

TBF E-News

VOLUME 4, NUMBER 3

OCTOBER 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:

Ange Leake:
on Sound Healing

Message from Judith:
Address from the
2008 GIC

NOTICE:

**LEVEL VI
Training
POSTPONED
until late January
2009**

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**TBF urges
US Citizens to
Get Out and
VOTE!**



It's Spiritual Business Time



by Judith Kravitz

When I was asked to give a Master Class at the 12th Annual Global Inspiration Conference this summer I felt honored. This is a yearly event where breathworkers and leaders from many different countries come and share and learn. Each year this event transpires in a different country (2008 took place in the countryside of Wales, hosted by the United Kingdom). However, when I was given the topic of "Creating a Successful International Business", I was a bit miffed. There are many subjects around breathing and breathwork I would consider myself an expert. Business and business practices are not necessarily one of them. I could almost say that TB's ultimate successful standing in the international breath global arena has happened despite my inexperience and lack of business expertise. I felt I could offer so much

more to the group on all my years of experience as a breath pioneer and practitioner, and the revolutionary uniqueness of TB.

One could even say I would be considered an accountant's nightmare, not really grounded in business form. For example, having five checking accounts and not knowing the balance in any of them. Keeping little or no financial records, not having a business plan or manager, I initially felt pretty inept to give a Master Class on successful business.

However, I realized a bit later on that I did have some good input for success and business. Before I share my insights I would like to share a bit of my history. At one point in my life I was a single mom with six small children, four of them under the age of five. Living from day to day and seemingly on my

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Facilitator Spotlight



This issue we talk to UK Facilitator and Trainer **Ange Leake** about the importance of Sound Healing within and outside of Transformational Breathing.

Why is sound or working with our voices so important?

Our voice is a huge part of how we express ourselves in the world, how we make ourselves known. Most of us have at some time in our lives been told to be quiet, not to speak out, not to sing, not to express how we feel. As Transformational Breathworkers we see the legacy of this in the breath patterns of our clients and our-

selves, and know the importance of moving past these blocks and reclaiming our expression as we reclaim our breath. Toning is effective in moving this blocked energy, because like the breath, sound is pure vibration and I believe that it's possible to go much further, really helping people to come fully into alignment with their true free expression. Many people need to re-learn that the sound of their voice is acceptable, either in singing or simply in speaking their own truth.

What has been your journey with sound

(Continued on page 2)

Spotlight ... continued

and music?

As a small child I sang freely and expressed myself confidently. However, by early teens my confidence had been undermined until I was sure my singing voice was rubbish and speaking about my feelings was dangerous, so I learned to keep quiet, not to draw attention to myself and pretty much avoided situations where I had to express anything real.

As an adult I have been fortunate enough to encounter a number of wonderful teachers who very much believe that everyone can sing and it's our birthright to do so. I joined a choir where you don't have to audition or read music, went on some amazing workshops and began writing songs myself. I was encouraged by my wonderful friend Gila whose work is all about inspiring people to find their own voice and a few years ago took a course in Sound Healing. Because my first love, the work of my heart is Transformational Breathing, it seemed natural to look for ways of incorporating more sound work into my breath practice too and this is continuing to grow and develop into workshops that focus equally on both. My confidence has grown and, in a bizarre way, it has almost been an advantage not to have a perfect singing voice because that makes it less intimidating for unconfident people to join in – if I make mistakes and hit dodgy notes, it gives them permission to do the same!

How does sound enhance breathwork in your experience?

We already know the value of toning within TB, also the importance of the music we use to enhance the complete experience of the breath session. In the groups I run, or where appropriate with individual clients, I use vocal sound (speaking, toning, or chanting) often with movement as well to help people to access energetic blocks, or more often to make contact with their power, their inner resources. This creates an opening that often allows the breath to go deeper, more quickly and to ground the positive experiences they find through the voice work.

What are the types of sound methods you use?

In my sound healing training I learned how to give a sound healing treatment by sounding over a person's body and using the vibration of my voice to identify energetic blockages and then to help to remove them. We also learned about using chants, tuning forks, and other instruments. What gets me most inspired is supporting people with their own work, to empower them to be the instruments of their own healing so I am much more excited by the ways I can help people to find their own voice in whatever way that is meaningful to them. There are some wonderful chants from a variety of traditions around the world that can really help people to open up, also some great singing affirmations that can energise and empower people and I often use these in groups. I like simple songs that are easy for people to learn and join in with, without having to

stress about learning lots of words, part of the intention being that people will remember them and go away singing these positive messages to themselves.

