

TBF E-News

VOLUME 3, NUMBER 1

WINTER 2006-2007

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

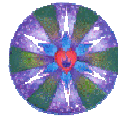
SPECIAL POINTS OF INTEREST:

Judith's Message:
Breathing and
Children.

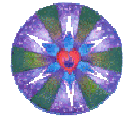
Facilitator
Spotlight:
Read how 3 Bel-
gian Facilitators are
reaching Children
about Breathing.

INSIDE THIS ISSUE:

TBAngels Discussion Group	3
Thoughts for the Troops	3
Q&A	4
Collin Memorial	5
New TBF Website	6
Training and Special Events	7



The Importance of Breathing The Young



By Judith Kravitz

Learning to breathe properly is a grossly neglected, critical function that seems to be overlooked in almost all cultures. We teach our young to bathe, brush their teeth, eat properly, social manners, and other daily functions, yet for some reason we have never found it valuable enough to educate our young as to how to breathe or about the many wonderful benefits that come from conscious and open breathing.

The reasons that most of us shut down our breathing early on in life are not complex or difficult to overcome, and yet since so little attention is given to this important matter, most people are stuck with their dysfunctional breathing patterns their whole lives. This, in turn, has had a profound impact on every aspect of their life. The need to teach the young ones to breathe and work with the breath has become increasingly important as so many big challenges face each new generation.

Children are now and have always been the future of the world, and the young here now are very special souls who have come to help us transition

through the chaos of the last vestiges of the Piscean age to the golden years of the New Age and the 1000 years of peace ahead. Many children feel overwhelmed dealing with so many conditions that are unique to these unprecedented and fast-moving times.

Some of the trying conditions facing the youth of the world today are, drug addiction at an epidemic level, increased peer pressure, media poisoning and programming, mass murders at schools, environmental crisis, mobile society, high divorce rate, and living in a world that could end at any moment, just to name some. The need for a powerful and transformational tool for our children couldn't be greater.

Transformational Breathing can offer children so many solutions to what they are now facing and give them the most valuable resource to enhance their lives, every day, in every way.

Here are just some of the beneficial ways that

Continued on Page 3 ...

Facilitator Spotlight

By Judith Kravitz

This Issue: Nicole, Tom and Ghilaine from Belgium. "Working with TB and Children"

What is your vision for working with children?

The younger they learn the open and connected breathing for working through low-energy patterns, the more they are free for a life in joy, love, balance, power and health. If we work with children who are open to experiencing the breathing, we observe that kids go right into the breathing, suppressions / repressions come up easy (more quickly in touch with what is repressed), breathing through and integrating happens fast.

Making kids aware of belly-breathing (hands on low belly – "feeling the breath makes your belly move in your hands during the inhale, let the exhale go easy") and how their breath can help them is a big tool for experiencing trust, power, love, joy. The step to open, connected breathing is nearly natural, certainly with the exercise "the 100 Breaths to Joy".

What makes you organize TB workshops with children?

The three of us are teachers, so we are used to working with children. Being a facilitator means that you see and recognise breathing
Continued on Page 2 ...

Facilitator Spotlight ... continued

patterns. "If we could breathe with this child", is a thought that comes up several times a day. Thinking that way, creates possibilities ... and we were very happy to take them in workshops during assertiveness training or connected with Adult TB Workshops, at school, or privately. Facilitating kids is for us even more divine work because of the speed of miracles that happens when they do a TB session. Children clean up more easy (less layers). The responsibility during a session working with kids feels different compared with adults; it feels like receiving more help, assistance from angels and connecting with *their* angel.

What is the difference between a workshop for children and one for adults?



Nicole, Tom & Ghilaine

The difference is not so big. We play more, use play-tools and use metaphors. We put more variation in explanation; explanation and TB sessions are shorter. Special attention goes to the intention (see lower)

We try to stimulate all their senses, so they feel safe, trust what the breath does, and are open to the power of the breath.

Can you tell us how a workshop with kids goes?

Welcome, nametaps, cookies, something to drink ...

After introducing and telling some testimonials, we start with questions to hear from the kids what they know about breathing and situations in with they experienced their breath reacting ... We always are surprised about the amount of information we already have in their answers. We connect the information to what we need for explaining TB. We start playing with different kinds of blowing ...

Balloon: We ask the children to inhale and to blow all air in one exhale in the balloon. Then we observe the results. So the content of our lungs is difference. We don't talk much about it, the experience is the goal.

