

# TBF E-News

VOLUME 2, NUMBER 4

AUTUMN 2006

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

## SPECIAL POINTS OF INTEREST:

An Inspirational  
Message from  
Judith.

Take an Online Sur-  
vey - Conducted by  
The Institute for  
Noetic Studies

Judith's Grandson  
Colin has a healing  
opportunity. Read  
about his bravery and  
please Help.

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## TB in Africa: More on Kenya



By Marco and Jacqueline De Jager

As I am writing this article about TB in Kenya, I look back on the wonderful time we spent with the Kenyan people. Last summer we went to Kenya to give Seminars Level I, II, III and Level IV.

Originally Judith would also come and give Level IV, but before she left her son Sol had an accident and had to be taken to the hospital. His situation was so bad that Judith decided not to go to Kenya and give Marco the opportunity to be the trainer of Level IV. It was a pity that she could not come, but with Judith's energy we managed to give a good Level IV.

The eight people who followed the seminar week last year came to Mombassa, and we spent eight wonderful days together in the coach training. At the beginning of the week they had the feeling that it was difficult to learn everything in eight days, but at the end of the week we had eight very good facilitators. After two days there came a new group of twelve participants to follow a seminar

week. The facilitators could immediately put into practice what they had learned the week before. They had enough self-confidence to act as a facilitator and we are very proud of their results. By the end of the week all participants had made great steps forward in their personal growth. It was a week full of joy, of sharing, growing and connecting. We feel that the TB spirit is growing in Kenya. We are very glad that Kenya has the first eight Certified Facilitators. We see a lot of possibilities in Kenya and also in Africa.

Our next mission in Kenya is to give new seminar weeks and Level IV next year. We will support at least two Kenyans to do Level V in Europe, so we can guide them to become a senior trainer in Kenya, so they will be able to give seminar weeks on their own.

Two of the facilitators have written down their own experiences and opinions of TB in Kenya:

*Continued on Page 3 ...*

## Facilitator Spotlight

By Judith Kravitz

**This Issue: Melinda Dewey of California**

### What brought you to Transformational Breathing?

With a business and communications degree, I spent nearly two decades as a bank loan officer, corporate controller and then project manager. But I was feeling more and more unfulfilled. That ignited more spirituality and personal healing and finally offering weekend workshops with a spiritual teacher friend. In 1989 I knew it was time to "follow my bliss" and leave the corporate environment to facilitate wholeness, balance and body/mind/spirit integration as a holistic health practitio-

ner. I first chose certification in Hellerwork, a structural integration bodywork similar to Rolfing, that includes movement awareness lessons and body/mind/spirit dialogue. The first and most important of the series of eleven Hellerwork sessions is all about breathing and "inspiration" (of Greek origin meaning "bringing in spirit"). I went on to become a Hellerwork faculty member and then added other modalities, such as energy balancing, Holdynamics, Voice Dialogue, authentic play and expressive movement.

*Continued on page 2 ...*

## Facilitator Spotlight ... continued



MELINDA DEWEY

I understand you have combined Transformational Breathing with other modalities.

Yes, creating professional relationships with chiropractors, holistic medical doctors and psychotherapists, educating them in the power of the breath and creating trust that you will support their treatment plan and keep them informed can be very rewarding for everyone involved.

Workshops can also be created combining modalities. Will Mayo and I created a format of 45 minutes of vigorous expressive movement, using Gabrielle Roth's first 4 rhythms, followed by a full TB session. It's awesome! I also created a full day TB and "Soul Creations on Silk" creativity workshop. It begins with a group breathing session in the morning, a quiet catered lunch, and then meditation, movement, journaling and free-flowing silk painting in delicious colors and adorned with words in metallic ink to create sacred scarves. We

finish with each person sharing their sacred scarf and the deep meaning it holds for them.

