

# TBF E-News

VOLUME 3, NUMBER 3

SUMMER 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 Seasonal  
Message

Breath Conference Re-  
port: Interview with  
Judith

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## Breath: The Dance Of Spirit -- "Breathing into the Divine"



By Judith Kravitz

One of my favorite quotes about the Breath is, "The Breath is the Movement of Spirit in the Body", by Dr. Andrew Weil.

In many languages *breath* means, or is derived from, the root word *Spirit*. In Italian it is *respire*, French is *respiration*, in Spanish, breathe is *respirare*, in English to inspire is to *breathe*. All of these have at their core "to inspire" or "be filled with Spirit". The Russian phrase is *vu'u dehk* which essentially means "you Spirit", in German, the verb breathe is *atmen*, akin to Sanskrit *atman* (breath, spirit, self) and in Arabic, the term for the "One who takes the first and last breath" is *ho*, (pronounced *who*).

There are many Spiritual practices built around breathing. In all forms of yoga breathing is an important component. Most meditation practices focus on the breath, and breath is at the heart of the Tantric rituals. Tai Chi and most martial arts

work intensely with breathing as well.

Easterners have known forever that the breath is the key to accessing Spiritual realms. The Master Babaji has said, "Breathing is the gateway between the visible and invisible worlds".

This is a time on the planet where we are shifting from human perception to spiritual consciousness. We are transcending the limitations of our sensory perceptions and coming to know the higher truths and understand spiritual reality.

Now more than ever there is a need for awakened beings to be here fully present and connected to our spiritual nature. I remember a time when my meditation and life was quite a struggle. Then I learned how to open my breath and freely allowed the

*Continued on Page 3 ...*



## The 2007 Global Inspiration Conference -- interview with Judith

**SG:** You've recently returned from this year's Global Inspiration Conference (GIC), where you were a keynote speaker. Tell us about this Conference.

**JK:** The GIC is a yearly event that takes place in a different country every year for the past 14 years. Its focus is to bring people together from all places and practices and share and explore breathing. Leaders and practitioners of many different breath modalities come together, network, and expand their knowledge of different approaches and techniques in breathwork. The Conference is sponsored by the International Breath Foundation (IBF), which is an organiza-

tion formed to create unity through diversity among breathers and breathing schools. They are just 14 years old and have that many conferences in that many different countries.

**SG:** Who can join IBF? And how?

**JK:** As far as I know anyone can join IBF, there is a yearly membership fee and it is are some benefits in becoming a member, however, like offering your programs on their website and reduction of conference costs. Mostly, it is a way of supporting

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## Conference Interview ... continued

something you believe in and that is doing good on a global level.

**SG:** This year's Conference was in Turkey, for the first time. Was there any special significance to this?

**JK:** Having the Conference in Turkey was special for a number of reasons.

It was the first time one of the conferences was held in Asia -- Turkey as you know is half in Europe and half in Asia. Another important thing is that the organizers were TB Trainers, so for the first time TB played a major role in the GIC. There was something else that was significant in having this conference in Turkey. 2007 marks the 800<sup>th</sup> birthday of Jalal Al-Din Rumi, who was a great Sufi prophet from Turkey. This fact made having this Conference in a land that brings the east and west together and celebrating a famous master's 800<sup>th</sup> anniversary very auspicious.

**SG:** What was the focus and theme of the 2007 GIC?

**JK:** The title of the Conference was "*Turkish Delight ... One Thousand and One Nights, Dancing with the Breath.*" The name gave the GIC organizer, Indalecia Ziritt from Italy, so much inspiration and opportunity to share the wonderful Turkish culture and practices. There was Sufi dancing, Whirling Dervishes, Belly dancing, a Turkish bazaar, and support from a number of Turkish businesses. Not to mention breathers from over 20 countries, who traveled to the sunny hills by the sea outside of Istanbul.

For some special reason the Sufi community from Konya took a big interest in supporting this Conference, and gave their help in many ways; this added a very spiritual energy and focus, or maybe the spiritual energy and focus of the Conference brought the Sufis. Either way, it was so nice to have so much of that influence there. Also, the only living descendant of Rumi, a beautiful middle-aged woman, came and gave an address to the Conference as well.

