

TBF E-News

VOLUME 4, NUMBER 1

1ST QUARTER 2008

"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

Must See Movie: "**The
Story of Stuff**" is a
20-minute, fast-paced,
fact-filled look at the
underside of our pro-
duction and consump-
tion patterns.

www.storyofstuff.com

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Going For It!



By Judith Kravitz

This is the year we get to "Go For It!". What does that mean? Why is that important in this particular era of time? Many have been "treading" through life, putting out a minimal level of effort that reaps a feeling of satisfaction and accomplishment at a somewhat mundane level. What would our lives be like if we put ourselves out in a new way? If we were able to push past our fears and fully express our gifts and love anywhere, anytime. How would our experiences change if there was nothing holding us back, and we gave our all to whatever we were doing? If we took that extra step -- the one we have been ignoring and thereby maybe settling for less than the fullness of life.

What areas of your life would you like to see improved? Relationships, health, fulfilling your mission, financial? All of these? What if you

could achieve a better quality of life by making a commitment to go for it, to reach out when previously you held back, to go the extra mile, take the risk and to hang in there beyond the past comfortable quitting places?

I had a big realization and inner pushing about going for it on my first trip out in the new year. I was on the plane heading to visit my daughter in the Bahamas. There was an elderly gentleman sitting next to me, who pointed on a piece of paper to all his trips to Boston this coming month. He then relayed to me that he was flying every week from Florida for chemo for his lung cancer and how hard it was for him to breathe. I looked over and noticed that there was no breath in the lower part of his respiratory system and a small amount of air going into his upper chest. I then felt this inner surge

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Facilitator Spotlight

This Issue, we talk with Wayne Tooker.

"Recently Wayne was asked to be International Training Coordinator, based on his unconditional love for everyone and his wonderful abilities to find peace and understanding in every situation. In a few short months he has helped organize and coordinate the TB Family throughout Europe. This is extremely important as TB continues to expand globally. Wayne is also a great asset to TB as a trainer in Level V and is now organizing trainings in Italy. We are indeed fortunate to have Wayne with us in the TB Family." - Judith



When did you first meet TB?

I first met the "soul" of TB as a young boy and found my breath was very important for being more effective in a lot of things. The more air I could get into my lungs the more I could run fast, and the longer I could swim underwater, and make myself feel peaceful or excited. So "transformation" through the conscious use of my breath has always been a wonderful, useful part of my life. I first met Judith and did my first session with her 18 years ago on Cape Cod and discovered even deeper powers of spiritual and "magical" transformation through breathing. We were very close in our hearts, work, and

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Facilitator Spotlight ... continued

mission and all these years keeping in touch, as we travelled between Europe and the United States. When we finally met to work “together” in Italy in 2002 (where I was living and working doing “Transformational Movement”). At that meeting we realized her work had developed into being called “Transformational Breath” and mine into “Transformational Movement” (different names than 10 years earlier). I then began being Judith’s Italian “Voice”, translating for her in workshops, seminars, and trainings. I wanted to help the Italian people to “feel” and “understand” her great love and devotion to the Breath and to Transformation.

How has TB changed your life?

TB has changed my life in that working closely with Judith I have come to deeply appreciate every aspect of the TB program and the great work and care that Judith has invested in the development of the TB training. The program is so rich in “transformational tools” which the individual can use to make his or her own life more productive and pleasurable that I have felt impelled to give of my time and energy to facilitate the development of this system. As I have been working as the International Training Coordinator I have entered more deeply into the Heart of TB, and have been allowed to meet people all over the world and to begin to try to harmonize and integrate the love and dedication which is inherent in TB with the effectiveness of its program, trying to develop a synchronized and equal manifestation of the “teaching process”. This has allowed me to become a warmer and more internationally connected Human Being in service to Unconditional Love and this great school that Judith has put in place respecting all individuals in the process and promoting this respect in others. Her sense of integrity has inspired me to try to effectively assist her and TB in an evermore coherent and effective manifestation of Transformational Breath and all the “transformational tools” in this included.

What is your vision of TB?

