

# TBF E-News

VOLUME 4, NUMBER 2

2ND QUARTER 2008

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

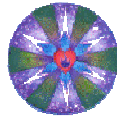
## SPECIAL POINTS OF INTEREST:

More on the  
magic of Damanhur

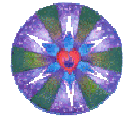
Open Letter from  
Judith: Response to  
Feedback and  
Criticisms

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## Visit to Damanhur: Experience of a Lifetime



*by Wayne Tooker*

An unforgettable experience that will surely change your life.

Damanhur is more than a "New Age" community, it is more than a "magical" community. It is more than a self-sustaining community, it is a federation of communities which, through their development, are changing the world by giving a clear example of the incredible possibilities of man to live in a coherent and propositive way. Situated in Northern Italy, Damanhur is a "New Age" reality; a human, social and spiritual development guided by the "Man from the Future"; Oberto Airaudi ("Falco" for the Damanhurians). His dream of a society based on optimism and the belief that the "human being can create his own destiny", has become an effective, and incredibly successful, self-sustaining, expanding reality, which truly expresses all of man's potential. Continually growing and expanding, Damanhur has become an example to the world.

The goal of Oberto Airaudi is to awaken the inner master of each individual. Through study, experimentation, work and play, Damanhur tries to develop the complete manifestation of each individual's potential while overcoming dogma and limiting beliefs. In this way they can go "beyond where man has gone before". Just visiting their underground "Temples of Mankind" and admiring their works of art (sculptures, paintings, mosaics) is sufficient to convince us of their effectiveness, but having the time to understand their social structure, goals, constitution, educational system, performing arts, and healing developments brings one to a state of awe and understanding which allows infinite possibility to flow through one's veins!

A visit to Damanhur allows us to actually

*(Continued on page 3)*

## Open Letter to Breath Family

### Response to Feedback

*by Judith Kravitz*



Dearest Breath Angels,

Hi there. I appreciate your taking the time to give feedback on your opinions of TBF and my leadership in some recent emails. There are some points that are valid and some things which can only be based on concepts that exist in the mind.

This letter is not to make anyone right or wrong, because truly that cannot be. And I have always been open to input that would make myself, TB, and our organization better. However, what I

have felt in some of these recent "feedback letters" is a theme of, "I want more from TB" without ever really seeing what is possible or there for you.

TBF is a fast growing international training organization. It is recognized in the field of breathwork and in alternative health as one of the finest training structures and the most inclusive and effective breathing processes on the planet. Our outstanding presence and response last year at the Global Inspiration Conference totally confirmed this to me.

*(Continued on page 2)*

## Open Letter ... continued

The bottom line that I hear from a few is that: "We want TB to do more for us", "We want money from TB", "We want more space to do our thing". In reflecting on this, as I always reflect on feedback from the Universe and have spent the last month reflecting, I get the following analogy. Sharing this I hope will help clear up any misconceptions of TBF and its role in the world and with you.

Please consider the TBF Training Programs like a spiritual school for vibrational medicine and conscious connection. Like any training school the objective is to *train the students in the trade*. Give them the most practice, skills, and awareness possible to competently share that tool in a professional way with clients or groups.

The curriculum for TBF, the Seminar, Professional Facilitator and Trainers Training (Levels I-V) has been growing over the past 30 years and improving all the time. This I know is an ongoing process and I welcome new ideas and expanding what we offer. However, in the current form, TBF is here to train people in one of the most powerful and amazing self-healing modalities on the planet, not to hire Facilitators, or give them jobs, or spoon-feed them to success. The analogy that keeps coming to me is someone going to medical school, becoming a licensed physician, then being disgruntled at the medical school because they are not providing employment, enough support in being a successful doctor, or enough personal nurturing. Point in fact: This is not the medical school's responsibility – nor is it TBF's. Our role again is to train and educate. Instead of "taking care" of you or set up Facilitator practices, we give you a great fishing pole and teach you to fish. Now that does not mean there are not systems in place for continued support and education, available and free for all TBF Facilitators and Trainers. Here are some of the services TB offers:

