

# TBF E-News

VOLUME 3, NUMBER 2

SPRING 2007

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

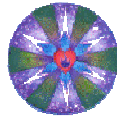
## SPECIAL POINTS OF INTEREST:

Judith's Message:  
The Secret of  
"The Secret"

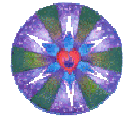
Facilitator Spotlight:  
our own co-editor  
Stephen Gooby

## INSIDE THIS ISSUE:

Bolivia	3
Post Traumatic Stress	3
Q&A	4
Facilitators Share	6
Training Highlights	7
Special Events	7
Testimonials	8



## The Secret of "The Secret"



By Judith Kravitz

The revolutionary and profound new movie, "The Secret" focuses on creating with the Law of Attraction, by training ourselves to "feel good". The movie demonstrates that this has been a well known factor throughout the ages to a selective few, who have in turn ruled the world and have dominated the planet's wealth. In "The Secret" it emphasizes the importance of overriding negative thought patterns and feelings and instead opt for seeing and feeling the good things we want in as much detail and passion as possible. Thereby creating a magnetic field of attraction that draws those good things to us.

That is the key, however sometimes no matter how hard we try those negative, limiting thought patterns are so deep they can overcome us at any time. Many times they are in our subconscious wreaking their havoc in our lives without us even knowing they are there. Needless to say our ancient negative thought processes also produce volumes of negative feelings, which for the most part are suppressed into the unconscious, where they continue to influence how we

feel and what we attract and experience in our lives. For the most part we do not even know what is there and or understand how it got there.

How can we find out what dwells in the deeper unknown parts of our minds and emotional cellular memory? How can we change energetic patterns that are resonating in our vibratory field at such a deep level? In understanding the Law of Attraction, we can also begin to understand vibrational medicine which has its roots in the same principles. However, vibrational medicine takes the concept a step further and shows that by introducing higher frequency energy patterns into our electromagnetic field we can influence and raise the lower and denser patterns that exist there. This works on a scientific principle called the "Law of Entrainment". This principle of physics has proven that when energy fields of different frequencies come together, the higher frequency will raise the lower and entrain it into a higher vibration.

*Continued on Page 3 ...*

## Facilitator Spotlight

By Judith Kravitz

This issue: Stephen Gooby, a facilitator in Atlanta, GA who has added so much to the media and promotional activities of TB.

Several years ago Steve volunteered to assist in putting together a new newsletter for the Foundation. The rest is history. This is our 11<sup>th</sup> seasonal issue and it keeps getting bigger and better. As webmaster, Steve has worked endlessly on co-creating the new TB website, setting up all new formats, systems, and overall advancement on every level. If that is not enough he is currently working on re-organizing the Database so that it is more accurate, effective, and will serve

us better and in multiple ways.

He has been a great gift to a much needed area in TB. He also is a talented facilitator and teacher and is looking forward to assisting folks more with their breathing as much as he helps behind his desk. We are proud and thankful that Steve is such an important part of the TB family and team.

**You have taken on a big job in organizing and setting up the TB newsletter and web site. What inspired you to do this?**

It really happened by accident. It was 2003

*Continued on Page 2 ...*

## Facilitator Spotlight ... continued



Steve

when I quit my career to make TB my vocation and move to an area that did not have a TB presence. While I have not been the financial success I had set out to be, I figured it would be best to concentrate on how to facilitate the success of all, rather than just give up. How could I help Judith do that? My old Breath Dynamics newsletter became the TBF newsletter and has evolved naturally since. Then later Judith asked me to

take over the website duties. I agreed provided we go all out, and redesign and expand. Judith and Rox were up to the task – inspiration enough. We received professional contributions from a few others and the web project came about. These projects were just a logical expression of my passion for TB. Seeing how dedicated others are to helping the mission move forward, only strengthened it.