Within breath sessions, I sometimes tune into a client's body, or use tuning forks to help to clear the auric field and support them in opening to the session. I have a wonderful tuning fork called an *Om tuner*, which you strike and then place onto a bony part of the body where it sends vibrations throughout the body and feels lovely. I often use this over the heart chakra (I warn people first so it doesn't make them jump out of their skin!); it almost always makes them smile and breathe more deeply into that area.

How does it affect what you are doing?

Working with sound makes me happy and that's a pretty good argument for doing anything as far as I'm concerned! Making friends with my voice, my own sound, has also been a way of building confidence in my abilities as a facilitator and trainer, and the belief that I have the ability to share the work I am meant to do. It is a way of making communication fun, giving myself and others permission to experiment and play, without attachment to outcome.

How can one bring more sound practice and experience into their everyday life and the lives of their clients?

Sing, tone, yell – whenever and wherever you can! Experiment with the range of sounds your voice can make, even the ones that aren't beautiful to listen to. I encourage clients to practice toning, because many need to get used to the sound of our own voice, and to get accustomed to the idea that it's okay for other people to hear us too. In the car is a great time for doing this because no one can hear you. If you live with other people it may be tricky to find opportunities to make sound without feeling self-conscious; however, you can incorporate sound into your daily practice of meditation, 100 Breaths, or whatever you routinely do. If you are around small children take advantage of their willingness to join in and have fun, also their ability to enjoy your sound and their own uncritically!

My own practice incorporates toning every morning, also using a beautiful singing bowl which is easy to learn to use and gives support to the sound of the voice. Whatever my intentions for the day are, I can usually make up an affirmation that fits and sing it over a few times to myself. Again, it doesn't matter if the tune keeps changing or if it doesn't really scan, it's just a way of really putting my intention out there and making sure both I and the Universe have really heard it. You could also get a copy of my CD, "Meditations with Breath and Sound for Morning and Evening" which guides you through sessions for both ends of the day, approximately 12 minutes each. Oh-oh, shameless advertising ...

[ed. note: Ange Leake has events around the UK on the TBF schedule as of this writing. Meet Ange at:

ange@breathangel.co.uk , www.breathangel.co.uk]



It's Spiritual Business Time ... continued

own, I would do breathing sessions for whatever someone chose to give me, sometimes it was a jar of jam.

About 20 years ago I formed a breathing Institute with a man where money and business seemed to be the bottom line. We grew fast and I learned a lot. After a few years we were guided to go our separate ways. That experience, however, served in showing me how to balance business with heart. Now I head one of the busiest International Breath Training organizations in the world. TBF has programs in over fifteen countries and facilitators in over thirty. As a collective we are reaching hundreds of thousands of people every year.

I have a very good income and financial holdings and feel abundant in all areas of my life, such as a wonderful soulmate, healthy body, magical business experiences, rich spiritual life, love galore, travel to many interesting places and soon a piece of ocean front land to build my dream home.

Why is the business aspect important for us? For one thing it allows us to do our work in the world. It is also an important aspect of the "right livelihood" formula. We are service and we are business, we need to develop and express both aspects. Would you like to be more abundant and successful? When I asked that question at the conference everyone raised their hand. Say "YES", out loud now, if you do!

After exploring this for over 32 years I have some ideas as to what it takes to create solid and real success and fulfillment, and not just money.

1. Determination and Commitment: There is no room in this profession for the faint hearted. If this is your path, ask how strong is your commitment to doing it and how determined are you?
2. Willingness: That is a big word. Are you willing? My motto has been, "I am willing to go anywhere, anytime". And for a number of years I did. How willing are you? What conditions do you set that keep you from giving your all? When we do, that is what we get back.
3. Vision: This means holding the space for your goals and intentions, no matter what the world or the external looks like. Do you hold that vision and are you true to it? Or do you get swayed by the world of illusion?

4. Alignment with your Destiny: Is this your true path? It will not happen if it is not and it cannot *not* happen if it is. So we need to surrender to that greater good and fully align with it. Go inside and find out.

5. Clarity: We need to stay clear and do what it takes to get clearer and lighter all the time, no matter what. That is mandatory when we work as an agent of light.

