

TBF E-News

SPRING 2007 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

What is this Codex
Alimentarius?

More Q&A

Facilitators Share
Themselves

BRIEFS

NOTE to Facilitators
Our Webmaster is to
attend a Seminar in
early June so please
submit your Trainings
and Workshops ASAP.
Judith must approve
requests so allow extra
time. Deadline is soon
at May 29.

Please continue
offering your highest
thoughts and prayers
for the troops standing
in harms way, and
those who must live
amid our world's wars.



What is Codex?



by Stephen Gooby

You may have seen email alerts going around the Internet about the threat of **Codex Alimentarius**. Briefly, Codex is an international standard for access and use of dietary supplements and other food products. In disguise as public interest, it seems more a power-play on the part of those who want to control your health in the US and around the World. Codex has been adopted by the WTO and therein lies threat enough.

I have seen these alerts for over 6 years now. I felt then and feel today that the threat is overstated in many circles. However, the mere fact that this issue has survived shows how persistent are those who lobby for Codex adoption.

In the US, Codex would have to overturn our DSHEA Act of 1994, in order to be the law of the land. DSHEA allowed our free access to supplements and treated supplements regula-

tion as food rather than drugs. Right now there is enough public outcry and enough support in Congress to keep DSHEA safe I believe. But it pays to be watchful because Codex and similar international trade standards will not sleep, and we could wake to find our free access changed and restricted. In Europe, with the EU, the potential seems to me even more daunting than in the US. With the ease at which trade has been globalized (WTO, NAFTA, CAFTA, GATT and more), Codex does not have a big uphill battle. With enough money on their end and enough apathy on ours, a lot could happen quickly.

But Codex is not the only specter facing us. This is bigger than just our supplements. It is part of a wider challenge regarding health freedom in the world. We may all know someone who has felt it necessary to cross international borders to receive a therapy
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Q&A

WHIPLASH

Q. Hi Judy!

Do you have any experience in addressing whiplash by means of transformational breathing? Besides creating a comfortable position for the client, are there specific bodymap spots to be aware of in the throat area and in the posterior neck?

Thx so much, big aloha!
Josie

A. Dear Josie,

Hi there. Nice to hear from you. I have known individuals who when they breathe actually feel vertebrae move. However a whiplash is a serious misalignment of the cervical spine. I would go to a professional who works with the spinal structure to help realign the vertebrae that have been forced out of alignment.

But as far as breathing someone with whiplash it will help with the muscle tension that develops in such cases and will alleviate some of the discomfort and provide more blood and oxygen supply to the brain, which is compromised with a whiplash.

I would make sure the neck is supported during the session and not do any leg or arm compression. If you had them pound and kick, do so with less vigor. I know your client will get all the support they need and the breathing will assist them in feeling better.

-Love and hugs, Judi

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Q & A ... continued

DEPTH, VOLUME, and FLOW

Q. Following the pace at which Judith is breathing on the "100 Breaths" CD, I feel like I am not getting anywhere near enough breath. My typical breathing pattern is much slower and deeper than that. So to breathe that way I have to breathe much more shallowly. Should I breathe more at my natural pace? Second, it appears one of the keys is to begin the next inhalation virtually immediately after finishing the preceding exhalation, making that pause almost a seamless, circular pattern. Is that correct? Finally, is there something magical or important about the number 100?

A. Dear Rick,

Hi there, I am glad to hear you are enjoying your experience with Transformational Breathing. In regards to your questions about the depth of your breath while practicing TB, it is probably true in your everyday breathing you can breathe more deeply and yet in TB we consider flow more important than volume. It is not as important to get as full a breath as possible as it is to keep the breath flowing without any pauses. The emphasis is on the inhale so that tends to make the inhale big enough for the purposes of TB. We also do not need to have all the air leave the lungs on the exhale, just a gentle letting go and relaxation of the diaphragm is sufficient to accomplish the energy needed for the integration that happens in TB.

The reason for the breathing without any pauses has to do with the electromagnetic circuit that is being created by that particular breathing pattern. If one pauses between the inhale / exhale or the exhale / inhale it breaks that circuit. It is that high energy that produces the permanent energetic changes that one experiences in the TB sessions.