### What is your vision for TB in the world?

The challenge in TB to me is not getting people to breathe so much as it is getting the breath to people. I feel if TB was simultaneously introduced to every person in the world, most would soon be asking themselves, "Hmm ... Should I have a massage this week or a TB Session?" So my vision is merely to collect and leverage all tools possible to ensure that they have that opportunity, that availability -- locally, and everywhere. Use all media, build a solid infrastructure upon which our mission can stand. I see TB breaking into the mainstream, reaching critical mass, where sessions, workshops, and trainings are ubiquitous. And once people have that choice, once TB is planted equally and complementary, alongside massage, yoga, reiki, and other natural healing methods, then it's done. That block of people will become so attuned to conscious breathing, that the next generation would be raised on it. We don't even need to look or think beyond that. The Power of the Breath, like Spirit, has its own intelligent vision and we could just go along for the ride.

### Where did you learn all your computer skills?

Graduating college with a business degree, I had hardly a moderate programming competence. I ended up employed at IBM and then AT&T, and later as a consultant with other multinational corporations with big project budgets. And there, I was never a specialist, but fortunate enough to work broadly with Database Admin, Networking, PCs, programming, quality assurance, client-server and web technology, etc. Then when I left corporate, I continued gradually learning more on my own, because things change so quickly.

### How does electronic communication affect the growth of an organization?

It makes communication less expensive, less time consuming, often more convenient, and available to a wider audience. It also has a longer shelf-life via the Internet – content gets passed along through email forwarding. Information sits on a

web server waiting to be downloaded. The old world with direct mail and telephone may have been less frantic, but it was also more wasteful I think. It was slower, it was not passed along, it was mostly local, and it did not last. Regarding growth, we would not have a global economy without a global communications infrastructure, or without electronic media. I don't pretend that the global economy is always a good thing but it is a necessity to realizing our joint mission for helping the world heal. Take it as a blessing; we cannot survive and grow without it in this age.

### How can facilitators take advantage of the services now offered on the site and newsletter?

First, there is the invitation to contribute. If you have something to say then write it down. Submit your article for the Newsletter. (Then get your articles published in local healing magazines). We can then archive them on the website's Articles Page, and even Feature it for a specific period. Then, advertise yourself. If you are Certified, get your picture, contact info, and bio on the Facilitators Page. Post your Workshops and Trainings on our schedules. We set up this facility to allow more information than the old site – you can include marketing information for each event, the facilitator, the event site. Answer, "why would someone want to come to my workshop or training?" Enter the info that you need to communicate to your audience – even so far as passing along a PDF brochure to us if you're PC savvy. We could easily embed a link to a document. Next, network! Get your website linked to Judith's, or arrange a reciprocal link for us with your favorite healing sites to gain more cross-site traffic – this will, in turn, bring more notice to the individual facilitator. Also, please continue asking Judith questions. They may be published in the Newsletter, and likely will be adapted for inclusion on the web's Q&A Library. Last, there is a Tools Page featuring logo designs with different color backgrounds you can use in your own web or flyers. This page is intended as a growing repository of resource material to aid the facilitator. The ideas will keep coming because we are developing this website for the Facilitator / Trainer as much as for the interested public.

### What other ideas do you have for future development?

Near term? We are soliciting literature translation in more foreign languages to further internationalize the site. We do have an online database coming soon which should allow TBF to manage more data, and more accurately, and reduce that workload by maybe 80%. This service will be integrated into the web (whereby subscribers can eventually update their own contact info and preferences). The database also will be used to drive delivery of the Newsletter and other communication more reliably. And though we now have lots of Flash photo galleries, I would like to procure some video samples for the site. Give folks a taste, another reason to run to a TB event. And we can again consider a TB Forum on the site if such a meeting place is needed. Online registration is still on the table. And ... well, throw in your own ideas.

Long term? I can imagine a future where TBF assembles a "Virtual Seminar" ... For instance, Judith is in Glastonbury, England, giving a seminar to 30 people, while many other locations, staffed with

*Continued on Page 6 ...*

## The Secret ... continued

Yes conscious positive thoughts do produce a positive frequency that can and do draw wonderful things to us. The big question here is are they powerful enough to override and transform some of our strong "personal laws", early programming, and those suppressed feelings and traumas from our recent and ancient past?