**SG:** What role did Transformational Breath play?

**JK:** TB seemed to have a high profile at the Conference. The organizers, Indalecia Ziritt, and Nevsah Fidan, are both TB trainers from Italy and Turkey respectively. Most of the staff and volunteers were TB Seminar graduates and Facilitators. Quite a few of the participants from other countries were also part of the TB Family. And I was the first keynote speaker, so in numbers we had a great representation.

Mostly it was the experience of Transformational Breath that gave TB such a glowing presence during the week. There were well attended presentations and workshops each day in TB. It was so nice to be able to see people who understand working with breathing also understand the differences and benefits of our process. I would modestly say that TB pretty much dominated the Conference as modality and presence. It

made me feel even stronger in my belief that TB is the breathwork for the planet. This Conference was like a debut and launching into that position.

**SG:** What was the subject of your presentation?

**JK:** The title of the Keynote talk I gave on the first night of the Conference was.

*"Breath the Dance of Spirit, Breathing into the Divine"* -- which was part speaking and a good part experiential. A summarized version of my talk is printed in this issue, with the same title.

**SG:** How did you come to choose that theme?

I wanted to first of all tie into the theme of the Conference, but mostly wanted to emphasize the spiritual attributes of TB and how the three levels of TB can take someone into their spiritual nature. I also wanted to introduce the Conference to TB in an integrated way with some information and a motivated, primarily gentle, breathing session. I felt very blessed to have over 20 TB Facilitators there to help breathe the 150 plus conference guests. We ended with a huge circle singing "One Breath". The feedback was fabulous and the talk and session very well received.

**SG:** What was the highlight of the Conference for you?

**JK:** There were many wonderful times and experiences during the week. It was so valuable to connect and share with the global breath community. But the event that really stands out in my mind was the Children's Workshop we offered towards the end of the week. We had a half dozen or so youth, all from different countries. Only a few of them had done some type of breathing before, so talking about TB had its challenges, but somehow at some point they were all breathing and activated. It looked just like little angels being tended by larger angels on their journey to the Divine. They did some drawings at the end of their session and it was so touching to see how much they had changed and opened up in just one hour of breathing. It just made me realize how important our work with children is.

**SG:** Where will the Conference be held next year?

**JK:** Next year the GIC will be in the UK, which, for many, will be much easier to access and travel to. Language will also not be as challenging in working with traveling, staff, and the venue. Several of the organizing team are again TB trainers -- from the UK -- and will be supporting us on every level.

**SG:** What new attractions can we expect?

**JK:** I have been invited to keynote again and I am sure we will be meeting lots of wonderful new people. As a result of this year's Conference we were invited to 5 new countries, Lithuania, Israel, Venezuela, Ireland, and Canada. I strongly recommend that the TB family attend the Conference. I know it will be another great event and broaden anyone's experience who comes. We will be announcing registration details in the newsletter early next year.

[ed. note: Visit the Conference website at:](http://www.globalinspiration.org)

[www.globalinspiration.org](http://www.globalinspiration.org)



## Breath the Dance of Spirit ... continued

dance or flow of breath within my being. Now I am living consistently with Spirit. Breathing openly and feeling in the flow of life. I feel my deeper purpose is to be here present as Spirit and breathing has given me that ability.

A great metaphor is that our lives are a dance. How is your dance? Chaotic and out of rhythm? Or are you stuck in the cha cha cha of the 70s? Maybe your dance is smooth and flowing? Would you like the dance of your life to be more open and flowing? Would you like the energy of Spirit to inspire your dance more?

So how does our breath become the dance of Spirit? First of all it is important to have the intention of wanting more Spirit in our lives. We also need to make the connection that one of the most profound ways to do this is through our breathing. Then we can invoke that into our experience with our words and envisioning that it has already happened. Just declare it now with thanks and confidence.

Experiencing more Spirit through Transformational Breathing develops in steps. The first part is to open one's breath so that the air flow fully accesses the whole respiratory system and the life-force energy then has the ability to flow through the whole body. This means breath flowing from the lowest part of the abdomen all the way to the upper chest. This is a process for some, as breathing patterns are formulated for most at birth and are traditionally constricted. With awareness and commitment most can begin to meaningfully open their breath in several TB sessions.