1. The biggest and most important is that you have a forum (i.e. TB Seminars) to come back to and continue learning, breathing, and reconnecting to family. There is no charge for this support. Only to be responsible for your own expenses. There are times when TBF does supplement or cover those costs for Trainers and certified Facilitators. How much this happens is based on overall income and expenses for each individual training. Our goal is to staff Seminars equally with certified Facilitators and those still in training, and cover the R&B costs for those certified (sometimes met and sometimes not workable due to enrollment numbers). This is not the case for many Alternative Training Schools. For example, with "The School for the Work", "Living Light Culinary Arts Institute", and others, the staff not only pays all their expenses but pays a significant tuition as well. With Debby Ford, Deepak Chopra, and Barbara Brennan programs, staff pays their expenses. This is the common protocol. In TBF, when co-trainers meet their requirements, their R&B expenses are paid.

2. TBF has new educational and research material and information developed and shared with Facilitators and Trainers for the cost of copies and postage. (e.g. CDs, artwork, articles, professional forms.) For example, a whole new section on the website on Science and Breathing is available and will be growing.

3. There is a toll-free phone and experienced office support and guidance.

4. There is a quarterly Newsletter, that is open for announcements, articles, and questions.

5. The Foundation website is provided to enjoy and use at no cost. Facilitator and Event Listings are accepted and posted for no fee. Referrals to Facilitators happen all the time. This is just part of what the web offers.

6. There are products, tools, and marketing materials provided at no cost or wholesale.

7. For a number of years I offered Facilitator Days at a nominal fee to help create and support the Facilitator network. But they were discontinued in the US due to minimal response. In Europe, in each country, they are still an important part of the Breathing community. In 2008, there was one again scheduled on the East Coast on May 17.

8. A Facilitator Mentoring System was set up for those who choose to use it.

WHAT ELSE WOULD YOU LIKE? ... THE LINES ARE ALWAYS OPEN ...

I am happy that someone took the reigns in CA and saw a need for Facilitators to come together breathe and play and created an event for Facilitators. This is good and how it should be, but the responsibility for doing this is not necessarily the Foundation's. It is great when the family gets together on their own and share, play, grow and support each other. What I do object to is *needing* to do it because: a) the Foundation has somehow "failed" and, b) this weekend will go "beyond" what TBF offers.

Is working with Angels new? Is Sound-healing something we do *not* do in TB? So this finds me feeling that there might be some ulterior purpose in making what TB does not enough instead of just adding to what already exists. It represents lack consciousness instead of co-creating and growing together.

In one recent letter I was told to "get out of the box" and yet the "box" was never explored by that individual. For example, it was assumed that only what is in the TB curriculum can be taught in TB Programs, so that if someone wanted to add some of their special things to the content, that it would not be possible. This is not true. Case in point: For the past year a TB Trainer has been wanting to create a program on relationships and offer it as Level VI. They asked if that would be possible and began building the week. As a result we will be adding a new Level VI week on relationships and

(Continued on page 3)

## Visit to Damanhur ... continued

see the "New Age" in action and understand its influence on planetary evolution. Damanhur is involved in society at every level, socially, politically, economically, and artistically. They have their own school system (which includes the public school syllabus) and are active in national and international projects for the betterment of life on this planet. Damanhur also has a very active program in scientific research, developing healing techniques which are on the cutting edge of evolution. During our visit we will have the possibility to observe and begin to understand their approach to healing and life, and if we so choose, we will have time to receive one of the various therapies offered.

We all know that we are inter-dimensional beings with almost unlimited possibilities, but few get beyond worrying about their survival and/or pleasure. We now have the possibility to enter into the inter-dimensional world of the Damanhurians, witnessing the accomplishments and detail of their creation is enough to transform our way of seeing things and interacting with life. Damanhur is an incomparable experience! Whatever community you have visited or created, Damanhur will leave you in awe. It is an inter-dimensional community, a piece of the future, an energetic grid of deep dedication and knowledge.