In my experience in working in the field of life-force and vibrational medicine for over 30 years the answer is no, we need to go deeper and stronger than the conscious mind to be able to resonate at that same deep level and change the vibrational quality of such strong and deeply rooted energetic patterns.

What are some of those commonly suppressed emotional patterns we are talking about? Fear, anger, anxiety, rage, terror, hatred, unworthiness, and the list could go on and on. How do they get there and how can we clear them out? We know on some level they are influencing our lives every day in many ways, because we sense and feel them all the time, they are part of our cells. Each cell in our body has a memory that carries with it an entire history of experience including past traumas and experiences. We are told we need to clear our cellular memories, once again but how? Would you believe that the answer could be as simple as breathing?

The work I have done and shared with many thousands over the past three decades focuses primarily with working with the power of the breath, which is essentially the life-force. We call this technique Transformational Breathing. TB has the ability to dramatically lift and transform the lower vibrational patterns in our energy fields. In TB, we work with a specific way of breathing for the purpose of integration, the breath can first of all assist in accessing the unconscious mind. In addition to that, it then uses the high frequency energy created by this full, conscious, connected breathing rhythm to permanently raise the lower frequency patterns stored throughout our bodies. In learning to breathe this way one can actually feel the old emotions as they surface while being transformed and become aware of the old limiting thoughts as they leave.

This is truly a wonderful and miraculous gift to be able to go so deep and move so much in such a simple and efficient way. Even though we would love to "feel good" at all times and create nothing

### POST TRAUMATIC STRESS

#### SHARE YOUR EXPERIENCES OF USING TB WITH POST TRAUMATIC STRESS

If you have any experiences as a Facilitator or Breather in using Transformational Breathing with Post Traumatic Stress, we are looking for testimonials to be used in a documentary.

Contact the TBF office ASAP.  
**603-286-8333**  
 breathinfo@aol.com.




**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**.

but positive experiences, as "The Secret" suggests, this is not always possible with such strong influences from our past lurking in our cells and deep mental and emotional bodies. I have found that Transformational Breathing is the most powerful and effective way to free ourselves of the remnants of the past. Once those past patterns have cleared we then have fuller access to that unlimited source within and highest expression of who we are.

Would you like to try? Close your eyes, get comfortable, place your hands on your tummy, breathe in through your mouth, feel your tummy rise on your inhale, and quickly relax on your exhale and without any pauses, breathe in again and again ... Do this for a few minutes and notice the feelings and energy that come from that. This is a good way to start feeling good!

Imagine what you would feel after an hour-long session of Transformational Breathing. We offer programs all over the world in Personal and Professional Training in Transformational Breathing. For more information please check our web site. [www.breathe2000.com](http://www.breathe2000.com)





**Editor's Note:**

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

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

### GOOD WORKS IN BOLIVIA

Jennifer Hamblen, a TB Facilitator out of Gainesville, GA, and a watershed scientist by training, is uniting her passions of climbing mountains and working to provide drinking water to communities in need in Bolivia.

She is climbing the highest mountain in Bolivia at over 21,000 feet, to raise money. If you are able to contribute, please visit [http://terradevelopment.org/donations/climb\\_for\\_water](http://terradevelopment.org/donations/climb_for_water) Funds are donated to a group called TERRA Development International and their many good works in Bolivia. Their website has more info: [www.terradevelopment.org](http://www.terradevelopment.org)

Additionally, Jennifer has started a new venture called Adventurous Yogi, and its purpose is to offer affordable trips that incorporate travel with volunteering and practices that heal our bodies, like yoga and TB. The idea of a Seminar retreat in South America could conceivably complement the fine work done in Kenya.

Check out all retreats at: [www.adventurousyogi.com](http://www.adventurousyogi.com).



## Q &amp; A

## BLEEDING DURING PREGNANCY

**Q.** Judith,

We had a lady join us who is 3 months pregnant. The day after her session she had some bleeding and was alarmed. The Doctor told her not to attend again as the position she was in lying down cuts off an important blood flow to the baby. My feeling is that this was a positive detox. Another pregnant woman had a beautiful experience and she is bringing her husband to the next session.