We are all part of this special moment in TB, part of a “new” age in TB, what I hope will be the “Golden Age”, as clarity is increased, as guidelines are set into place and followed, creating a more pure manifestation of the “essence” of TB, “Service, Love, and Effectiveness”. This essence is developed through breath and cooperation within the organization itself, and within each individual involved in sharing this great gift together. To each, TB gives life and nourishment and, if one chooses to respect and serve TB, they can then share life, nourishment, and knowledge with others. Dr. Judith Kravitz has created and given birth to a method which is both professional and loving, and this can only be continued if the individuals involved in its growth choose integrity and are faithful to the structure and attitude created by her. We are one, in

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Q & A

LIFE FALLING APART

Q. Dear Judith,

I attended your Seminar in May and had the most profound experience of my life that week. Since then, it seems that my life is falling apart. My husband and I are on the verge of divorce and I am very sad and hurt. I'm wondering if you can help us? He was at the seminar too. It was actually his idea to attend. I must also note that he refuses to see anyone together and does not want to work on the relationship anymore (we went to therapy together for only two sessions). I'm just not sure if I should walk away from my marriage so easily. Please help!

Name Withheld.

A. Hi there, I am very sorry to hear about the situation with you and your husband. I do remember you both very well and felt very connected to you. It seemed you both did very well at the Seminar and got a lot out of it. I also remember that your husband had really opened his heart and maybe that seems scary to him back in the world environment and needed to pull back to protect himself. If this were my situation I would pray for the highest for all and then trust what happens. Sometimes after such a big week folks need some space to find out who they are and what they are here for outside of all relationships. I know the highest and best will happen for you both. Breathing for you, or both of you, would help create more clarity and strength. And you can only choose for you.

Please know I am here to support you if I can.

Lots of love and hugs,

Judith

SESSION SCHEDULING

Q. Hi, I'll be seeing a new male client for TB who wanted to set up all 3 of his first series for the same day with me since he doesn't live nearby. I set his appointments for 10:30am, 2 pm and 6 pm. Any advice about facilitating this kind of intense succession of sessions?

Dana

A. Dear Dana, Hi there, I see no problem with scheduling sessions so closely. We breathe in the Seminar sometimes 3 times in one day. However, I would just be in the moment with him on the day of his sessions and see how he is doing and keep checking in with him as to how he feels and if he wants to continue. He sounds like a go-getter and yet might not be aware of how powerful TB is. Do your invocations and trust Spirit to lead you both. He sounds like someone who would really enjoy the Seminar. Let me know how it goes.

-Love and hugs, Judi

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Going For It ... continued

to go where I previously may not have gone.

I told him that he was not using his diaphragm and that was the reason he was having trouble breathing. He asked me to show him. I put my hand on his belly and asked him to breathe in, immediately he took a backwards breath, tummy going in on the inhale and out on the exhale. I began coaching him to expand his tummy. After a few minutes he was able to get a few breaths in the lower respiratory system and his whole body began to unwind, from head to toe. I also noticed folks around us were watching with curiosity and amusement. The flight attendant even came up and asked if everything was okay. Not necessarily the kind of attention I was seeking on a plane, and very different than my usual comfortable anonymous cocoon I usually travel in. Yet, it was like a light went off in this man's being. In less than five minutes he had changed his ability to breathe and thereby significantly improved his physical capacities and the quality of his life. This I know. We continued for a few more minutes until I knew he really understood how to engage his diaphragm and expand his belly on the inhale. He was amazed and grateful. I gave him some homework and our website address. It was such a clear example of how going that extra step, making that unexpected effort brought such a big result and how easy it would have been to not say a word, and thereby miss such a great opportunity.

Not long after that experience I had another opportunity to once again move past my comfort zone and bring who I am and what I do into a very unusual place. On my way out of the Bahamas on that very same trip, I was going through my third security check. This last one (I hoped) had three native women who, for whatever reason, needed to go through my luggage. Needless to say there were some unordinary things in my suitcase, (i.e. healing tools etc.)

I responded candidly as to what the interesting things were, and one security agent asked me, "Do you read minds?" I said, "No, but I read breaths". Of course, they were fascinated. So right there in the security line I gave three breathing analyses. Each person had a different breathing pattern and they recognized their own traits as I described what each of their patterns meant. The line behind us was growing a bit impatient, so I hurried along and gave them all some homework. Once again a golden chance to "go for it", step out of the norm and offer myself in an unorthodox way and make a difference in someone's life. Sometimes going for it will seem scary and yet the joy and exhilaration that follows can bring us to a new level of living and excitement.