The next necessary step is to clear the energetic patterns that cause the breath to shut down in the first place. This represents, negative emotions and thoughts, past traumas, and other suppressed negativity in the subconscious mind. First these patterns are accessed by breathing into the previously closed areas. Then the high energy of the open connected breath raises the energy of the once lower energy blockages and thus creates an opening for the breath and the movement of life-force to flow more freely. This opening of the breath allows the integration of one's body, mind and spirit. We can then welcome Spirit into our body while breathing and feel each cell ignite with its presence and know that the movement of breath is the movement of Spirit coming into form.





**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)

## Q&A

### 8 MONTHS PREGNANT

**Q.** Dear Judith,

A person wants to breathe and is about 8 months pregnant. Where is the cutoff time when they get too far along and shouldn't breathe like this? And what special considerations do we need to know?

-Peace and love, Christian

**A.** Dear Christian,

Hi there, there is no problem breathing an 8 month pregnant woman, I would check in and make sure there is no history of heavy drug use or those toxins could be released into the baby in a session.

Also, please make sure she is propped up so that the weight of the baby is not on an artery, so for someone that far along at least a 60 degree angle. Also, no body-mapping the belly and abdomen, although slight pressure is fine in those areas. It is fine for them to tone and move and yet not too wildly. Do not body-map the shoulder points or the inner lower legs as both these spots stimulate contractions.

I know you will have a great session and breathing that far into a

pregnancy is a wonderful way to bond with the child and integrate any fears around the delivery and pending parenthood.

- Love and hugs to you both, Judi

### HEART ARRHYTHMIA

**Q.** My Mom has heart trouble sometimes, irregular heart beat rhythm and aches. Any tips on that?

*Continued on Page 4 ...*

## Plant Trees

### The "Choose Trust – Plant Trees" Campaign

Make A Choice Of Trust Now, And We Will Plant A Tree On Your Behalf! ... Please click on the website below and make the choice:

[www.IChooseTrust.com](http://www.IChooseTrust.com)



## Q &amp; A ... continued

A. Dear Nicola,

In response about your mom's irregular heart beat and aches, I would feel fine about sharing Transformational Breath with her. The most important thing to remember giving sessions to anyone with any type of heart condition is to make sure they are positioned in such a way that their chest moves at least somewhat when they are breathing. The flow of energy especially in the chest when a heart patient breathes is essential and prevents putting a strain on the heart and allows a balanced flow of energy in the body. You might have to prop and even sit her up to insure this. It is sometimes helpful not to encourage these clients to do too much vigorous movement in their session as well.

-Breathing in Love, Judi

### TIA's and HYPERTENSION

Q. Does hypertension (high blood pressure) controlled by medication, a history of TIAs (mini-strokes), and pressure in the head preclude one from attending the TB workshop?

A. Dear Christian, Hi there, TB has been very effective in lowering high blood pressure, and also is a wonderful way to create energetic balance and relieve internal pressure, which is a component of the two basic types of strokes (*ischemic* and *hemorrhagic*). The way we work is to make sure the client has an open flowing breath as our top priority. Even if we have to slow the breathing down or keep re-positioning them until their breath has an open flow. This keeps the energy in the system flowing and does not allow internal pressure to build up. So I would welcome working with someone who has these conditions and would always make sure their breath was open enough to keep their energy to flow, especially when the breathing brings in so much energy into their system. I know they will have a great time at your workshop.

-Love and hugs, Judi

### RHEUMATOID POLYARTHRITIS and HEADACHE PAIN

Q. A client has Rheumatoid Polyarthritis, for 20 years and is heavily medicated. The side effects of the medication have seriously imbalanced her health. After 5 minutes of breathing, she gets a headache and pain everywhere increases. She also cries throughout the entire session. After 4 sessions I do not see clearly where we are going but the relaxation induced momentarily releases her pain. Is there anything else to help her with the constant crying? Toning is very difficult and increases the headache.

-Thanks in advance, Isabelle

A. Dear Isabelle, Hi there, When folks get headaches in a session it usually means that the energy is not flowing freely in the upper chest and so that pressure builds up and is not being released, thus creating a build up of energy in the head area. Try sitting her up and work mostly on getting the exhale to relax and a freer energy flow in the upper body / head area. This should help alleviate the head pain during sessions.

-Love and hugs, Judi

Physician's opinion [Reinhilde Dillen - Belgium]:

Rheumatoid arthritis comes with a variety of systemic manifestations. Regarding increased pain, this can occur in sessions early on because the activation of the breathing moves the energy flow where it is obstructed. (In TCM, it is Qi stagnation causing the pain). The articulations (joints) are locked and the muscles are contracted and stiff so we have to move much like an old rusty bicycle.