As far as the number 100 in the "100 Breath" exercise. There is no real significance. It represents a number of breaths that one can do on their own without going too deeply into the process and yet by doing the 100 breaths, one can begin to feel the many gifts that lie within the experience of Transformational Breathing. I look forward to sharing more with you sometime.

-Breathing in Love, Judith

TETANY

Q. Judith,

I am very taken with your process, and feel it may be what I've been looking for all my adult life. I have done 2 self-sessions but felt very "paralyzed" and the second time I felt my legs and arms were both drawn up. My right foot began to cramp. My hands were in tight fists drawn up to my chest. I was aware of it, but couldn't move them until the end. Does this have any meaning?

A. Dear Mela Dee,

Hi there. I am so glad you are enjoying your experiences with Transformational Breathing. I understand that it can be difficult and challenging to do sessions on your own without being trained in the process, to be able to understand what it means when things happen in the sessions .

In TB sessions many people experience the temporary paralysis or muscle contraction that we call tetany, which simply is the releasing of tensions built up in our bodies caused by fears suppressed in the body. What happens is early on in our lives when we experience fearful events we tighten up and hold our breath. These tensions get stored in our bodies. In TB we call them our "fear response patterns". They build up in layers, so that the process of integrating or clearing them in the sessions is to go through them and then they release. Eventually they are eliminated completely.

One thing that is helpful when this happens in a breathing session is to make loud clear tones or sounds, and that will help integrate the pattern faster and with more ease. I suggest you do what you can to come to a TB group or work with a trained facilitator to realize the maximum benefits that are available for you in TB.

-Breathing in Love, Judith

THE "DARKNESS"

Q. Dear Judith,

After one of my self-sessions I went into a big depression and have not been able to move through it. Sometimes I feel hopeless and defeated and wonder if I should continue on this path. What might help me at this time?

Breath Hugs, Susan

A. Dear Susan,

Hi there. I know it must be challenging facing so many things after two such intense weeks of personal work. What you are going through is not uncommon and my experience has shown me that if folks stick with the breath and the other tools that we have that sooner (we hope) or later they get to the other side. What I have noticed over the years is that the more light someone has the bigger the pieces of darkness they have chosen to overcome ... so know that someday all that "stuff" will serve you. I know the second week of Level IV will support you and being with the breath family will help as well. Just know that the suppressed past is just that and the authentic self and energy is what is real. I will hold you in the light of Perfect Spirit.

-Love and hugs, Judi

[ed.note: Susan continued with Level IV and moved through her dark space, completing her first week of facilitating at a TB Seminar. She is feeling and expressing more consistent joy than at any other time in her life].

THE HEART AND WILL

Q. A breath analysis shows no breath in the midsection. The breath jumps from abdomen to chest, skipping the middle. The things about this in the TB materials do not seem to fit her, nor

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Poetry

Untitled Poem

(to thank and acknowledge caring presence during a water breathing experience)

I am in the Universe,
The Universe is in me.

My heart has opened,
The breath has set me free.

How am I so lucky
To feel this truth so tangibly?

Should I laugh, should I cry,
I am still the confused me ...

But what I know for sure
Is that a shift has taken place in me.

I feel love, love, more love,
Yet the little me still cries for attention ...

All I can do is hang on
And let myself be guided to my new destination.

My body has been shaken,
Given a new birth ...

It needs time to adjust
To the new me on this earth.

*Since then, I have been practicing more BEING than DOING.
Lots of love,
Louise*

**Corpse Pose**

The entity known
As Jackie Moss
Advances through
Tunnel of angels

Legions of
Magnificent Archetypes, artists, scientists, seers, gurus, Angels
Formed from Clouds of Light

Thick layers
Feathered blue wings, Quills loaded with remedies

Gold, vitamins, minerals, serums, chemicals

White gowns
Sheets of music, incantations, prayers, codes, tongues

Silver light mouths breathe
Uranium vapors, spit of Almighty God
Magnified, chalice, stored in the entity known
As Jacqueline
Jayalakshmi Tedrow, Moss, Other names forgotten
Son, Daughter
Murderer
Saint
Healer
Leper

In Living Sistine ceiling MRI

Moving moving moving
Laterally
Through the tunnel
Through
The MRI
To a dimension
beyond time

Continually
Breathing breathing breathing in light
Holy, holy holy
Is the Lord God Almighty
Who was and is and is to come
Alpha and Omega

The thousand-petal lotus
Red Red Red
Laser
Cool
Fire Light

Opens
Crowns Jayalakshmi Humility's Queen
With high vibrancy voltage
flames of life

*---by Jackie Moss, Facilitator, from a session with Judith
in Long Island, NY, April 30, 2007*

**Practice Notes:**

Breath Sessions often inspire a compulsion to write. Record your thoughts regularly after your sessions. Keep a journal.