What would be different in your life if you took those extra steps and efforts and go to new uncharted places? Every moment and situation gives each of us an opportunity to extend ourselves in a bigger way. I for one feel excitement from the anticipation of what will come from going beyond my past efforts and giving more in every moment.

It is that type of effort which will allow us to not only fully share the gifts we have in Transformational Breathing but also bring our hearts and love to the world in a greater more wonderful way. So join me in making a new commitment to "Go for it!"

I AM WILLING TO GO FOR IT FULLY IN ALL I DO IN MY LIFE!!



Q & A ... continued

ALZHEIMER'S

Q. Hi Judy,

My sister has been given a diagnosis of Alzheimer's disease. I was wondering if you have breathed anyone with this diagnosis.

Thanks.

Andria,

A. Dear Andria,

Hi there, yes I have worked with several folks with the condition of Alzheimer's at various stages. Aside from age and family history, it is commonly thought that environmental factors are involved in the formation of the beta-amyloid plaques (such as heavy metals in the system), so breathing will certainly help the detoxification process and bring more oxygen to the brain, thereby allowing the brain to function more clearly and alertly. Memory losses are sometimes due to the brain not having the proper amounts of oxygen to stimulate brain cell activity. I know your sister will love it and do great.

Love and hugs, Judi

BELLY SHUT DOWN

Q. Judi,

I worked with a 65 year old male for the first time. He has had some breathing problems (occasional shortness of breath, sleep apnea) that doctors could not help him with. Up and down emotionally, he's in good physical shape, but with a pacemaker. His breathing at first was in his chest with nothing in the belly. Then after coaching him into his belly, the chest shut down completely. Belly inhale was very quick and sharp. Trying to loosen the belly during the session resulted in resistance to the pressure. Breathing on his stomach showed no real improvement. His exhale was consistently about not wanting to let go of control. I'd like to work one on one with him but the 180 degree nature of his breath threw me a bit.

Love, John

A. Dear John,

Hi there. Sometimes when someone has been breathing in an unbalanced way for a long time, in order to create balance

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Q & A ... continued

(and ultimately that's what TB does) they go off in the other direction for a while and then eventually with good coaching find their middle ground. I have seen this exact thing happen many times, where one finally opens their personal will and gets grounded, they get into it strongly for a while. Do a private with him and openly discuss his breathing patterns and how you would like to help him create balance between the heart and will. Maybe start with a two-stroke breath or have him hold the breath out for a while so he is forced to take some big deep breaths. Turn him on his belly and that will lessen the control aspect. I would also have him put his hand on his heart so he can feel when he breathes there or not. And if his belly has been shut for 65 years, then maybe he needs to hang out there for a while. If all else fails have him nose breathe to lessen the control factor.

Love and hugs,
Judi

PREGNANCY

Q. Judith,

I have a client in her first trimester of pregnancy and want to be sure I am appropriate in my facilitation of her. Can I body map the belly? I would think it would become very difficult to observe breath in the belly as the uterus grows?

-Julie

A. Dear Julie,

Hi there. It is fine to work with her at this stage of pregnancy and I would do only gentle pressure on the tummy and abdomen areas. Also do not do any pressure points around the inner ankles or calves, those spots too will stimulate contractions. It is actually easier to observe belly breathing as the pregnancy progresses as the baby acts as a belly bag and supports the movement of the diaphragm and lower respiratory system.

Love and hugs, Judi

PACEMAKER

Q. Judith,

I will be working on a woman with a pacemaker. Is there anything special I need to know?

What would be the indicators that I am working her too hard?

Julie

A. Dear Julie,

Hi there. It is important for you to have her propped up and make sure the breath is flowing in the upper respiratory areas, start a bit more slowly and I would limit some of the more intense physical

things we do, (i.e. arm and leg compression, pounding and kicking.) After the first session you will have a better sense if these other techniques are appropriate.