Ping-pong ball: The children are sitting in a square on the floor, in the middle there are two or three balls. They have to blow them to the children at the opposite. After a while we ask them how they feel. The blowing makes them dizzy.

We observe what they do with their mouth when they take the

big inhale (inhale by mouth or nose?) and where the breath starts. That brings us to the possibility for explanation of "breathing with mouth open", "start in the belly", "accent on the exhale/inhale", "mouthpiece" ... what is important for the TB session.

Back to the balloons: we use birthday balloons. We ask the children what is written on the balloon and why they think we used those. It is so funny to find a link together. The birthday brings us back to their first breath, to their birth. At that point we briefly explain the birth trauma.

Then we go over the three levels.

For the first level we use an atlas of the human body which shows the lungs and the diaphragm. We are very surprised to see, to hear, how enthusiastic they are about seeing and knowing how it works. At that point we explain to them the way we breathe in TB. We let them try the breathing starting from the belly ...

Level two, we talk a bit about suppressed emotions and behaviour when we are afraid or scared. At that moment we let them show what they are doing with the breath in several situations ...

Level three, we focus on the relaxation.

How do you bring them to their intention?

For that part we are going back to the balloons and to the birthday. We ask: "What happens when you have your birthday?" They tell us about their presents, about the cake and the candles. That's the part we need. "Before blowing the candles what do you do?" They make a wish ... and that's what we can do before each TB-session also. Every inhale will give life to your wish so it can grow ... That's leverage! They are so motivated to start the session (30 - 35 minutes) and to keep breathing. After the session we ask them, "How was it?"

Finally, we talk about how they can use the breath during their daily activities (the "what if"), at school, in sports competition, for easy sleeping ... and remind them to drink a lot of water.



HOW ABOUT A FREE HUG?

Those who know us realize the importance we assign to simple things like the Breath and ... Hugs. I was sent a video by our friend Denise Dallas – it's floating about the Internet. A man roams public settings offering "free hugs".

Breath and Love are two priceless quantities in our world to be had for no money down, no monthly payments, absolutely free ... This touching and uplifting movie vividly demonstrates an example of the latter.

As of publication, it is still available at: www.freehugs.org
Steve



Breathing the Young ... continued

TB can make a big difference in a shaping the life of any child.

Breathing and health. It is a proven medical fact that increased oxygen is now becoming an effective method for treating diseases. Oxygen is the major building block for healthy cellular regeneration and the primary way our bodies detoxify. There are many diseases that have been identified as anaerobic, meaning the diseased cells cannot live in an oxygenated field. Children diagnosed with respiratory illness now have a drug-free remedy to overcome those symptoms.

Breathing to balance and open the energy flow. One of the first objectives in TB is to open closed areas of the respiratory system, which when accomplished not only allows more oxygen and life-force into the body, but creates better energy balance and flow within the energy field. Energy levels increase greatly as one expands their capacity to take in more oxygen or prana, and the life-force circulates throughout the entire body and energy system.

Grounding in the body and ability to focus attention. One of the most common diagnoses for children as a learning disability is ADD, (Attention Deficit Disorder). Interestingly this can usually shift simply by teaching these children to breathe more deeply into their bellies and thereby bringing their energy more fully into their bodies and ground that energy. Traditionally, in TB when this happens clients become more grounded, have more focus, and hold their attention better.

Resolve emotional issues and heal past traumas. Children as well as adults hold emotions and traumatic memories inside themselves. This not only affects how they feel, but creates energy filters that greatly influence how they respond in their lives, TB has the ability to raise the energy of the suppressed emotions and memories and therefore clear cellular memories and emotions from the past. This gives way to deeper more positive emotional states to be felt and expressed.

Raise self-awareness and self-esteem. Educators and therapists are finding the link to many of youth's problems as being low self-esteem. They long for and search for ways of increas-

ing this precious attribute at the earliest opportunity. Part of the journey in TB is the ability to tap into more authentic aspects of oneself and look at, and let go of, false personas which act as defense mechanisms. They become no longer needed because when children breathe, they feel the newly created safety in the presence of their own true nature and self. This is the part of us that knows and loves itself unconditionally. Self-esteem reaches a new high.