Loving the coaching in TB and Hellerwork so much, I also chose to become a Conscious Body Method coach in 2004 and a Guiding Mindful Change Life Coach in 2005. So in addition to offering private TB sessions and monthly group breathing workshops, I also have a coaching practice and a part-time contract to provide wellness coaching to corporate employees by telephone.

I understand you have been working with TB Facilitators.

When assisting at the Level IV trainings, I heard "facilitators-to-be" express a need for ongoing connection to the TBF "family", for guidance in creating a breathing practice, for answers to facilitation questions and an opportunity to keep TB facilitation skills honed. To that end, I have reorganized some of the Level 4 training materials, presented Body Mapping Clinic and Breathing Analysis Refresher courses and have been coaching facilitators.

Tell us about the TB Facilitator Conference Calls you are planning.

The intention is to provide an ongoing connection for TBF graduates and facilitators to each other and the whole TBF Family, and to create a forum for sharing ideas, wins, questions, information, inspiration and TBF announcements. I'm happy to arrange and host the calls and I was delighted to hear that you would be a guest sometimes, Judith.

The plan is for a 60-minute conference call on the second Monday evening of the month at 9:00pm Eastern (8:00pm Central / 7:00pm Mountain / 6:00pm Pacific time). At call time, everyone calls **(605) 990-0200**. Calls are subject to whatever long distance plans you use, with prepaid calling cards and codes accepted. A recording will ask you to key in the access code **271579** followed by the **# sign**. That will connect you to the call with a bell tone and you can announce your name to those already on the call. The system can take up to 96 callers.

We'll begin each call with topics, requests or questions that callers email ahead of time to [melindadewey@sbcglobal.net](mailto:melindadewey@sbcglobal.net) and go from there. It will help reduce distracting background noise for everyone if you mute your receiver when others are speaking and un-mute when you speak. (If your phone equipment doesn't have a mute feature, during this call you can press the "6" key to mute and again to un-mute to be heard).

I envision a short meditation together to set the field and connect to the TBF energy and family at some point. We may choose to set a theme for upcoming calls, have guests. The calls will be recorded so if you miss a call, you can dial (641) 985-5020, key in our access code (271579 and #) and listen to the recording, which will be available until the next monthly call is recorded over it. Like TB, our conference call may evolve in response to what you want and what works best.

What would you say to facilitators who graduated a while ago?

Stay connected! I have experienced over the years how the Transformational Breath training and facilitation has continually evolved as new information and techniques have come through, allowing us to become more professional and effective with less effort, taking us and our clients to another level of breath and consciousness. I would encourage all facilitators, especially if you haven't attended any trainings for a while, to stay involved and updated by assisting at trainings, re-taking trainings as a participant, attending new TBF courses for facilitators, and reading this quarterly TB E-News newsletter. Next year existing facilitators will be able to take the new "Coaching" aspect of the Level IV training to become current with the TB curriculum; and January 26 through 28<sup>th</sup>, 2007, eighteen (18) existing committed, practicing facilitators can take it without tuition (just room and board). Judith has produced a new *Breathing Analysis* DVD too. So stay connected to TB!



## Kenya ... continued

### Vincent Odhiambo Oloo

Transformational Breathing for Kenya means that Kenya has received a powerful therapy, which works not only at the physical level but heals the whole humanity at a very high level.

It means that Kenya has received a new bringer of joy, which doesn't discriminate certain personalities but works with all humankind as one. A therapy, which not only heals but transforms and makes us equal and connected in one spirit; one which binds us all together.

Personally I see TB growing at a very high rate in Kenya if we sell it well. By saying this I mean holding more presentations. One day workshops held more often, and more seminar weeks as well. Referring to the presentations we have held, many people seem to like it so much, and that gives me an impression that if we continue in the same way then many people will get to know more about it and will definitely start using it.

In Africa I think we need to go to different countries to hold workshops and presentations and if possible seminar weeks and see how people will respond to it. In my own personal opinion I would say that if Kenyan people liked it then all African people will like, accept and use it in their personal growth.