Love and hugs, Judi

SEXUAL ABUSE & TRAUMA

Q. Hi Judith,

I work with a woman's group which deals with sexual abuse and trauma. There have been some issues with people not being able to stay grounded. I suggested that we open with 100 breaths instead of the meditation exercise. I thought this might help people to stay grounded and open up to the group. The group therapist was concerned about people getting activated. She has had some other breathwork experiences and said that the real healing takes place when people can stay in the "window of tolerance" and not go hypo or hyper-arousal. What are your thoughts on this? I really feel these women could benefit from TB.

Thanks! Sherri

A. Dear Sherri,

Hi there. It is not unusual for abused women to not be grounded. Most of them have shut down their lower respiratory system and do not breathe in their bellies, as that is where the sexual trauma is stored. I tend to agree that once you have them start breathing in the abdominal areas that they would more than likely activate and go into some pretty big pieces. And I also agree with you that they really need to do TB to access and clear those traumas. I would explain that to the therapist and group and if they were comfortable with going ahead then great. I would also make yourself available for deeper work if they wanted it. Otherwise, it's like opening Pandora's box with no remedy.

Love and hugs, Judi

Follow-up:

Hi Judith,

I think that was the concern of the therapist ... going into some "big pieces". She seems to think that it would create drama and not heal anything. I think she is thinking of a different type of breathwork. I did give her your book 4 months ago but not sure if she was able to read it. It's okay to remember and have emotions as long as you keep breathing right? There is a lot of fear around doing TB for the group, but I know it would open everyone up to more healing.

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Q&A ... continued

Dear Sherri,

Hi there. Yes, it is good to go there and will be resolved if you keep breathing. The important thing is that you have enough time and "manpower" to breathe and help while things are integrating. Love and hugs, Judi

FIBROMYALGIA

Q. Hi Judith!

I am seeing a woman with severe fibromyalgia tomorrow for a breathing session. She said it hurts when she breathes deep and she is very sensitive to almost all touch. I told her not to worry -- that we would work with what we have. I'm thinking that I will just get her to connect her breathing and see what develops. Do you have any insights or suggestions?

Love,

Allen

A. Dear Allen,

Hi there. As far as fibromyalgia, we have had lots of good results with the breathing. It is a lot like approaching chronic fatigue, it takes a bit of time and yet the overall results have been very good. So prepare her -- if she likes her session then she should commit to her work with the breath (homework and sessions). It would be great if she could come to a Seminar and breath with us for a week. It would really do wonders. Go easy on touch, it is not really necessary. Look in Louise Hay's book, "Heal Your Body" and give her affirmations for that condition.

Love and hugs, Judi

LICENSE TO TOUCH

Q. Hi. A Colon Therapist HAD to get a massage license through her state in order to practice and so she was "warning" me about being careful what I say and how I say it because if a "state" person were to show up at a workshop they might see our touching people as in a grey area, or that we are not "licensed therapists" to be doing anything with anyone's "subconscious". I will be advertising in our local island newspaper and just want to be thorough in my research. So is there any advice or suggestions or information about this kind of issue?

-Thanks, Susan Cassaro

A. Dear Susan, Hi there, I would not be concerned either, and yet that is one reason we created the ministerial program so that people, where the laws in their state do not allow them to touch other people as a lay person, they can as a minister.

-Love and hugs, Judi

BREATHING MACHINES

Q. Hi Judith,

I have a concern about Transformational Breathing. In reviewing a product called the Resperator, I learned that it slows breathing way down. This slow down is very healthful.

Also, a product called StressEraser seems to go against the Transformational Breathing concept, "The worst thing you can do is too big an inhale," said Evan Birkhead, spokesman for the pocket-size StressEraser. "The exhale is therapeutic, not the inhale. Exhaling is how you slow your nervous system down."

With Transformational Breathing one breathes fast and takes in a large amount of air. It doesn't seem to be a method to slow down the nervous system. It also is the opposite of the information in the Breathing Free book.

I do use Transformational Breathing once in awhile and would like to feel comfortable knowing it is safe to use 3-4 times a week. Have you found any reason why a person should not use it this often?

-Sylvia

A. Dear Sylvia,

Hi there. I agree with you the way we do Transformational Breathing is not to slow down the nervous system. Although at the end of the sessions people's nervous systems are slowed down and they are brought into a meditative state. Transformational Breath is very effective in working with stress in the body and emotions and it is done in a different way as those products you mentioned suggests.