### Turin Magic City

Turin (Torino) is one of the most magical and energetically powerful cities on the planet. The city is known throughout the world for the "Turin Shroud" (the enigmatic cloth that was allegedly wrapped around the body of Christ during his resurrection), said to have supernatural powers. The city is renowned for its power and mystery. The symbol of the city is a crowned dancing bull – The "Dancing Bull King" – and within its walls we find the second largest Egyptian Museum in the world. It houses 21 Sekmet (female goddess of protection and power: the black lioness). These "Sekmet" have been standing guard for 3500 years holding the power of earth's energy. They originally came from the temple of Mut (Goddess of Femininity) at Thebes "Karnak" (modern day Luxor). In no other place on earth do we have a similar concentra-

tion of Female Power so connected to the earth and so near a male Earth symbol as big and powerful as the "Dancing Bull King". This incredible "wedding" of Earth Power and energy shares the same geographic space with one of the most powerful spiritual symbols on earth (perhaps the most powerful), The Holy Shroud, the physical representation of Spiritual Faith and Strength.

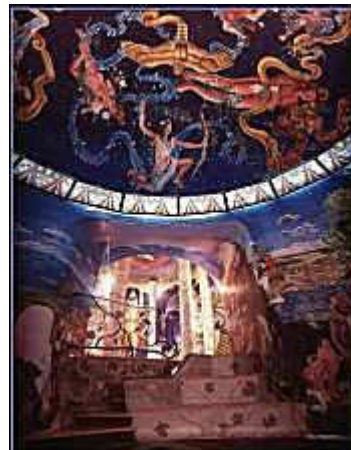
This Voyage to Damanhur and Turin is a perfect opportunity for transformation and personal evolution as well as a sure fire success for stimulation and excitement.

Hope to see you there.

Your friend,

Wayne Tooker, Organizer and co-leader

**Note:** There are still some places left in this year's tour, from **October 9 - 15**. To take advantage of the early registration discount, register by August 1. Contact TBF at 603 286 8333 or visit our Special Events page at [www.breathe2000.com](http://www.breathe2000.com) for more information.



*Damanhur - Underground Temple*

## Open Letter ... continued

spiritual sexuality, with a "beta" program for graduates later this year.

There are also opportunities for Trainers to bring other skills, such as more sound, yoga, dancing, etc. into the Seminar weeks. Those who came forward and asked have been given the okay.

The last statement to me I would like to address is, "Face it, you are greedy!" Most of the money that I make at trainings stays in the TBF account and keeps this hungry child growing. In fact, most of what keeps TB going comes from the money earned at trainings. I *am* Greedy. I am greedy to see everyone on this planet breathing and all Breath Angels abundant and fulfilled. To those ends I work greedily.

There *is* room in the TB structure for others to do their special weeks and use the breath, and there is also an amazing tried-and-true program structure set up for those who want to carry on the legacy of TB in its purest form. Both are fine. We need to be careful to not make one less in order to justify the other. Good lesson for us all.

So to any folks who want to object to TBF, what is that really about? And what is the mirror or reflection? Maybe a turn-around could shift that reality? And could you find a way to give more to yourself, the work, and perhaps, the organization that is devoted to giving you so much?

With love and hugs and appreciation,

Your Breath Mother, Judith



## New Level VI

ANNOUNCING TBF LEVEL SIX TRAINING!

Take TB to the next level of intimacy, play, and fun with your partner in a new Training level created by Dr. Kravitz and Trainer J.D. Thomas. **Open to all Seminar graduates** (partners and singles)!

As we all know from experience, Transformational Breath is the most powerful modality in connecting to spirit, letting go of blocked energies, getting in touch with higher awareness, and expressing truth. So, what tool has the drama of life given us to continually learn, feel, and grow? If you guessed "relationships", you are correct. Opening up to another human being allows us to feel the bliss and joy of life with passion, creativity, and excitement. And what can it also bring? How about fear, sorrow, insecurity, loss, and pain? Right again. And this cycle could go on and on throughout our whole lives until we understand the process and master unconditional love.