Develop a deeper spiritual connection and expression. Many children feel lost in this world because of the diminishing state of their connection to their Spiritual nature. It is commonly stated that up to a certain point children are magical and are fully open to inner worlds and realms. When and why they lose the ability to enjoy the mystical, and experience the part of them that exists beyond the physical, no one can say. One of the ultimate goals and intentions of TB is to re-establish that connection by raising the vibrational frequency of the breather through the high energy vibration introduced by the TB breathing pattern. The commonly reported spiritual experiences that occur in TB become an integrated part of the breather's life, and the expression of their Spiritual attributes develop as well.

Imagine what our lives would have been like if we had never lost that connection to our Spirit. BREATHING ... what better legacy could we give our children?



Editor's Note:

Judith is working on a children's book and curriculum for schools to embrace and teach breathing. Anyone interested in supporting this endeavor in any way please contact her at judithkravitz@aol.com

TBANGELS YAHOO GROUP

This is an invitation to every single Breath Angel in our family all over the planet. This chat group allows us to stay connected by sharing our thoughts, visions, experiences, questions and comments. Please invite anyone we have missed. We are All One Eternal Wave of Breath.

Infinite Blessings

To join: add instructions about how to access...
Go to www.yahoo.com.
Click Groups.
In the *Search Box*, enter:
TBangels

You will find our group and instructions to join are there. ♥

THOUGHTS FOR OUR TROOPS

Author and musician **James Twyman** will present a card at the United Nations in New York when he performs there on **April 4th, 2007**.

James is currently performing 64 concerts in a row during "The Season for Non-Violence". www.64daysofpeace.com.

The large card will then be broken up into tens of thousands of smaller versions that will be sent to individual soldiers serving in Iraq. No matter what your political leanings are, you can take a few seconds to let those in harms way know that they are in your thoughts. Visit: www.BigCardForTroops.com



Q & A

BREATHING and OCD

Q. Hello Judith and all my Breath friends!

A mother and 12 year-old son; their 3rd breath session. The youngster, was "squirmy" and had trouble staying focused. In short, since age 7 1/2, he has multiple daily thoughts of throwing up. Almost any physical sensation or stressful situation is interpreted as a sign that it is imminent. He has *not* thrown up again! His mother sees this behavior as Obsessive-Compulsive Disorder (OCD). She has pursued relentlessly an answer and is now considering a psychiatric evaluation and further counseling.

Her question: "How many TB sessions will it take to see a reduction in his OCD behavior and give him a useful tool with his breath?"

My response was that the breathwork establishes a sense of 'NOW' that allows one to forgo worries of past/future issues. I explained the "relaxation response" and how helpful that is with anxiety and stress. I asked her gently to consider her part in the pattern of reinforcing the behavior by giving it so much attention; to focus on herself and "model" ways of coping and then change the subject when it came up in conversation.

LPJ (love, peace, joy),
Janet Lawson
janetlawson@fuse.net

A. Dear Janet,

Hi there. I like your response to the mother and I would be encouraged to work with him on a one-on-one basis as I feel there is definitely some emotional issues going on and the breath to me is the fastest route to resolving them. I would ask them both for a commitment of three sessions so to be able to get to the root cause and then re-evaluate at that time. I would also give him some homework of 100 Breaths, especially when the feelings of throwing up came up and to be prepared to go through some gagging reflexes as well to integrate that piece.

I would also do Byron Katie's "The Work" with the mom and son to look at the story and see how much they were invested into it and help them investigate the reality of their thoughts. I sincerely think the breathing would be effective if he was motivated in some way to commit to it. Please let me know what happens.

My love and hugs to you all,
-Judi

HYPERVENTILATION

Q. Good morning Judith,

How do you handle Hyperventilation questions more in depth? I am trying to understand the scientific / medical difference so I can educate people. Hyperventilation in the dictionary means "over-oxygenating the body". I understand that we are inviting in more prana energy with oxygen. But what are the chemical processes that relate to both of these breathing patterns if too much oxygen lowers the carbon-dioxide levels?

with love, Diane

A. Dear Diane,

Hyperventilation is a big on-going question. The stress- and anxiety- related hyperventilation that most people ask about is something we watch for and effectively prevent in TB. It is essentially created by the breather blowing or pushing their exhale so that CO2 levels are lowered and the alkaline levels in the blood are increased. A state called "alkalosis" occurs.

When we see a client blowing or pushing the exhale we encourage them to relax the exhale to enable the CO2 levels to remain at a safe level. In TB we actually bring in greater amounts of oxygen or super-oxygenate while allowing the CO2 levels to stay high enough to keep the blood pH from getting too alkaline.