In breathing in fully and relaxing the exhale fully without any pauses (i.e. TB) we create a high vibrational energy circuit that goes into the electromagnetic field and raises lower energy pattern that have been stored there -- which for many are physical and emotional stress.

There are thousands and thousands of people who use TB daily and have no problems as a result. So I would say clearly it is a safe method for those who have been shown how to do it correctly.

Breathing in Love,

Judith

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Q & A ... continued

AUTISM

Q. Do you have any success / experience working with children with ADD or Autism? If so, what are the changes that take place with these children? Thank you.

A. Dear Friend,

I have had the wonderful and interesting experience of working with children with ADD and autism. The results have been very good. Each of those conditions are approached differently. With autism I have found that for some reason the child has withdrawn their attention and awareness from their physical world. The most important feature in working with children with these symptoms or diagnosis is that they be present and willing enough to follow instructions and breathe. I have seen them, as well as the children with ADD, become more present, calm, and focused. With children with ADD I have noticed that many of them do not breathe into the lower parts of their respiratory system so their energy is not grounded very well in their bodies, thereby creating symptoms of restless or wild energy, and lack of ability to focus and be centered. I see TB as a great help and support system with these conditions.

-Judith

MULTIPLE PERSONALITIES

Q. Dear Judith,

As a social psychiatric nurse and therapist I work with patients diagnosed with Dissociative Identity Disorder (formerly: Multiple Personality Disorder). Have you used TB with a patient with this diagnosis? Should I recommend a Seminar?

Thank you, with love, Maria Dorresteijn, The Netherlands

A. Dear Maria,

Hi there. I am glad you are investigating working with DID through Transformational Breathing. I have had a fair amount of experience with it and have had dramatic results. It is however a condition that I would not recommend a Seminar as their first approach, as they might need special attention and additional support in going through the integration of the different personalities. I also feel when they start working with TB that their facilitator should be in touch with their therapist / psychiatrist so there can be an open dialogue and they can receive help on several levels. I feel that TB has the ability to address some of the core issues that are related to the causes of this condition and allow the client to permanently heal this condition.

Love and hugs, Judi



Sharing

From PHYLLIS LINN, FACILITATOR

Hi Judith,

I want to share this with you before the memory of it fades ...

A co-worker sent an email to everyone about a challenging situation he was experiencing. I wanted to send a reply to convey my support and I had a hard time doing it. I heard a lot of barely conscious thoughts, like: It's not appropriate; I'll be rejected; I'll make a mistake; I'll look stupid, etc. I persevered and a day later I sent a message to him. He replied, expressing his gratitude and asking for my support in a specific way, which I am happy to give. As soon as I read his message, I felt such joy! And I realized that my fear had been restricting my joy! A textbook case of it, just like you described. And getting beyond the fear allowed me to express my Self - the love that I AM - and there is a LOT of joy in that!!

Yay! Thank you, Judith, for the beautiful teachings I have received through you!

BAHA'I PRAYER FOR PEACE

Be generous in prosperity, and thankful in adversity.
Be fair in judgment, and guarded in thy speech,

Be a lamp unto those who walk in darkness, and a home to the stranger.

Be eyes to the blind, and a guiding light unto the feet of the erring.

Be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility.

-submitted by Roberta Scaglione

TESTIMONIAL

Dear Judith,

I was doing a full breath session at 6:30 this Christmas morning. Right now, as I prepare to drive to Philly to be with my family I feel wonderful and my heart is filled with love. Please accept my deep appreciation for your dedication to this work and I hope you can feel the good energy coming your way. All the best in the new year and I certainly hope I get to see you again. Thank you.