Level Six is designed to shed light on the truth of relationships and what they really are, an opportunity for expansion, expression, and growth. We have put together a dynamic, fun, activity-driven seminar to allow us to really dive deep into our beliefs about ourselves, the opposite sex, and our partners. If you are not in a relationship, that is great too, because ultimately you are only responsible for your own growth and understanding. Often we learn most of our lessons years after we have left our teacher (partner).

And, of course, the exciting part of Level Six is the esoteric teachings of sexual alchemy, integration of the four elements in the body, the awareness of the four minds, and learning how to use it to harness true power and begin to create a world of bliss and abundance. And just a secret here, for those of you that like the teachings of "The Secret", they have left out the two most powerful elements of creating the life you want. Yes, Sex and Breath! There is an amazing amount of creative power when these two get together. Level Six will teach you how to combine the two and put your foot on the pedal to accelerate towards your dreams and desires.

The full-week seminar will include many of the modalities that we already are familiar with such as "The Work" by Byron Katie, the morning kickoff (with a twist), dyadic integration, journaling, and of course, a lot of Transformational Breathing.

It will also include new modalities such as family constellations, the Big Heart / Big Mind Process, new variations of partner power breathing, integrating TB with sexual activity, partner meditations, playful dancing, self-challenging exercises, how to use talismans, and much, much more!

Join in now for the first beta (launching) 5-day program in California this November 21 – 25. This first class is half-price!

Please contact Jessica Leaf if you are interested in attending.

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

## Global Inspiration Conference

HAY-on-WYE, UNITED KINGDOM, 13 -20, JULY

The TB family can truly be proud to be involved with the International Breathwork Foundation's 15th International Global Inspiration Conference, and the first in the UK. Judith is giving a master class on the theme of "Accessing the Quantum Field" which will no doubt be very special. She is also leading a TB Workshop for children, similar to last year. This was such a moving experience as children from Turkey, Spain, Belgium, and Eastern Europe, with no language in common, all breathed together. This year, Ange Leake, our UK lead TB Trainer, is also running a themed workshop for children using breath and sound. Other TB Facilitators and Trainers will no doubt volunteer to run workshops "on the day".

For the first time, we also have a our very own pavilion at the Conference to showcase TB, do breathing analyses, focus the distribution of flyers and sell our products. This will include craft made by a women's project associated with **TIBA Africa** in Nairobi, Kenya. Yes, our very own TB trainers *Daniel Marungu* and *Vincent Oloo* are being sponsored by conference participants to enable them to attend. Please support them by donating toward their travel and other costs. As well as attending the conference they will have the opportunity to visit community projects and charities in the UK to help them with their groundbreaking work in Nairobi.

In addition to all of this, there is a rich programme of workshops, dance, theatre, hot tub, sweat lodge, and sharing of best practices by breathwork experts from different breathwork schools from all over the world. There are also two tours to spiritual sites such as Stonehenge.

We already have participants from over 12 countries, including 16 from Russia. The venue is an attractive old hotel set in beautiful rich Welsh border countryside. Please book soon to make sure of a place and to benefit from the weak pound. There is a range of accommodation from camping, dormitories, shared rooms, and luxury suites.

You will find more information about this conference on the website [www.globalinspiration.org](http://www.globalinspiration.org). Bookings can be made via [gicbookings@ibf.com](mailto:gicbookings@ibf.com); when booking, to enable value-added donations to be made for Daniel and Vincent, please quote my name, *Andria Falk*.

If not able to come please feel free to send any flyers you would like distributed: Andria Falk, 45 Blenheim Rd, Moseley, Birmingham, B13 9TY. email address: [andriafalk@blueyonder.co.uk](mailto:andriafalk@blueyonder.co.uk).

I look forward to breathing with you at the Conference, Sent with much love and blessings from the UK, **Andria Falk** ♥

## Q&amp;A

**BUTEYKO**

**Q.** Dear Judith,

Can you tell me more about your experience with Buteyko breathing? What is the difference between this and TB regarding the influence of getting more oxygen in the body? They say that is not correct to get more oxygen because the effect is that more carbon dioxide is leaving the body so the body is not able to pick up more oxygen.