6. Focus: Can you hold the focus of the work in the immediate moment of a session and in the bigger picture of your vision? We need to have laser beam focus that keeps us going no matter what. A major Hollywood producer once told me, "You are the most focused person I have ever met."

How can TB assist us in manifesting these attributes?

We can clear the subconscious blocks to our good and acceptance. We can more fully open to the flow of the life-force, Spirit, and our good, one in the same. Our capacity increases as well. Allow the breath to support us in the expansion of our good. A quote from one successful facilitator, "The more my breath opens up, the more good floods in." Our breathing also allows us to transcend the importance of ego, money, power, and put us in touch with the true power of Spirit.

True prosperity and success are based on energetic principles. What we give in kind we receive on every level. In giving my all to TB, I have, in turn, received so much. There never seems to be an end to the giving, and we cannot ever out give God.

If we remember that it is our connection to, and awareness of, Source that manifests our good then we are never separated from that supply.

Tithing (giving 10 %) of our time and our income is a sure way to never sever those ties to Spirit -- our ultimate source. What would happen if you spent some time each day breathing on your success and creating and executing your own Spiritual Business Practice? Are you willing to accept and live the life of a successful abundant breathworker? ... I support you in that vision!



POEM

Dreams

Dreams come in darkness
 Dreams can bring light
 And lightness
 Clarity
 They reflect desire
 They reflect in shadow
 We see ourselves then fade away
 Returning like a friend

Dreams are healing
 Dreams are insight
 Dreams are sandpiper footprints
 Erased by the surf
 Bringing gifts on briefest flight
 Present like the material world
 Pleasant like a warm embrace

Dreams are like mail -- all parcels blessed
 Dreams are like visitors -- all sorely missed

-sg

Q & A

SPIRITUAL ADVENTURE

Q. Can you tell about the spiritual progress people make by using these techniques?

A. Dear Gorkem,

Thank you for your interest in Transformational Breathing. You have asked a big question that has many answers. The spiritual experiences people have in this process are truly amazing. One of the questions on our Facilitator exams is for them to describe their most Spiritual experience. You would be amazed at some of the places people have gone in their sessions. To the far corners of the Universe, to being with every Spiritual Master and Angel you could imagine, to experiencing themselves as pure light, and on and on. One day I hope to publish a book with all those amazing stories. The main reason for such Spiritual expansion has to do with the fact that in TB, we first open our breathing, which then allows us to clear the negative patterns in the subconscious which then opens the space to access the spiritual levels more easily. I invite you to experience this journey with your breath and see where it takes you. It sounds based on what your practices have already given you that you would have wonderful spiritual adventures.

Hope to share more with you, Breathing in Love, Judith

HELP with CANCER – (patient and caregivers)

Q. Hi Mom, My friends mom, Betsy, fell seriously ill after a diagnosis of cancer. Is there anything such as certain affirmations or passages or certain areas of touch Katie, her daughter, can do to help open up the breath? Love Madonna

A. Dear Madonna,

Hi honey. What a heartfelt situation. If I were there I would work with just having Betsy breathe into her belly and relax on the exhale. At least that way she would be using her diaphragm and not the other muscles that create stress and tension in her body. This would also allow more oxygen to access the body and give the body many good things. If you or Katie feel tightness in her belly or abdomen when she exhales, increase the pressure on those muscles so they will relax more easily. Good affirmations for her would be, "It's safe to let go", "Its safe to trust", "I choose life, I choose breath", and "I let go and let God". It would be great if she can have her mom breathe in and out without any pauses, this could cause her body to begin to activate (i.e. breathe automatically) and then the breath would go where it is needed on its own. It would give Betsy great peace. It would be great too if Betsy could visualize light going into every cell of the body as she breathes in. And if everyone can remember that she is perfect Spirit and that part of her is guiding and supporting her through this journey. I wish I was closer so I could help more. I will keep the family in my prayers.