Facilitators Share



Gratitude and Abundance - Ange Leake, UK

Hello wonderful "A" team!

Just wanted to share my excitement about starting the abundance programme yesterday. Re-reading the beginning of the book and the statement that starts the programme, it was like greeting an old friend but with a whole new level of understanding and appreciation. I've done this programme a number of times now and yesterday could feel it reaching new depths within me. I fell asleep singing to myself a Taize song I sing with Gila - "Gott ist nur Liebe" which translates as "God is only love". Hallelujah Amen!!

I truly felt / feel the energy of our work and conversations over the weekend moving in me and am energised and excited by possibilities. I don't even know which direction we are moving in, and yet I feel Spirit moving so strongly through us all when we work together and I love knowing that you are both doing this programme at the same time as I am.

I am copying this email to Judith, who I feel such a debt of grati-

tude towards for all the love, inspiration, and wisdom she has shared with us all for so long now. Right now I just want to say thank you to her, and to you both too for all the gifts and learning that come my way. I know you are all having a wonderful, abundant day!!

Love, hugs and gratitude,
Ange xx

TB goes to the dogs -Carol Schafer

I'm dog-sitting for a friend. Big dogs. One of them, Ben, sleeps in the king-sized bed with me. I woke in the night and lay there listening as he breathed -- the pattern of TB! Perfectly demonstrating the release of the out-breath. Releasing ... not holding on to tension and negativity; letting it flow out to the Universe, Love flowing out ... and in. Easily and effortlessly. I realized my breath was doing the same. We breathed in tandem, entrained; it's the breath of Spirit. In the relinquishment of sleep ... Spirit breathed me.

-Carol
♥

Q & A ... continued

does the affirmation "my heart and my will are one." She is very interesting in that she tells me what to do, for instance, on an affirmation. She insists on doing everything her way at every turn. It was a big concession just to get her to follow basic TB protocols. So, my take on this is that the place to focus is "I let go and let God"; "It is safe to surrender". The surrender issue seems big.

A. Dear Phyllis,

Hi there. Not seeing your client breathe I can only go by what you have observed which to me sounds like a classic split between the heart and will, and which sometimes shows up in people's lives in different ways. Mostly, a split between someone's heart and ego ... it could be work, relationship, life purpose. It is not so important that the client "cop" to their breathing pattern, but for us to help them integrate that split. I bet if you talked to her more you would find the area of her life where that lack of integration existed. Sometimes turning them on their stomach helps break down that tension in the solar plexus, or pushing on the sides of the ribs also reduces the tension on the diaphragm ... keep me posted on the latest.

-Love and hugs, Judi



2007 Level V Trainings

November 5 - 11 (Holland)

&

November 25 - December 1 (Los Cabos, Mexico)

Codex ... continued

banned in their country. In the US, the FDA has not been a consumer watchdog but more of a shill for Big Pharma and the mainstream healthcare industry. Right now FDA is developing their "**Guidance on CAM Regulation**" (CAM = Complementary and Alternative Medicine). The FDA Guideline draft was not well-received by the public. FDA and all international legislative bodies must hear our demand to keep access to supplements, our intention to protect our right to use other modalities, and our desire to maintain ownership of our own bodies. The public FDA comment period has been extended but expires very soon on **MAY 29**.

How long before Breathwork becomes commonly accepted and starts blipping onto the radar of the FDA or some body with an interest contrary to ours?

Please folks, become more aware and stay vigilant. The following are sources to obtain the latest, and more fact-based, information about Codex and other important healthcare issues. Please act your heart ... and do so now:

www.citizens.org/issues/codex

www.westonaprice.org/healthissues/codex-alert.html

www.healthfreedomusa.org



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