**A.** Dear Marco,

Hi there. According to practitioners and folks who practice it, the Buteyko method is about not breathing to resolve asthma. The technique is that they "under-breathe", and to me this creates a physical and psychological need to open the breath. The body and mind call out for more and then the defense system tends to melt away. The part about more CO<sub>2</sub> leaving the body in TB does not make sense to me as we emphasize relaxing the exhale so the oxygen level is balanced appropriately with the CO<sub>2</sub>. Folks with asthma get results with their method and yet it really does not address opening the breath, clearing the subconscious, or connecting with Spirit. They are not accurate or informed when they talk about TB.

Love and hugs, Judi

**BREAST CANCER**

**Q.** Dear Judith,

A woman of 44 had a recent mastectomy to halt breast cancer. She will have chemotherapy as well. Do you have advice for the frequency and approach to doing breath sessions with her?

**A.** Dear Marco,

Hi there. Working with someone after breast surgery and going through chemo is different than regular client work. They for one have a lot of toxins in their bodies so there will be detoxing going on throughout their session work. So for that reason alone it will be good to work with them on a regular basis. There will also be cellular trauma from the surgery, and emotional issues at the level of cause that will be addressed in the sessions. Sometimes the effect of the chemo is so intense that they will not feel like going into a lot of emotional pieces. So they may need time for that. Overall though it would be good to work at least once with them for all those reasons, as long as the client is up to it.

Love and hugs, Judi

**BREATHING the OVERWEIGHT**

**Q.** Hello Judi,

I have a client who is overweight. She seems to do well in private sessions, but in groups her breathing appears lazy. Is it just a slower process for some and allowing more time and space to open? She is open to the process and enjoys it very much.

**A.** For the heavy-set woman I would turn her over on her belly, raise her arms and head so that she is level with the rest of her body and try lying on top of her, just applying some weight until her body responds to the weight. By relaxing more and breathing more deeply, you will be able to tell if she is breathing in her belly if her bottom is going up and down. I would also coach her about what you are noticing in her sessions and see if that corresponds with her goals. That might motivate her more to breathe and be conscious of her patterns that keep her from breathing and achieving her goals. Hope that is helpful.

Love and hugs,

Judi

**LOW ADRENAL FUNCTION**

**Q.** What advice do you have for facilitating a person with limited adrenal function as a result of prednisone use? Is it still safe to breathe?

**A.** We consulted 2 physicians to answer:

We assume this client is on medication to supplement hormones. If you or the client have any doubt, have the hormone levels tested before and after a round of sessions. Usually, such people have a good idea when their hormone levels are low and often self medicate. One could always consult with the client's physician, then start with sessions gently, and then monitor the client's reaction. A breathing practice should not present a problem with a client in otherwise good health.

When the function of the adrenal glands is insufficient or ceases, you have what is called Addison's Disease. Absence or deficiency of adrenocortical hormones like cortisol, muscle weakness, fatigue, and orthostatic hypotension are some early symptoms. Other effects include odd skin and mucous membrane pigmentations. Later stages may present weight loss, dehydration, fever, gastrointestinal disturbances, small heart size, decreased cold tolerance, hypometabolism, and even glucose intolerance issues. They can have more quick infections and fever. Acute adrenal crisis may result. Simply put, these patients can't adapt well to stress situations. Normally, they are  
*(Continued on page 8)*

## News Briefs

### TIBA AFRICA Website and Newsletter

Daniel, Vincent and the Africa team have posted a website to keep in touch with what is happening there.

Visit [www.tiba-africa.com](http://www.tiba-africa.com)

The TIBA Africa Foundation Newsletter is available on the site. Just click on the *Newsletter* Link.

Telephone; +254 720 960 115 / +254 721 691 553 / +254 721 324 816. Check the TBF schedule as some Trainings are being offered in Nairobi in 2008.

### New Science Page on TBF Site

The TBF website has a new page devoted to the Science of Breath and of TB in particular. Choose the menu link "Science" to visit. If any Facilitators or Trainers have material for that page please submit to us as there is room to grow. Hard science will only improve the credibility of our work so good material is welcome. Cheryl Valk has contributed most of the initial material.

