - 17, 2010
Turkey
 Nilgül Tavsél
 +90 532 502 06 82
tavseln@ttmail.com

Level IV(B)
July 24 - 30, 2010
Italy
Indalecia Ziritt
 0039/338/4622263
indalecia@tbitalia.org

Level IV(A)
August 23 - 29, 2010
Western Massachusetts
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Seminar
September 11 -16, 2010
Vancouver, Canada
 Dale Joyal
 604.314.9296
dalekjoyal@hotmail.com

Level IV(B)
September 20 - 26, 2010
Western Massachusetts
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Reclaim Your Breath
October 15 – 17, 2010
Geneva, Switzerland
 Catherine Rusconi
 +41 79 419 37 68
catherine.rusconi@bluewin.ch

Seminar
October 28 – November 2, 2010
Turkey
 Nilgül Tavsél
 +90 532 502 06 82
tavseln@ttmail.com

Seminar
February 6 – 11, 2011
Cabo, Mexico
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

SPECIAL EVENTS

We are offering multiple
Level V Trainings
 on our schedule.

Our annual gathering in beautiful Cabo, Mexico
December 5 – 11, 2010

plus others in **Holland** and **Turkey**.
 Check the [Training Schedule](#) if you are
Ready to Lead. ♥

3rd Annual Breathworkers Retreat
June 18-23, 2010
Indian Wells, California

more info:
 Tim Glynn
timjimglynn@yahoo.com
 1 (310) 456-4807
 to Register:
www.yantradeck.com/events



17th Annual Global Inspiration Conference

presented by the
 International Breathwork Foundation (IBF)

July 3 – 10, 2010
Cardona (Barcelona), Spain

Judith Kravitz will give a
 master class or two ...

The GIC website
 reports ...
Michael Brown
 (author of the
The Presence Process)
 will be part of the
 festivities this year.

Information &
 Registration:

Robert Alnet or Dorotea
 Martínez
 +(34) 606 705 573
 E-mail:
info@gic2010.com
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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!

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

Thanks to **Rox Lindbert**, **Dave Krajovic** and all of our contributors.

No Spam Policy:

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Q&A ... continued

breathing in the upper and very lower part of their respiratory system but not in the middle - this is really not an illusion, nor totally rare, and not a pattern that can be easily mimicked. It represents a clear separation of one's heart and will.

It's usually formed from a strong unconscious or conscious belief that one cannot follow their heart. So they live a split life, sometimes strongly in their heart and sometimes strongly in their will, but those two aspects are not integrated within them.

By applying pressure on the soft muscle tissue directly under the top of the upper rib cage while they breathe helps release the tension there. Then giving the affirmations, "My heart and my will are one", or "It's safe to follow my heart", will also help integrate the two aspects into a more unified expression.

Looking forward to seeing you soon.

Love and hugs, Judi



Personal Mastery Program

Reclaiming Our Sacred Energy Centers

with Christian Hummel



**9 Week
Teleclass Series**

June 16 - August 11

Wednesdays

4:00 - 5:30 PST

**Only a few days left!
Register by June 14**

Explore your hidden power and potential through a combination of teleclass meetings, online exercises, readings, video clips, group meditation, and quantum field techniques, designed to clear blockages, release fears, and move to new heights of our own divine potential.

<http://earthtransitions.com>