Sometimes it might even be necessary to have the client stop breathing long enough to establish a better more relaxed exhale to prevent any hyperventilation. I know that this will help them understand what is happening better.

-Breathing in love, Judi

THE MOUTH BREATHER

Q. Hi Wonderwoman,

Sending you light, love & wondering if you have any helpful hints for working with a "mouth-breather" who also has asthma. With the asthma I know what to do - it's the open-mouth part that I would like a strategy for. She would like to become a nose-breather.

Breathing love to you,
love & kisses,
Roxy

A. Dear Roxy,

Hi there. As you know we use mouth-breathing in the very beginning of our journey with TB to allow us to access the lower parts of the respiratory system and lower chakras. As the breath opens and moves up we can switch to connected nose-breathing mixed with mouth breathing in sessions, or use nose-breathing to specifically work with the upper energy centers or the 3rd Spiritual Level.

In some cases with clients with asthma I have actually coached them into nose-breathing early on in their sessions. Nose-breathing with them can allow them not to use the breathing pattern that is associated with their condition. Usually when asthmatics have an "attack" they breathe in forcefully with their mouth and then push the exhale while contracting the muscles in the diaphragm which does not allow the air to release and thus create any internal space for new air to come in. And then they try even harder to get air and the cycle gets worse. Sometimes nose-breathing will break this stressful breathing pattern and will allow the asthmatic to begin to breath in a more relaxed manner. So your client may actually get relief from symptoms through the nose-breathing. Hopefully this information will assist you in working with them.

-Love and hugs, Judi

Continued on Page 6 ...

In Loving Memory of Collin Lee Guyotte

Collin, my heart, my soul,
 You came into my life years ago
 Healthy, happy, and ready to grow.
 You grew to love the little things like playing in the dirt
 And unfolding mommy's shirt.
 Making eggs on the floor,
 And of course you loved to roar like a dinosaur.
 You used to wake up with the biggest smile on your face,
 And I wondered what made you so happy in this crazy place.
 You were diagnosed in early April,
 And that was what turned the table.
 Nothing could bring us back to the life we knew,
 And come to find out nothing could take the cancer away from you.
 Everyone was so concerned,
 But we didn't know, as we would learn.
 Your first month of chemo you didn't care,
 Just as long as your sharp-tooth was there.
 Then your hair fell out,
 And you wondered what that was all about.
 Endless days at the hospital, the needles, the tests,
 We thought it was all for the best.
 In July they did a surgery, 5 ribs, a tumor, a piece of lung.
 Eight hours later the phone rung
 They said the doctor was done.
 The doctor came out saying, "We think we got it all"
 The relief that would fall!
 I remember seeing you in ICU
 Thinking this can't be true.
 Your spirit so strong,
 Nothing could keep you down for long.
 Another week went by, the biopsy was in.
 They think it's in your back,
 They want to do more tests to confirm the fact.
 They decided to do another scan to figure out
 how they could tear your spine apart,
 That was when they found the mass near your heart.
 These things were growing on the best chemo known,
 And I could tell by the doctors it was time to take you home.
 One by one we watched our dreams fall
 Until there was nothing left at all.
 And then it was too much to bare,
 We had given up, it was not fair.
 So we brought you to Mexico,

So much hope in our hearts.
 Your limp went away, your hair was back.
 I was not ready for this next slap.
 The tumor was 14 centimeters long; there was one in your brain.
 I wondered what now would keep me sane.
 We brought you back to New Hampshire in November
 And you died in the middle of December
 You fought with everything you had,
 We're so proud of you, Mom and Dad.

-Melesa

Although Collin lived in this world with us for only four and one half years, his presence touched many deeply. To experience Collin, was knowing an angel on earth. His joyous nature and loving spirit lives on in all our hearts. Today we honor his family and mostly his loving and devoted parents who gave their all in supporting Collin throughout his time of illness and difficult treatments.

The courage that Collin showed us all throughout the long and challenging physical symptoms and therapies was unsurpassed. He made us all reevaluate our seeming problems and priorities and gave us the gift of the awareness of the preciousness of life. We know Collin will continue to be in our lives in numerous ways, every child will have a part of him.

Each time we see a dinosaur, we will feel his joy, and when a tractor goes by we will remember the excitement shining in his blue eyes and experience again his unconditional love for us. Let us find some peace in knowing he is free from a painful body and in very good company with God and all his angels.