Love and Gratitude,  
Robin

**A.** Dear Robin,

Hi there. At three months pregnant the baby is smaller than a peach and would not cut off blood supply. From five months on that would be a consideration. The best position then for pregnant women is propped up, both for comfort and to not put pressure on an artery. But even if there were pressure, that would not cause spotting. I believe too it was a cleansing of old blood and nothing to be concerned about. The breathing would not hurt the baby or her in any way. If someone aborted after a session it would be the body releasing something that was not okay and to trust that.

So far to my knowledge that has not happened. I feel for many reasons it is good for pregnant women to do TB, release their birth trauma, give the baby more oxygen, and better energy flow and nutrients. So I am sorry the doctor was so poorly informed.

-Love and hugs, Judi

## PARAPLEGIC CLIENTS

**Q.** Hi There Judith:

One training registrant is a paraplegic woman about 55 years old. She wanted to register for the seminar even before she had had her first breath session. It was a little difficult getting her in and out of her chair. She had a great belly breath - even though she couldn't really feel in that area. Any suggestions you may have for me would certainly be appreciated.

Love in the breath,  
Georgia

**A.** Dear Georgia,

Hi there. I have worked with paraplegics and sometimes it is okay for them to breathe in their chairs, leaning back on a pillow against a wall. Some have even felt energy and movement in their legs. I am sure you will have enough help at the Seminar to get her up and down. (One man even brought a portable bed to breathe on during his Seminar so it would be easier for him to get on and off). I would just treat them like a regular client as their breathing is not impaired and TB can bring them a lot.

-Love and hugs, Judi

## OPRAH and TB?

**Q.** Hi Judi,

While I totally agree that the people need TB (and want it, once they get to know it), I do not understand why it is not more popular. My

question, specifically, is "Why are you not on Oprah?" And why are you not teaching at places like Omega, where everybody else is doing a workshop at least once a year?

Love & breath hugs,  
Karl

**A.** Dear Karl,

Hi there. I believe with all my heart I or someone representing TB will be on Oprah. Timing is everything. We need to have so much in place before we have such a great opportunity, or the benefits would be lost and that is why I am working so diligently to build a worldwide training organization so we can deal with the influx that would come from that exposure. For everyone else it would be great to employ the tools from "The Secret" and see us telling and showing the world about TB on her show ... and for us to really get into the feeling that creates ... tune in!

-Love and hugs, Judi

## HEART AND LUNG CONDITIONS

**Q.** Judith,

Is there any restriction on the Transformational Breath Workshop by someone who has a defibrillator/pacer installation? A year ago my husband had pneumonia and received the implant device, and subsequently had blood clots in both lungs. His breathing and health is now generally okay, but breathing is noticeably shallow and fairly rapid. (He works out daily and we walk a mile.) Am considering the workshop for both of us at Rowe in April. Any reason not to?

**A.** Dear Polly,

Hi there. I am glad you and your husband are considering working with Transformational Breathing. We focus on opening and strengthening the entire respiration process. So that shallow or weak breathers expand their capacity and strengthen their breathing abilities. For that part I know the weekend at Rowe would be very good and helpful for your husband. We have not had any problems in the past from participants with pacemakers or defibrillators.

We work with folks with heart conditions in very specific ways, making sure there is a fully open breath that allows a balanced and even flow that permits energy to move freely through their field as opposed to restricted breathing that builds energy up internally thus causing stress and pressure. It is helpful for us to know these things about your husband before we work with him so we can be sensitive to his condition.

Hoping to see you at Rowe.

-Breathing in Love, Judith

**Additional Commentary:**

Dear Judith,

Nicole had an experience with a lung embolism when she was very ill 2 years ago. She was in the intensive care and did the breathing and she saw the parameters on the monitor

*Continued on Page 5 ...*

## Q&amp;A ... continued

increasing and improving. Each blood clot condition has to be treated with anticoagulants because they can move and cause infarction when they obstruct the blood vessel. But the idea that deep breathing can move a clot and cause infarction is only speculation. I have verified this with a lung specialist, and there is no known danger. I also have found nothing in the medical literature to support this fear.