After the four levels I can say that TB has helped me to realize my true self, and also my purpose of living in this world. I am now able to look at things differently, and also able to face the challenges that comes in my life in a positive way. I thank God for everything. My thanks go to Marco and Jacqueline for helping me realize this goal, and also to the founder of the Transformational Breathing Foundation.

### Daniel Marungu

Transformational Breathing in Kenya is a new therapy as far as personal growth is concerned. It's a technique which can change the face of Kenya assuming that all persons were assembled under one roof for the TB session. From my personal experience, I have come to discover that a few Kenyans I have been meeting, are very receptive to TB. Kenya being a religious country, I expected to encounter several objections towards TB, but amazingly people are willing to have sessions and eager to pursue the course up to the end.

Kenya as a country is lagging behind simply because of rigidity and resistance to change. They are very much protected by disempowering beliefs and thoughts. Some which are conscious and some not, but affecting our behaviors and productivity negatively. TB is a therapy which can help Kenyans do away with such boundaries hence live life fully in the present.

TB in Kenya is now at the incubation level; it's not fully hatched. This is a very crucial stage in that it can be developed to a young one or aborted. Why? We have breath coaches already on the ground facilitating TB sessions but this doesn't confirm the continuity of TB in Kenya if any of them are not beyond coaching level. Do you see the risk? What can happen if all these coaches went missing? Definitely marks the end of TB in Kenya. Okay, we have trainers in Europe but are Kenyans able to hire Europeans? Not unless the reverse is true. For one to claim to have fully established TB in Kenya, courtesy calls for training of Trainers and more coaches. These will guarantee TB promotion in Kenya. With above resources I can assure you rapid growth of TB in Kenya.

Before I became a TB coach I was a full-pleated professional teacher. Although I was excellently performing, seeing pupils perform well through my creativity, and used to have compliments from my seniors, in my inner self I was not sure if this was what could give me joy in life.

From within, I was never satisfied with the profession but I never knew why until I entered into Neuro Linguistic Class as a Life Coach trainee. Through coaching sessions I realized that I was limiting my productivity only to pupils yet the inner self wanted to reach out to more people (i.e. all levels). When I joined TB class through levels 1,2 and 3, I really admired seeing Marco and Jacqueline lead us through the training. This motivated me too and through level 4. TB has really given me the inner joy since I feel no limitation in my production; I am now dealing with all life right away from the infant level to death. This gives me a satisfaction of reaching everybody. It has given me an avenue to relaxation and joy in life. TB has seen me grow physically, spiritually and mentally. I look forward to it being my stable employment.



#### Editor's Note:

*Any donations towards TB in Africa would be appreciated and used well.*

At last we will thank Aty, she decided following her heart and she was with us this summer in Kenya to assist with Level IV and the seminar week. Hope that you feel after reading this article that Africa likes TB and it will help the people so much in their development.

With Love and Greetings,  
Marco and Jacqueline  
Holland - September 2006

See new **TB Kenya Photos** on Page 4 ...







*“TB in Kenya is now at the incubation level; it’s not fully hatched. This is a **very crucial stage**. We have breath coaches already on the ground facilitating TB sessions but this doesn’t confirm the continuity of TB in Kenya.  
-Daniel*

## Facilitator Notices

**Certified Facilitators Send in your info to [breathinfo@aol.com](mailto:breathinfo@aol.com) to be listed in 3rd edition of "Breathe Deep, Laugh Loudly"**

- Name
- City, State
- Phone
- Email

**Certified Facilitators Send in your info to [breathinfo@aol.com](mailto:breathinfo@aol.com) to be listed on the TBF Website**

- Name
- City, State
- Phone
- Email
- 50 word bio
- Photo (jpeg format, head shots only)

## Facilitators Share

Judith,

Hi again, I hope you are ok. Here I'm ok too. I discovered something last night as I was doing a TB session. Somehow I was able to see that the charmic ties are rooted in the spine .they start form the spine and go backwards. So I tried to focus to the spine while breathing and had wonderful experience. The blockages I was not able to solve in sessions were easily away. So I came to understand that focusing to the spine's points that coincide with chakras while breathing bring wonderful charmic release. I know that TB works the way it is any-way, it worked on thousands and thousands without breathing to the spine but I suggest you try it, and wanted to share it.