-Judith Kravitz



Photo by Susan Nicolay

New TBF Website

THE NEW OFFICIAL TRANSFORMATIONAL BREATH FOUNDATION WEBSITE

Though it's not all complete content-wise, it is up-to-date, and functional. Some added features:

- ◇ Training Schedule has room for more information concerning training venue, program features etc.
- ◇ FAQs are enhanced and will become a living TB Library over time as we add material.
- ◇ News Headlines are added occasionally to the Newsletter page.
- ◇ Events and News items will display on various pages in a random rotating fashion, so you'll never miss an announcement.
- ◇ Foreign language content: We preserved the German content, and have added Dutch material. We expect Italian,

French and Spanish documents perhaps before the next issue.

- ◇ A Site Map for easier navigation.
- ◇ A Help Page if you run into difficulty.
- ◇ Text-only Pages for those who have very old browsers, those who lack a flash plug-in, or with very high security settings.

Even a new TBF domain has been added:

www.transformationalbreathing.com

(Our older domain names will continue to be valid).

We plan on future web upgrades. And for Facilitators there will be an additional website section in the upcoming Newsletter Winter Supplement, with detail on how facilitators will interact with the web along with some new TBF policies to streamline our processes as we grow.

-Steve



Q & A ... continued

SESSION CDs and SELF-PRACTICE

Q. Hello Judith,

Is there a CD available that does not have the background music? We tried the 45 minute session and found the music distracting since we were straining to hear the in- and out- breathing. We would find that we would stop the breathing often at first as we tried to hear the in- an out- timing for the breathing process. We did get the hang of it, I think. The in-breath is so fast that at first it was difficult to breathe so quickly.

Also, Is it safe to do more than one session per day? If so, is there a limit to the number one can safely do per day? Is there a benefit to doing more than one session per day?

Thank you so much for sharing this breathing method.
I wish you the very best always.
Sylvia Anderson

A. Dear Sylvia,

Hi there. I am so glad you are enjoying practicing the breathing with the CD. We currently do not have any guided sessions without the music. We have music without the words. The 100 Breaths to Joy is a five minute exercise without music that could be repeated.

I recommend that you work with a certified facilitator or attend one of our programs as soon as you can so that you do not pattern any unproductive breathing patterns into your practicing. Otherwise, there is really no problem in breathing more than once a day. I look forward to sharing more with you.
Breathing in Love, Judith

BUTEYKO BREATHING?

Q. I am happy to have found Transformational Breathing. I have tried the Buteyko method and find it to be almost an opposite of your method. It seems to have helped many people, however I felt like I needed to find a way to get *more* oxygen rather than less. Your method seems to go completely against the Buteyko method. Please explain.

-Sylvia

A. Dear Sylvia,

I agree with you the Buteyko Method is quite different than Transformational Breathing. They basically have you hold your breath out and minimize respiration so that when someone does breathe it is from the need to breathe in and out in a more spontaneous way.

This has been somewhat effective for individuals with the symptoms of asthma in helping them relax their strained breathing pattern. I do not believe it addresses any of the mental or emotional aspects connected with the restricted breathing problems.

In general, my feelings are that the more oxygen in the system the better. I encourage you to try both TB and Buteyko and see which process gives you the most.

-Breathing in Love, Judith

KUNDALINI AROUSAL

Q. Dear Judith,

A month or so ago I had a client who experienced a huge up-surge of what she called "Kundalini Energy". She stopped breathing, and raised sitting in a lotus position. I kept breathing and placed my hand on the belly, but she would stick to the

Continued on Page 8 ...



TBF Training: US & International

REGISTER FOR TRAINING

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

TRAINING HIGHLIGHTS (W/ JUDITH)

Check the full Training Schedule at www.transformationalbreathing.com

April 10 - April 15, 2007

Seminar

Turkey

Nevsah Fidan

90 532 4354561

nevsahfidan@yahoo.com

May 13 - May 18, 2007

Seminar

Oceanside, California

Jessica Leaf

760.724.6006

jessicaleaf@sbcglobal.net

June 03 - June 08, 2007

Seminar

Massachusetts

TBF

603.286.8333

breathinfo@aol.com

June 18 - June 23, 2007

Seminar

Central Italy

Franco Cestari

+39-347-8704134

cestarifranco@libero.it

September 05 - September 10, 2007

Seminar

Whidbey Island, Washington

Dave Merrill

206.463.1490

breathnorthwest@hotmail.com

November 25 - December 01, 2007

Level V

Los Cabos, Mexico

TBF

603.286.8333

breathinfo@aol.com

TBF SPECIAL EVENTS

"Journeys to the Divine"

with Judith

The 2007 DAMANHUR TRIP

Experience Spirit in Northern Italy

October 17 - 22, 2007

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.