Also, when you have only a narrowing of the blood vessel, good ventilation can stimulate the collateral circulation, so that region receives more blood again. After an infarction, by breathing well, the other parts of the lung can compensate for the condition. So my conclusion is: keep on breathing but treat the blood clots!

Big hug,  
Reinhilde Dillen

*[ed. note: Reinhilde is a Medical Doctor from Belgium. She adds that a pulmonary specialist in fact finds deep breathing is appropriate for all lung conditions except pneumothorax.]*

## BREATHING THE ELDERLY

**Q.** Judith,

I have read the chapter in your book about breathing seniors. My mum is 86. I was told that just toning rather than pounding *and* toning might be best. Also breathing through the nose was recommended. I would be very grateful to have your advice.

Thank you so much.

Lots of love and breath hugs, Andria

**A.** Dear Andria,

My experience of breathing people in this age group is limited, but I would always tend to bear in mind the physical health of the person in front of me: 86 can look very different for different people - as can, of course, 46 ... For people who aren't so strong, whatever their age group, or people who are very unfamiliar with this kind of work, I would at least start with toning without pounding, partly so as not to exhaust them and partly because I don't want to freak them out with something that seems too weird.

Also pay a lot of attention to making sure they are in a position that is physically comfortable. Because people at this age are closer to leaving their physical bodies, I also make sure that my intentions are very clear that we are breathing for *life*, not for *transition*. And from the little I know about your mum, just letting her have a very gentle experience will already be a huge step forward - for her, and for the two of you together.

-Love and huge breath hugs,  
Ange x

**Additional Commentary:**

Dear Andria, and Ange.

Hi there. I agree with Ange's response about how to proceed with

your mom. I would also add not to ever preconceive about someone's breathing ability by their age. I have been quite surprised in the past by how open is the breathing of some seniors. I also like to make sure they are breathing for more *aliveness* and not to *escape* their lives.

It is truly remarkable how much not only sessions can bring to this population, but using TB in their lives every-day ... the quality that is added. It is good to know some physical history, i.e. surgeries and medications so you can be aware of those factors as well. I know you and your mom will have an amazing experience and relish the bonding the session will bring.

-Love and hugs, Judi

**Follow-up from Andria:**

Well, I did the session with my mum. It was very moving. I spent a lot of time settling her and making sure she was warm and comfortable. She said she had never relaxed like this before and in fact seemed blissed out even before the session started. After 20 minutes she decided she was feeling weary so I suggested playing some quiet music and ending the session. But she decided she would like to carry on, and without any music. She then breathed for another 20 minutes and activated a couple of times. She shed a couple of tears and checked with me that that was okay. She said after she felt she had had a good cry, something she couldn't ever remember doing before.

She had no trouble breathing connectedly and her breath was remarkably open. She left her body a couple of times, I think. I mainly pressed points on her tummy and rubbed it gently. She released a lot of stuff from this area. She breathed through her mouth. She enjoyed toning. I got her to wave her arms and hands around in the air while toning a couple of times. After the session, I felt that I could usefully have pressed the points under her jaw but hadn't thought to until I felt my jaw very tight after the session. Interestingly, the points I had expected to be blocked, weren't.

After, she looked and felt great and was skipping around, full of energy!

-Lots of love and many thanks for all your helpful advice.  
Andria

*[ed. note: Andria reports her mother has agreed to continue, and their relationship is closer than ever.]*





## Facilitator Spotlight ... continued

trusted Trainers and Facilitators and eager participants, follow along the entire week's program with full two-way video communication. Each facility with more than adequate broadband capability and large LCD displays. A week-long event with Judith, simultaneously experienced around the world – 6 continents, 50 countries, all areas of the US available. We would reach a much wider audience, for less money, in a compressed time period, and eliminate some travel restrictions. You could enjoy most everything you have now at Trainings (except maybe for getting a breath-hug from Judith). It would be comparable to holding a Seminar in a domed football stadium rather than a modest room.

And perhaps we will one day construct a TBF Media Network via the web for both real-time and pre-recorded events, and other content. Technology will take care of itself and the economics will become an affordable reality just like web access. The mission therefore may just be a matter of logistics, imagination, and intention.