Namaste,

Carolyn Slagis





TBF Training: US & International

TRAINING HIGHLIGHTS (W/ JUDITH)

Check the full Training Schedule at www.transformationalbreathing.com

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

March 21 - March 23, 2008
RYB
Rowe, MA
 Rowe Conference Center
 419.339.4954
www.rowecenter.org

March 29 - April 04, 2008
Level IV (part B)
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

May 04- May 09, 2008
Seminar
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

May 18 - May 23, 2008
Seminar
Massachusetts
 TBF
 603.286.8333
breathinfo@aol.com

June 09 - June 15, 2008
Level IV (part A)
Massachusetts
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

August 20 - August 25, 2008
Seminar
Whidbey Island, WA
 Dana Consuelo Smith
 360.221.8575
breathdancer@whidbey.com

September 08 - September 14, 2008
Level IV (part A)
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

September 27 - October 03, 2008
Level V
Holland
 Marco de Jager
 0031-167-540174
inside@home.nl

November 30 - December 07, 2008
Level V
Los Cabos, Mexico
 TBF
 603.286.8333
breathinfo@aol.com

TBF SPECIAL EVENTS

"JOURNEYS TO THE DIVINE"

with Judith Kravitz

The 2008 DAMANHUR TRIP

Experience Spirit in Northern Italy,

October 09 - 15, 2008

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.

Damanhur is considered by many the 8th wonder of the world. Featuring the underground Temple of Humankind that is uniquely situated on the intersecting points of four of the Earth's synchronic Ley lines, thus making it one of the most powerful energy spots on the planet. The temple is an unprecedented work of art and beauty that it automatically opens and activates one more fully to one's true essence and destiny.

We will spend six days doing chakra breathing, transformational movement and dance, and sacred sound. We will visit and breathe in the temple, walk Labyrinths of Damanhur, study Damanhur forms of healing, community and spiritual life. We will also take a day to visit the Shroud of Turin and the Egyptian Museum of Turin for the Egyptian Sekmet/Goddesses.

Cost of the entire program, is \$2200 (1800 Euros). Price increases to \$2500 on 8/8/08 (1950 Euros). Contact the TBF at 603.286.8333. More info at www.breath2000.com

2008 GLOBAL INSPIRATION CONFERENCE

Judith Kravitz, keynote speaker.

July 13 - 20, 2008

This 15th annual Conference is organized by The International Breath Foundation, and this year is held in Hay-on-Wye, Wales, UK.

In 2007, TB was a big hit. In 2008, we are back. With the conference subtitled, "Weaving the Quantum Web", it promises to be a transcendent experience.

For more info visit the Conference website:

www.globalinspiration.org

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

Stephen Gooby
Breath Dynamics

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770.785.7051
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info@breath-dynamics.com



Steve is available around the Southeast United States offering Workshops and local Private sessions.

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

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Facilitator Spotlight ... continued

service to the planet, through breath, love and respect, while at the same time respecting ourselves, knowing ourselves, and loving ourselves.

Why do you organize trips to Damanhur?

I have been a "friend" of Damanhur for more than 20 years and have always been totally impressed by their dedication and sincerity. I have seen them grow and expand with continued integrity and coherence. I truly feel that Damanhur is the most advanced and fully functioning "New Age" Community on the Planet. It has not only developed incredible works of art (see the Temples of Humankind -- an 11 story underground temple chock full of myriad artistic creations and profound alchemy), but also deeply detailed rules and regulations which protect their individual rights while stimulating continual individual growth and betterment. They have an independent economic system, a political process which regulates their internal relationships (even various contractual marriages) while they are also effectively active in the "outside" world holding various political positions in the Italian government (local and regional). They have invented their own language, music, and "sacred dance" and are continually evolving in the development of an international confederation of New Age Communities.

But perhaps the most impressive aspect is the "Energy". There

is a base Energy Field at Damanhur, which accelerates and "clears". An incredible force of creation and development which continuously "pumps" energy into the world. A visit to Damanhur can easily change one's life. The effectiveness of the visit is related to an individual's capacity to understand and to "let go", because so much is almost beyond comprehension. The total quantity of work generated in Damanhur is almost inconceivable, if one considers all the different levels of reality which the Damanhurians are continuously studying and developing.

The more intelligent an "open" being is, the more they will appreciate Damanhur, the more "sensitive" an open being is, the more they will "live" Damanhur. Openness facilitates comprehension and absorption, but even "closed" beings cannot help but be amazed by a visit to Damanhur. Whatever an individual's personal reasons or goals for a visit to Damanhur, it will without a doubt remain an experience of a lifetime.

I am honored to be able to facilitate such visits with the resulting effects on people's awareness and consciousness, and I am thankful to Dr. Judith Kravitz and Transformational Breath for the opportunity to bring two great aspects of evolution together!