With Love,

Tarik

Facilitator from Turkey

### Kabir on "Breath"

Are you looking for me? I am in the next seat  
 My shoulder is against yours  
 You will not find me in stupas, not in Indian shrine rooms  
 Nor in synagogues, nor in cathedrals  
 Not in masses, nor kirtans, not in legs winding around your own neck  
 Nor in eating nothing but vegetables.  
 When you really look for me, you will see me instantly---

You will find me in the tiniest house of time  
 Kabir says: student, tell me, what is god?  
 He is the breath inside the breath

## Testimonials

Hi Judith,

I am in training for the Facilitator training! I've been doing the 100 Breaths of Joy every day and a breathing session once or twice a week. I got all the required books and have read Dark Side of the Light Chasers and The Abundance Book so far. It really has helped me to understand the mechanics of my projections and to appreciate the importance of reclaiming ALL of myself. Although I still do it, I immediately KNOW what I'm doing and that it's hopeless as far as ever proving my case against someone else. I'm excited to reclaim all these pieces of myself in love and acceptance.

I've been doing the 5-Rites ever since the workshop. We have a monthly breath group -- not quite TB but close enough for now -- I also ventured into a sound healing group and did some toning. So this is me telling you what an admirable student I've been! :-D

Oh, I forgot to mention the 40-day Prosperity Program. I designated a bulletin board in my office space as my "prosperity board" and so

far the only thing on it is the TB Level IV flyer.

Soon after I got back from Whidbey, a friend from Portland sent me an email saying she was starting a daily teleconference for 40 days for this Abundance program. I joined, of course, and have been participating in this little group. I also have shared it with a monthly group. I facilitate at a senior center (not just for seniors, however) called Receiving The Healing Stream.

So I've been immersing myself in and sharing all the wonderful stuff I received from you! I just want you to know how impacted I've been by you and what you have shared with me. Thank you so much!

Loving the leap,  
Phyllis Linn

## An Appeal for Colin

### Dearest Friends and Family,

We are writing this letter as an update and a request for your positive prayers and support for Colin Guyotte, Judith Kravitz's 4 year old grandson. Some of you already know that he was diagnosed earlier this year with an advanced stage of an aggressive cancer, osteosarcoma. Colin's brave heart condition.

Three weeks later following a routine cat scan, the biggest shock of all came. Colin's oncologist sadly announced that the scan had revealed four new tumors, three directly on his spine and one behind his heart. She then said that medically there was no other treatment available to "cure" him and that his expected life span was around two months. Everyone was totally devastated.

Glimmers of the old joyous energetic Colin had begun to emerge in that short period when he was without the chemo and drugs. Judith and other family members began a full board investigation and research in what other possible alternative methods might be employed at such a critical time. After much thought and research, it was decided that IV ozone therapy, IV vitamins, with a very strict anti fungal diet, would be the best course of action.

Only one Clinic would accept Colin because of his age and the advanced stage of his condition. Colin and his mom Melesa flew to San Diego immediately after his being accepted. Colin is receiving daily treatment at the clinic, south of San Diego. His spirit is strong and we firmly believe that he wants to be here in perfect health.

Needless to say all his care and treatments have taken a toll on family resources. His parents have been by his side each day since the original diagnosis.

We would like to ask from those of you who are able to please make a donation to help Colin and his parents at this time. Melesa and Colin need to be relocated for another month or so for him to finish at the clinic, plus the costs of the clinic, hotels, transportation, food etc. We are also grateful for your continued prayers and visions of Colin and his perfection in mind, body and spirit.