### What can others do to complement your work and help each other?

Get more involved. Cooperation yields synergy. The Newsletter and Website are a modest contribution, but we know that all facilitators have other skills that may be harnessed. I know Dave, Cheryl, and Jessica go that extra mile. Our friends in Turkey organized an international breath conference. An hour-long radio interview with Judith was arranged recently, and an article appeared in a national magazine. And there are many others to name.

This call is not just for Facilitators. Anyone who loves conscious breathing can network with the right people. There are countless opportunities to pursue, many skills to blend, many disciplines to invoke, that could give the whole mission a boost if the support were organized and centralized. One key in business growth is duplication of success. Italy and Turkey are hot with TB. California and Holland are established. Washington, Michigan, Kenya and many other areas are growing. How do we duplicate such success elsewhere? Synergy is a necessary ingredient. So long as we grow in a controlled manner, with bee-like cooperation instead of folks forced to work on their own little island, re-inventing the wheel, we will make this patchwork of TB activity a continuous flowing fabric that can cover the world.

If you can help, contact the TBF. Even if you contribute merely an idea, ideas can be huge. And your contribution always comes back with interest.

editor's notes: Steve was raised in rural NY and NH. Having achieved success in both sports and art in his youth, he quit entirely while earning a B.S. in Business Economics from Cook College, Rutgers in 1984. Soon after, he ended up in the Corporate world for many years developing and leading information systems projects. But Steve began a transition out of a suffocating life by gaining massage certification in New Jersey. Then came TB and it changed his life instantly and forever. He plowed through the Trainings, as he states, "It had to be done yesterday!" While spreading TB in New Jersey and Pennsylvania, Steve soon added Yoga Teacher Certification (which he claims was easy thanks to TB Level 5, and where, not surprisingly, he made a splash introducing TB). The next step found Steve ending his career and landing in Georgia, trying to make a go of it in the bible belt.



## Facilitators Share

### "I shed my armor like an old skin ..."

from **Susan Cassaro:**

Hi breath family,

I just wanted to share this with you all since you are all a part of my transformation ...

From where I came the breath opened up a space inside of me where the light can shine and as the light gets brighter it consumes the darkness in such a way that I can recognize how to get back to the light ... to hold the dream as a beacon in the night guiding me back to the breath, back to my life, back to my heart.

The aliveness in the breath has allowed me to feel who I truly am from behind the veil of illusion that my mind constructed to protect my fragile child. I shed my armor like an old skin and emerge in a new way of being, holding a miracle to light my way back into the world. There will always be choices to make and the breath will always bring me back to where you all are living in my heart, holding me, loving me, and seeing me for who I really am.

I thank you All for that! I now know that you will never leave me. All I have to do is breathe to feel your love. In that love is the highest potential for all that is and I will be guided with each miracle along this journey.

I look forward to sharing the breathwork with anyone who is ready for the ride of their life! I love you all and look forward to hopefully seeing you all one day again.

from **Joost Majvis:**

It's been a lot of work, but have again gained a level of understanding of the amazing extra we give within the breathwork with invoking and allowing spirit to come in and the knowing that source is conscious within the breathing.



*See our Spring Supplement  
for more Sharing and some Poetry*



## TBF Training: US & International

### TRAINING HIGHLIGHTS (W/ JUDITH)

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

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

**July 09 - July 13, 2007**

**Level IV (part 1)**

**Istanbul, Turkey**

Nevsah Fidan

90 532 4354561

[nevsahfidan@yahoo.com](mailto:nevsahfidan@yahoo.com)

**July 29 - August 03, 2007**

**Seminar**

**Oceanside, CA**

Jessica Leaf

760.724.6006

[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**August 13 - August 17, 2007**

**Level IV (part 1)**

**Oceanside, CA**

Jessica Leaf

760.724.6006

[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**August 27 - August 31, 2007**

**Level IV (part 2)**

**Oceanside, CA**

Jessica Leaf

760.724.6006

[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**September 05 - September 10, 2007**