[www.breath2000.com/science.aspx](http://www.breath2000.com/science.aspx)

### Charitable Search Engine

Search the Web and raise money for your favorite cause! ...

With [www.goodsearch.com](http://www.goodsearch.com) you choose from over 30,000 non-profit causes. Fifty percent of the ad revenue goes to causes

around the world. Powered by Yahoo!, Goodsearch is a full-function, high quality engine.

### Request for Children's Stories

The TB book for Children, "Child's Breath" is in progress and Judith would love to have any contributions you might have from any breathing sessions with young people. If you have quite a bit you might want to co-author a chapter. This could be for individual sessions or groups. Breathing children is so important at this juncture in time where so much clarity and direction is needed. Please contact Judith or send her your stories to: [judithkravitz@aol.com](mailto:judithkravitz@aol.com)

### Movies on the Internet

- A unique and amazing exploration of the brain and consciousness by a brain researcher. Dr. Jill Bolte Taylor studied her own stroke as it happened. [www.ted.com/talks/view/id/229](http://www.ted.com/talks/view/id/229) (18 minutes)
- Esoteric Agenda: Is there an Esoteric Agenda behind every facet of life? Not necessarily fact or truth, this is another call to challenge your belief system so that we may see that what happens in our world is much more than we typically observe. Go to [www.TalismanicDols.org/video.html](http://www.TalismanicDols.org/video.html) as it delves into provocative ideas while discussing reality, illusion, consciousness, why and how we are conditioned, and how we may evolve.



## Sharing

### SJANA – Working with Down Syndrome

Dear Judith,

Yesterday I had an introduction workshop for youngsters with Down Syndrome. Besides Sanne there were 4 of her friends. I know them all very well and had invited them to a breath party. During the explanation I used balloons, toning, kicking, and for the intention I had small cakes with strawberries and a candle.



They could make a wish blowing the candle. Then we turned the wishes into a positive intention as if it was already so. They really enjoyed it and it became hilarious when I put a mouthpiece in my mouth while breathing.

They had a short 15 minute breathing session with relaxation afterwards. I had told them we would make a never-ending wave of our breath and they perfectly understood it, because all of them were soon breathing a connected breath. During relaxation I told them about lying in a boat on their own "breath wave", feeling their intention, feeling how it felt.

I will keep you posted on my Down Syndrome breathing group.

Big hug and kiss, Sjana

[Ed. Note: Sanne is a young lady with Down Syndrome, who completed a Seminar last year in Turkey. She did very well and even led her group in the singing act on the party of the last night.]

### WOW, That Laser!

Good Morning Judith,

I broke my ankle in January roller skating and had surgery. The general anesthesia was toxic to my body. Breathwork helped ease the toxicity. But I forgot to use my laser until last Saturday. All I can say is WOW!

The swelling has diminished over 80%. If I had known the effect was going to be so drastic I would have measured it. I have been using it for 5 minutes 3 times a day. I was in a lot of pain but that has eased and my range of motion has also increased.

Love You,

Darcia





## 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 10 - 12, 2008**

**RYB**

**Holland**

Anita van Ostaden

073-6440936

[info@vidarte.nl](mailto:info@vidarte.nl)

**July 20 - July 25, 2008**

**Seminar**

**Oceanside, CA**

Jessica Leaf

760.724.6006

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

**August 04 - August 08, 2008**

**Level IV (part B)**

**Western Massachusetts**

Rox Lindbert

603.286.8333

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

**August 20 - August 25, 2008**

**Seminar**

**Whidbey Island, WA**

Dana Consuelo Smith

360.221.8575

[breathdancer@whidbey.com](mailto:breathdancer@whidbey.com)

**September 08 - September 14, 2008**

**Level IV (part A)**

**Oceanside, CA**

Jessica Leaf

760.724.6006

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

**September 19 - September 24, 2008**

**Seminar**

**Italy**

Wayne Tooker

011 39 3479334321

[viadelcuore@libero.it](mailto:viadelcuore@libero.it)

**September 27 - October 03, 2008**

**Level V**

**Holland**

Marco de Jager

0031-167-540174

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

**October 24 - October 30, 2008**

**Level IV (part B)**

**Turkey**

Nilgül Tavsel

+90 5325020682

[tavseln@ttnet.net.tr](mailto:tavseln@ttnet.net.tr)

**November 30 - December 07, 2008**

**Level V**

**Los Cabos, Mexico**

TBF

603.286.8333

[breathinfo@aol.com](mailto: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.