You may send any donation big or small to:

**Colin Fund,**  
**c/o TBF**  
**P.O. Box 248**  
**Tilton, NH 03276**



## Transformation Survey

Submitted by Facilitator

**Dave Krajovic**

The **Institute for Noetic Studies** is conducting a Transformation Survey.

The survey is:

"... Part of ongoing studies by researchers at the Institute of Noetic Sciences, The University of California, Berkeley, and Philadelphia University looking into the nature of transformation, and experiences, practices, and other factors involved in the transformative process. Your responses to this survey will be used to help researchers learn more about how people transform, and the practices and activities that foster transformation."

I took it and it is very much geared to collecting information on experiences such as TB. As I am sure you are aware, the Institute of Noetic Sciences is at the forefront of mind/body/spirit medicine research today. They are credible and well funded. To the extent we can get people who have experienced TB and feel transformed to complete the survey, this could arouse additional interest and awareness of TB. The only drawback is it takes about 30 minutes to complete.

<http://www.transformationsurvey.com>

PS - **Vote for TB!**

## Message from Judith

### The Times Are A Changing

As I sit here and reflect on this past year, that has somehow almost whizzed by us and yet been so intense and full on every level and in every area.

The frequencies are rising, things are speeding up ... time, karma, life lessons, actualizations of our dreams all unfolding at full speed.

For TB this year marks more growth and expansion than ever before, not only in trainings but in marketing, services, media, future plans, support and overall receptivity.

Doors are opening that have been clearly shut before. We are being prepared for a major growth boom that is part of the divine plan for TB in this world.

I see folks coming into TB with more understanding and higher level of commitment than in all past times. It appears that the true team of players are forming to fulfill the mission of sharing the most powerful and inclusive modality on the planet. Teachers, leaders and organizers are coming forth to compose a solid international training organization, that has the potential of reaching millions. All of this happening with years of work and no effort, a strange paradigm.

This year we have close to 100 new facilitators, close to 50 graduating Level V to become TB teachers, several hundred completing Levels 1-3, and maybe thousands attending TB workshops all over the world. This is just the beginning. Next year promises to be even bigger. The growth builds upon itself.

What is your part? Each of us needs to ask ourselves, what is my TB path? What is my ideal expression in TB? Envision it, feel it and

follow the internal prompts from Spirit to allow you to express and be all you can in this amazing journey of Transformational Breathing.

TB has just been invited to keynote at the annual Global Inspiration Conference sponsored by the International Breath Foundation held in various parts of the world each year for the past 26 years. This conference includes leaders and practitioners from all over the world representing all types of breathwork. It is an amazing opportunity for TB to showcase at a global venue. I want to encourage as many of you to attend this event as possible. It is traditionally held the end of June. In 2007 the dates are June 29 thru July 6 and will be held near Izmir, Turkey. The Conference is being organized by TB trainers Indalecia Ziritt, of Italy and Nevsah Fidan from Turkey. This invitation is a big indication that TB is ready for its global debut. The conference week is traditionally full of folks who are part of a larger breathing community and family who are more similar to us than different. I want to share our TB family and give the amazing gifts we have in TB.

I look forward to the growth and days ahead of fun, work, and play, each of us playing our own important role and assisting these times that are-a changing .