Perhaps the toning is too hard for your client. The vibration can go through the bones and so trigger the contraction of muscles in the neck and cause headache. You can ask her if there is a vasculitis. If not, don't worry. Keep on breathing with her. It is very good to let her energy flow and release the emotional blockages behind her pain. Continue light sessions and build up over time.

### CHRONIC FATIGUE SYNDROME (CFS)

Q. My friend is suffering badly from CFS, Do you have any experience with such clients?

-Nicola

A. Dear Nicola, Hi there, nice to hear from you. I have worked with individuals with Chronic Fatigue Syndrome and have gained some insights to that condition. It is a condition that keeps folks who have the symptoms at a very low energy state, low activity level, and a need to sleep a lot.

Medically it is said to be a complex, involving such things as a virus (EBV), and other microbial factors like perhaps Candida overgrowth, as well as nutritional deficiencies, high stress levels, and even known drug side effects. In my experience with CFS, most people with this condition have very restricted breathing patterns. So by opening their breath and bringing more life-force in they experience more energy right away and are also supported by a strengthened immune system. One of the things I noticed in working with individuals with CFS is that there tends to be a strong association with this condition and sometimes a payoff in not having to do a lot.

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## Q&amp;A ... continued

So it is important to work with developing positive benefits and images of how life would be *without* the CFS.

Sometimes breathing sessions will bring up symptoms as they are integrating. This should not be confused with the condition getting worse as opposed to part of the healing process. All of this could be explained before the session to keep the client motivated.

-Love and hugs, Judi

## DIFFICULTY GETTING DEEP BREATH

Q. Hello,

For the past 2 years, I've been struggling with frequent deep breaths, yawning and sighing in order to get a "satisfying" deep breath. I get the normal feeling that I need to take a deep breath, so I do, but it never seems like enough. I have to keep taking several deep breaths to finally get a "satisfying" one. I often have to yawn a lot. My lungs are getting a great deal of air, and I have no problem filling them, but it just doesn't feel satisfying! I struggle with this all day long. It's not all the time, but several times per day. I've been to several different doctors and nobody can figure out what's wrong. I have had two pulmonary function tests, a CT scan of my lungs to look for clots, an ultrasound of my heart, an EKG, even a check for a PFO (hole in the heart), and for hypoglycemia. But nothing. Now, the doctors say it's anxiety. It seems to come on more when I'm hungry, but not always. I experience this at times when I'm completely relaxed, and feel as though I'm going to pass out. I've researched this online, and the only "diagnosis" that I can come across is "hyperventilation syndrome". I'd greatly appreciate your advice!

Thank you,

Kristy

A. Dear Kristy, Hi there, It sounds as if you are simply not using your respiratory system effectively. None of the experts you have consulted are proficient in that information. If you were trained to breathe correctly (i.e. full diaphragmatic breaths), you would get all the oxygen your system needs and more. The fact that you are feeling anxiety shows me you are not breathing the correct way. Transformational Breathing would not only give you better oxygen supply but would also be able to resolve those emotions as well. If there is any way you could attend a week Seminar I know that this all would be behind you. I suggest a series of 5 or 6 sessions so that you would be able to do TB on your own after that. Please call my office 603.286.8333 and talk to Rox about finding a facilitator you can work with.

Breathing in Love, Judith

## HEART PROBLEMS

Q. A guy with angina, apparently quite overweight. Is it okay to do some really gentle breathing with him?

-Alan Dolan

A. Dear Alan,

I don't see any problems in working with someone with heart conditions, so long as you proceed with due attention. My Dad has severe angina, epilepsy, and a number of other long-term serious medical conditions and he breathed at a workshop; admittedly with some difficulty but without any lasting ill effects.

If anyone has medical concerns I suggest they consult their own doctor regarding breathwork. And I would get as much information as possible beforehand and spend time finding out what makes them feel at ease. For example, if clients are dependent on medication I would have that on hand if they were feeling anxious. I would also assume this client is unlikely to have much, if any, breath in the chest and so will almost certainly need a backjack. If they are elderly or have other physical health concerns and find it difficult or uncomfortable to lie on a mattress, maybe have them sitting in a comfortable chair with head and neck supported.