Cost of the entire program, is \$2200 (1800 Euros). The Price increases to \$2500 on September 8, 2008 (1950 Euros.)

For more info, contact the TBF at 603.286.8333 or visit us on the web at:

[www.breath2000.com](http://www.breath2000.com) ♥

#### NEW PRODUCT: FOR WOMEN ONLY

##### The Liberty Bra

Thérèse Légère invented and patented The LibertyBra™ after years of being frustrated with the lack of comfortable, supportive and healthy bras available. With 28 years of experience as a clothing designer and businesswoman; she developed a bra that allows a woman to breathe and move freely and allows the breasts to be held in their natural position without being constricted.

The LibertyBra™ is revolutionary in two ways:

The cup is designed to support and contour the natural shape of the breast without compression and allows for better circulation. And because of this new cup design there is no more breast spillage from underneath the bra.

As a Transformational Breath Facilitator, Thérèse knows that breathing effectively is important. She designed the adjustable strap system without elastic around the rib cage to allow women the freedom to move and breathe deeply. This strap system also prevents shoulder slippage.

Since most of our energy comes from breathing we want to make sure that our breathing is not affected by tight clothing.

Go to [www.TheLibertyBra.com](http://www.TheLibertyBra.com) or email the [TheLibertyBra@gmail.com](mailto:TheLibertyBra@gmail.com) to discover the comfort and freedom that the LibertyBra™ offers.



**Dr. Judith Kravitz**  
**Transformational Breath Foundation (TBF)**

P.O. Box 248  
Tilton, NH 03276  
603.286.8333 (office)  
603.286.8118 (fax)  
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[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  
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Steve is available around the Southeast United States offering Workshops and local Private sessions.

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

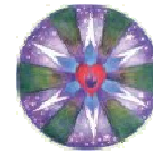
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## Q&A ... continued

treated primarily with corticosteroids. To approach breathing therefore, a well-treated patient will not present a problem. Do pay attention to danger of infection and the stress adaptation, and keep your client's sessions as gentle as needed.

### CHRONIC FATIGUE

**Q.** I have a client with Chronic Fatigue Syndrome (CFS) and I breathed with him once. We agreed it was a powerful half session with one integration cycle. There was an enormous amount of yawning and arching of the back (it almost scared me). The night after the session he hardly slept and felt bad physically the day after that. Though he would love to breathe again, he says that he's too tired and wants to wait until he feels better which could take months though. I am torn between coaxing him to do sessions, and having him decide what is best. Do you have any advice for me?

Love & Hug, Nadja

**A.** Dear Nadja,

Hi there. I can understand how you feel about wanting to follow through with your client. I have experienced similar situations with CFS clients. It is a condition that for whatever reason, maybe strong personal associations with the condition, that folks

seem to have more resistance and fear of working through those patterns. What I usually do is when I know they are experiencing chronic fatigue, I prepare them beforehand that they might feel like stopping when the integration of the symptoms begins, and I ask for a commitment to continue with TB regardless if they notice they are feeling bad or have intensified symptoms. The ones who follow through get on the other side and have great results. Some have completely gone beyond all symptoms and are living very energized and productive lives.

So it would be very good to keep encouraging them to breathe and let them know it is not a negative thing to feel some of the symptoms as they are clearing and that eventually they will get to the other side. I would also coach them into looking at who they would be *without* CFS, as sometimes there is a challenge to see beyond the conditions, so they stay stuck in their minds. In some cases there is even a payoff having a reason to not do certain things. I know your client will benefit if they continue with TB.

Love and hugs,

Judi