Love and Breath Hugs, Judith

## TBF Training: US & International

### REGISTER FOR TRAINING

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

| CONTACT  | LOCATION          | DATES                         | EVENT / LEVEL             |
|--|-------------------|-------------------------------|---------------------------|
| Nicole - (011) 32(0)2582 29 00<br><a href="mailto:derveaux.nicole@busmail.net">derveaux.nicole@busmail.net</a> | Belgium           | October 29 - November 2, 2006 | Level 4 (part 2) **       |
| TBF - 603-286-8333<br><a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>                               | Los Cabos, Mexico | November 6-12, 2006           | Level V                   |
| Marcia<br><a href="mailto:mbailey@tm.net">mbailey@tm.net</a>   | Dexter, MI        | November 17-19, 2006          | Level I                   |
| Nicole - (011) 32(0)2582 29 00<br><a href="mailto:derveaux.nicole@busmail.net">derveaux.nicole@busmail.net</a> | Belgium           | November 24-26, 2006          | Level II                  |
| Nevsah<br><a href="mailto:nevsahfidan@yahoo.com">nevsahfidan@yahoo.com</a>                                     | Turkey            | November 24-29, 2006          | Seminar **                |
| Indalecia<br><a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>                                    | Italy             | November 25-26, 2006          | Level II                  |
| Dave - 206-463-1490<br><a href="mailto:breathnorthwest@hotmail.com">breathnorthwest@hotmail.com</a>            | Makawao, Maui     | December 2-3, 2006            | RYB (Reclaim Your Breath) |
| Indalecia<br><a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>                                    | Italy             | December 3-9, 2006            | Level V **                |
| Indalecia<br><a href="mailto:indalecia@tiscali.it">indalecia@tiscali.it</a>                                    | Italy             | December 11-15, 2006          | Level IV (part 1) **      |
| Marcel - 760-724-6006<br><a href="mailto:info@kompassie-training.nl">info@kompassie-training.nl</a>            | Curacao           | January 15-20, 2007           | Seminar **                |
| Jessica - 760-724-6006<br><a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>             | Palm Springs, CA  | February 2-4, 2007            | RYB (Reclaim Your Breath) |
| TBF - 603-286-8333<br><a href="mailto:Breathinfo@aol.com">Breathinfo@aol.com</a>                               | Los Cabos, Mexico | February 6-12, 2007           | Seminar **                |
| Nicole - (011) 32(0)2582 29 00<br><a href="mailto:derveaux.nicole@busmail.net">derveaux.nicole@busmail.net</a> | Belgium           | February 9-11, 2007           | Level III                 |
| Jessica - 760-724-6006<br><a href="mailto:jessicaleaf@sbcglobal.net">jessicaleaf@sbcglobal.net</a>             | Los Cabos, Mexico | February 14-19, 2007          | Level 4 (part 1) **       |

\*\* With Judith Kravitz



**Dr. Judith Kravitz**

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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 covers the Southeast United States offering Workshops and local Private sessions.

*Other Contributors:*

**Rox Lindbert.** Thanks to **Melinda Dewey** for the interview, and **Marco & Jacqueline** for their work in Kenya, and all submissions.

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## Book Study (On-Going Event)

Submitted by Facilitator

**Patty Alessi**

Dear Interested Parties,

"**Breathe Deep, Laugh Loudly**", by Dr. Judith Kravitz - Founder of the Transformational Breath Foundation - is a wonderful book. A **Book Study Group** is now being formed. We will share chapters, learn techniques for practice using this Breathwork and share more! Why not spend this January snuggled up with this very interesting book, and join us by phone to discuss and study? This November and December you will have 3 Free pre-class opportunities to meet Patty and possibly even guest cameo speakers for one hour thoughts and info prior to our study. Can you believe that for \$35 you can join our Study? It is true! If you are interested please contact me at [PatriciaAlessi@aol.com](mailto:PatriciaAlessi@aol.com)

You may obtain books from Transformational Breath Foundation. Just visit [www.breathe2000.com](http://www.breathe2000.com) and click on the *Shopping* link to find and order the book. The site is interesting and if you check under *USA Facilitators* you will find me and a short Bio there as well.

All dates will be announced by November. Please feel free to call

or email me with any questions! Burn Calories, Breathe and Read Together! Hope to connect with you in this fun! **Special arrangements will be made for sight impaired people** to still join in.

Love and Breath Hugs,  
Patty

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**While our call is free for the classes, please check any phone carrier charges that you have for long distance. All participation, fees etc. are your responsibility and We Love That!**

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