I agree that the session would probably be quite gentle, focusing on getting a gentle, connected breath through the whole respiratory system and beginning to open up the chest or other closed areas. I would give lots of encouragement and affirmations, but probably not using pounding and toning - although sometimes elderly and fairly infirm clients like the toning especially and may find it beneficial to move too. I tend to support whatever movement comes and feels good to them, or just tone without movement. I wouldn't recommend Kundalini; at least not until they have done a few sessions.

And the other thing would be not to make too many assumptions without meeting the person about what they can and can't manage.

-Love and breath hugs,

Ange xx

*Continued on Page 6 ...*

## Q &amp; A ... continued

## TETANY and NAUSEA

**Q.** Hi there! Using Judith's guided CD my close friend and I did a session together. I explained that she might experience some cramping and numbness in her hands but not to be afraid as she would get full use of her hands back shortly. During the session she became quite fearful of the numbness and vibration in her body, I talked her through it and she was able to complete the full session. Afterwards though she threw up and the following morning started the 100 Breaths which only made her feel sick.

Thank you for your time

-Laura

**A.** Dear Laura, Hi there, thank you for your feedback and interest in Transformational Breathing.

I am not surprised that your friend had some challenging times attempting the breathing CD without any prior experience in TB. As you know it is a very powerful process and initially it is important to be guided and coached by a trained professional, not only to get the most out of the session but to also be fair to oneself and the process.

The fear, numbness, and tension are not anything uncommon and yet if you are not trained what to do in those situations you will not know how to help resolve those patterns that are integrating. We do have several trained facilitators in your area to help your friend experience TB the way it is with someone who is trained guiding you.

As for the nausea and vomiting, feeling this is not uncommon in a TB session. Usually it represents emotions that have been "gagged" down and the vomiting reflex is a way of allowing these emotions to come up. It is perfectly acceptable and no cause for concern.

There is a point after some guided sessions, when folks are fine to do sessions with a tape or CD, and it is not dangerous to do otherwise yet some folks get "stuck" in the negative pattern when they do it on their own, and may be in that vibration for some time. Please call our office and see what might be possible to support you in becoming a facilitator.

603 286 8333 Tuesdays thru Thursdays.

-Breathing in Love , Judith

## NEAR DEATH EXPERIENCE

**Q.** Hi Judith,

My client has had a Near Death Experience (NDE) which has

transformed who she is and how she views life - our existence is pure illusion. When she finally came for a session she said she was nervous because of her previous NDE. She decided to breathe, and did well, with some resistance. However she has decided not to breathe again. Have you had any similar experiences or information to pass on to her? -Anne-Marie

Client Feedback:

*"After the session I felt physically really awful for about five days as though I was battered and bruised all over.*

*I am not sure why it had that effect on me. My intuition was that it was too brutal for me. This is hard to explain. I am certain that it has a great deal to do with being so sensitive since my near death experience but anything but the gentlest approach causes huge imbalances. It felt like heavy metal being pumped through my body. I'm wondering if that's why it took so long to finally get to see you.*

*Yes for the vast majority I feel transformational breathing is great in fact I sense the denser the frequency the better as it is hugely powerful. My intuitive friend advised that in my case she received the words "a sledge hammer to a butterfly". I wondered why it was brought to me, perhaps to learn that and experience that or perhaps as a connection for Gaynor to receive the immense healing she experienced and continues to do so"*

**A.** Dear Ann-Marie, Hi there. I have worked with a number of people who have had near death experiences and have found those experiences as part of the unconscious death or "source" urge trying to integrate.

It can be scary to leave your body if you do not know what is happening and yet it is quite a valuable piece to integrate and breathing through it is not only efficient but very effective way to clear that pattern.

I am sorry she has chosen not to continue with TB for now, in my past experience there seems to be a big issue of losing control involved and understandably so. By continuing to breathe, the folks have the opportunity to integrate the unconscious desire to leave the physical, by leaving for a while and coming back, until the pattern has fully integrated. If that pattern is not taken care of it can create , accidents, life threatening diseases, and lack of energy to be in this world. It is important to work with it consciously then have it surface in one's life spontaneously at any time. Hopefully your client will tune into the value of continuing to breath for this and all the many other reasons.