**Seminar**

**Whidbey Island, Washington**

Dave Merrill

206.463.1490

[breathnorthwest@hotmail.com](mailto:breathnorthwest@hotmail.com)

**September 16 - September 21, 2007**

**Seminar**

**Michigan**

Marcia Bailey

734.994.8989

[mbailey@tm.net](mailto:mbailey@tm.net)

**October 29 - November 03, 2007**

**Seminar**

**Belgium**

Issabelle Verse

032-474965902

[issabelleverse@yahoo.fr](mailto:issabelleverse@yahoo.fr)

**November 25 - December 01, 2007**

**Level V**

**Los Cabos, Mexico**

TBF

603.286.8333

[breathinfo@aol.com](mailto:breathinfo@aol.com)

**December 17 - December 21, 2007**

**Level IV (part 3)**

**Istanbul, Turkey**

Nevsah Fidan

90 532 4354561

[nevsahfidan@yahoo.com](mailto:nevsahfidan@yahoo.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 at 603.286.8333



*A recent special Seminar in Cabo. See all our Photo galleries on our website*

#### International Breathwork Conference

14th Annual Global Inspiration Conference

Dr. Judith Kravitz -- Keynote Speaker

**June 29 - July 6, 2007**

Held at a resort outside Istanbul, Turkey

The Global Inspiration Conference (GIC) is held annually under the auspices of the International Breathwork Foundation (IBF) and is hosted by a different country each year. This year's event will feature the TBF and Judith prominently. It has been organized in fact by two TBF trainers: Indalecia Ziritt of Italy and Nevsah Fidan from Turkey.

For additional details - go to [www.globalinspiration.org](http://www.globalinspiration.org)

The Transformational Breath Foundation Newsletter is produced by:

**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/](http://www.breathe2000.com/)  
[breathinfo@aol.com](mailto: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](http://www.breath-dynamics.com)  
[info@breath-dynamics.com](mailto:info@breath-dynamics.com)



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

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

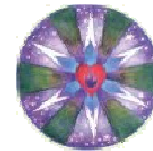
**No Spam Policy:**

You are receiving this newsletter 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 click the "Manage My Subscription" link at the bottom of the newsletter and you change email or Unsubscribe.

.... ALL OUR MESSAGES are sent through a secure email service. Thanks!

**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!



## Testimonials

### GRATITUDE WORKS BOTH WAYS

Hey Dear Judith,  
I send you this note to register my heartfelt gratitude and love for your sharing with the world of this wonderful technique of Transformational Breathing. Many, many breath hugs from Africa!

My seminar week last year was a pivot point in my life. I came out of it a completely new person. Indeed, this is the most powerful self-healing, natural modality available on the planet today. We are glad that we are the first African country to benefit from the freedom of enjoying a full, connected breath.

We are indebted to our trainers Marco and Jacquelin, and their young boys; they are a wonderful family whose joy, happiness, and love spreads to everyone in their environment. Their skill, experience, and patience has seen Africa get its first Level IV coaches.

We also thank the local host organization, Relief Foundation, for literally opening their arms to receive, organize, and facilitate the trainings. Some of us would never have benefited from this knowledge if not for their kind consideration.

As we embark on sharing this with others as certified coaches, we look forward to a world with greater physical, mental, and spiritual health, and above all – a world with unconditional love! I

look forward to saying a big thank you in person.

-Dominic Mutinyu,  
Nairobi, Kenya

*[ed. note: And we are also grateful to the Kenyan folks and their wonderful Trainers]*

### TB and THE VOICE

Judith,

I want to thank you again for developing this technology / program - it is certainly working for me. For example, I am so much more flexible from doing the 5 Rites. I have been surprised how quickly they "worked" and I was able to develop the strength to do them - when I started I could only do 3 or so of Rites #4 and #5 and now I am up to 10.

I am also delighted with the impact that it has had on my singing voice. My vocal coach is thrilled as am I; he works with the breath so he is very conscious of how open I am compared to where I was. I have also had comments about people feeling I am more open hearted, look 10 years younger, etc. Who wouldn't love that!

Love and hugs back at you,  
-JoAna