Cost of entire program, including all food, shared rooms, entrance fees and transportation in Italy to and from Torino International airport or Milan (Malpensa) airport is \$1950 US or 1650 Euros.

Contact the [TBF](http://www.tbf.org) at 603.286.8333

TB Facilitators Monthly

Conference Call

2nd Monday of each month

9:00pm Eastern / 8:00pm Central /

7:00pm Mountain / 6:00pm Pacific

Facilitated by

MelindaDewey@sbcglobal.net

Facilitators, join us for a monthly 60-minute conference call to provide on-going connection between the TBF Graduates Family and to create a forum for sharing ideas, wins, questions, information, inspiration and TBF announcements.

Judith Kravitz will join when possible.

Check the [website](http://www.tbf.org) for details.

Join Judith for a FREE

1:00pm Talk

at the

**3rd Annual San Diego
Healing Arts Festival.**

Presented by The Alternative Healing Network, Inc., www.althealthnet.org

**Sunday, May 6th, 2007,
10 AM - 6 PM**

on the lawn at Park Blvd. &
President's Way in Balboa Park,
San Diego, CA.

****FREE**** to the public. A portion of vendor proceeds to benefit the Rady Children's Hospital Integrative Medicine Program.

There will be a "Product and Info" booth and a "Breathing Analysis" booth. Local facilitators are invited to attend and help.

For more info contact:

melodymcclay@hotmail.com

Dr. Judith Kravitz

Transformational Breath Foundation (TBF)

P.O. Box 248
Tilton, NH 03276
603-286-8333 (office)
603-286-8118 (fax)
www.breathe2000.com/
breathinfo@aol.com



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

Stephen Gooby

Breath Dynamics

2337 Jenna's Way
Conyers, GA 30013
770.785.7051
www.breath-dynamics.com
info@breath-dynamics.com



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

Other Contributors:

Rox Lindbert. Thanks to **Tom, Ghilaine, and Nicole** for their work in children; and all submissions.

No Spam Policy:

You are receiving this mail because you have either attended a Transformational Breathing event or have expressed interest in Transformational Breathing. If you would like to stop future emails, kindly send an email to:

UnSubscribe@breath-dynamics.com

with **Unsubscribe** in the subject line and we will promptly remove your name from all of our lists. AND ALL OUR MESSAGES ARE SCANNED WITH ANTI-VIRUS SOFTWARE before they go out. Thanks!



Q & A ... continued

position, and move on her own pace. Eventually she came out of the session, taking back possession of her body. Then she told me that she experience Kundalini, and she would not like practices where this happens, unless during meditation. I was at a loss of words, and listened, but I wanted your input on this phenomenon, and how could we, as facilitators, support our clients in flowing through that. I don't think refusing sessions is a good idea in fear of facing a Kundalini resurgence, but I don't want to impose my "feelings" on my client.

Thank you a lot for your answer on this topic.
Peace and laughter.
Massimo

A. Dear Massimo,
Hi there. Experiencing Kundalini energy is not unusual in TB. As a matter of fact, the movement of the Kundalini energy is one of the main activities that happens in a TB session. As the breath opens up from the bottom of the respiratory system to the top, it activates the movement of the life-force, i.e. Kundalini energy.

In times past people have been warned about the dangers of the Kundalini energy opening too fast. I can understand that concern. However, when the raising of this energy happens from bottom up coordinated with the movement of their breath, it happens in a safe and integrated way. The raising of this energy represents the

raising of one's consciousness and the opening of the corresponding chakras.

If it were my client I would let them know that in TB sessions it is a safe and regulated way to raise the Kundalini. It is guided and supported by our higher selves and Beings of Light that have been invoked. Part of our enlightenment process is the raising of this energy and using it wisely in our lives.

-Love and hugs, Judith



Privacy Policy:

TBF will not sell or give away your email address or any contact information you provide. Such data is used only to communicate with you about Transformational Breathing. See above to opt out. Tell others it's safe to opt-in. Thanks!