Breathing in Love, Judith





## 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)

**September 05 - September 10, 2007**

**Seminar  
Whidbey Island, Washington**

Tracey Stover  
231.386.7919

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

**September 16 - September 21, 2007**

**Seminar  
Michigan**

Marcia Bailey  
734.994.8989

[info@breatheannarbor.com](mailto:info@breatheannarbor.com)

**October 01 - October 05, 2007**

**Level IV (part 3)  
Oceanside, CA**

Jessica Leaf  
760.724.6006

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

**October 29 - November 03, 2007**

**Seminar  
Belgium**

Isabelle Versé  
032-474965902

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

**November 05 - November 11, 2007**

**Level V  
Holland**

Marco de Jager  
0031-167-540174

[inside@home.nl](mailto:inside@home.nl)

**November 25 - December 01, 2007**

**Level V  
Los Cabos, Mexico**

TBF  
603.286.8333

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

**December 10 - December 15, 2007**

**Seminar  
Cesme, Turkey**

Nevsah Fidan  
90 532 4354561

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

**February 11 - February 16, 2008**

**Seminar  
Los Cabos, Mexico**

TBF  
603.286.8333

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

**February 18 - February 24, 2008**

**Level IV (A)  
Los Cabos, Mexico**

Jessica Leaf  
760.724.6006

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

### 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

### ANNOUNCEMENT

**TBF Level IV  
Training Program Change**

Early in 2008, The Transformational Breath Foundation will alter its Level IV Training Program.

While we had recently added a Part 3 (Coaching), we will migrate to a new format comprised of two (2) week-long Trainings.

The material presented in the current Parts 1, 2 and 3, will restructured into 2 segments called: **Level IV (Part A)** and **Level IV (Part B)**.

These changes will be reflected gradually on the Training Schedule, and other parts of the website. If there are questions concerning this change, please contact us at:

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

### MEMORIAL

**Passing of Norma Ryan, Facilitator**

My mother Norma Ryan became a Certified Facilitator a few years back and did a seminar in Cabo San Lucas. (There were many steps to get around there and Norma did each one). Norma had 9 children she had raised on her own by being a masseuse and a healer in many ways. Judith knew her through the work. Norma passed on June 30, 2007. We had a memorial service for her on July 28th in San Pedro, California where she lived. - Doreen Ryan

*From Judith:* Norma Ryan was truly an inspiration to all who knew her. Taking classes and willing to learn and grow in her 70s made her very special. Norma stood out with her loving nature and "go-for-it" attitude. She often talked about her children and how much they meant to her. She gave a lot to breathwork and showed her appreciation of the additions TB added to the process. We know you are a breath angel helping us all.

The Transformational Breath Foundation Newsletter is produced by:

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

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

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

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## Testimonials

### 52 DAYS: THIS HAS GOT TO BE A RECORD

Hi Judith!

Wanted to check in with you and report on how I've been doing since the Oceanside week of training last May. I've managed to do a full breathing session every day since. That makes 52 days in a row! It now seems like part of my everyday life and each session goes by quickly. I continue to feel a connection to Spirit every time, but the strongest are when I have the session facilitated. Doing them regularly seems to keep me clear and on a very even keel. There's a part of me afraid to miss a day for fear I'll fall off the wagon and not do one for another 52 days! maybe I'll test it and see what happens if I interrupt the flow at 60 days.

Thank you again for the gift of this work! Warm regards,

-Jani Ashmore

Vista, CA



#### **IMPORTANT: FACILITATOR and TRAINERS**

Our Webmaster is leaving for New Hampshire on August 30 for several weeks. Judith must approve Trainings and workshops requests so allow extra time for web posting as there might be a delay during travel.

### HEALING A LOWER BACK INJURY

I took quite an amazing flop in the bathroom this week, climbing on the counter with socks on. Dumb! Anyway, I have been out of commission. Just getting around this [no broken bones] is humbling. Been to Chiropractor. My report: I was Spirit-led to do the Triune Breath today - when I got up my sacrum shifted back out to almost its original position. This work never ceases to amaze. The Breath cured a back injury once before for me --- another miracle worth mentioning!

Thank-you again and God Bless you as you travel on your life's path.

-Patty Alessi



#### **MIRACLES HAPPEN EVERY DAY: Judith's son Sol**

"To all the Breath Family who have been praying for my son Sol, this past month he has been making great improvements and is now at home with his dad. His medical team thinks it is miraculous and did not believe he would come this far. We are all holding him as perfect Spirit manifesting his perfect body, mind and physical health. I see Sol facilitating TB again! Thank you for your prayers and visions." -Judith