Love and hugs, Mom

Some of the lead-in to the question:

Katie,

I can't sit silently wondering if I should reach out to you or not. I wish when my nephew was receiving his aggressive treatment my friends weren't scared to reach out to me. *[ed. note: Readers will remember young Collin Guyotte]*. I spent endless hours in the hospital wanting and needing some kind of support for myself, not knowing at the time I was neglecting a piece of myself to give to my sister and her son. Be aware that by taking care of you, in turn, takes care of your mother Just as quickly as cancer grows can it shrink or disappear. And I admire your power to pull this force together. I know this person Betsy, her smile lights up a whole room, her eyes are as bright as the moon and her presence is felt by all. She is a true angel. You say it loud and clear, do not give up hope. I am here. -Madona

Thank you, Madona,

It has been an incredible heart warming experience with my mother and family. I am beyond the shock of seeing my mother so sick, of seeing her on a ventilator, not being able to speak or move from sedation. I have become her voice and so in tune with our common intuition that I can feel her pain and I can feel her strength. I *have* learned that taking care of myself allows me to take care of my mom. Today she came off the ventilator. Now that I am immersed in the experience, I can understand how patience is important and how baby steps, although so small, are steps in the right direction. We have faced the possibility of death, been asked to make a decision on "code status" and life support on her behalf. I thought I lost her about six times. There is nothing we cannot handle now. I have embraced every moment with her, infusing her with love, reading quotes and affirmations from a few of her favorite books and healers.

[ed. note: Readers please send all Prayers, Love and Light toward Betsy's recovery.]

BREATHING POSITION

Q. Hi Judith,

A client noticed that I am propping her up to breathe, and others I do not. She wondered if it is the goal to be able to breathe openly while ultimately lying on the floor and not having to be propped up.

-Christian

A. Dear Christian,

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Q&A ... continued

Hi there. As you know we prop clients up for a number of reasons. One is to use gravity and the more graduated angle to help open the chest. Also, folks feel a bit safer propped up as opposed to lying flat on their backs. For the most part, about 85% of the people I work with fit into this category and seem to reach a fully open breath more easily in this position. The folks who look like their breath is open lying flat may still have some upper chest closure which is easier to open when propped up a bit. Those who need to be flat initially are the ones who do not breathe in their lower respiratory system (i.e. belly), then sometimes they transition into being propped up once that area opens. It is very wonderful we have the knowledge and ability to change positions for people based on their breathing patterns. No other breathwork pays attention to this. Hope this answers your question.

Love and hugs, Judi

RINGING in the EARS

Q. Dear Judith,

Level IV participant has ringing in his ears and it increases when doing self-sessions. So he doesn't do them anymore. He gets crazy and 'afraid' of going into the session because of it. Can you give me some advice? Thank you,

With love and big hugs, Nicole

A. Dear Nicole,

My understanding of ringing in the ears is that it is the audible version of the light energy and if folks follow it they go deep inside. So part of the journey is surrendering to it. I know that sometimes folks have another experience of ringing in the ears that may be different or the same. I would love a chance to help him work through it with more acceptance. It will not drive him crazy and it could very well be a gift he is resisting. I would encourage him to perceive it differently and see what it has to teach him. Like tetany, the more we resist it the more it stays around. Hope this is helpful. Love and hugs, Judi

NOSE BLEEDS

Q. What do we about nose bleeds in sessions? Marco.

A. Dear Marco, Hi there. I asked other facilitators about nose bleeds as I have only experienced a few situations with that. What we agree on is that they are primarily caused by changes in the hyperbaric pressure -- that their internal pressure builds and causes the blood vessels in the nose to break and bleed. I feel to best work with this, it is important that there be a good flow of breath and energy in the upper chest to avoid this from happening.

Love and hugs, Judi

RELIVING TRAUMA?

Q. Hello Judith,

I am breathing a woman has done years of talk therapy as well as numerous alternative healing modalities. She describes herself as stressed, sad, discouraged and anxious. She has been on sleep meds for years and still is very sleep deprived. She is also in an eating disorder support group. And she is so afraid that feelings that might come up will overwhelm her by reliving body trauma and abuse.

Cherese

A. Dear Cherese,

I've had clients who have been very afraid of what might come up in sessions and the light headedness that they feel when the oxygen goes to the brain. First of all, I ask them what would they rather do, keep those traumas in the subconscious and have them continue to influence their lives or possibly feel them as they are leaving. If not dealt with, they will make someone sick, which seems to be having a toll on her already. The lightheadedness disappears once someone is activated and they lose body consciousness. Eventually she will have to accept both experiences in order to go through them and be free. I would keep encouraging her and trust your intuition to guide you as to how far to go each time. I believe once you get her activated the issues would move very fast, so my approach would be to encourage her to go for it.

Love and hugs, Judi

HIGH PULSE RATE

Q. Hi Judith,

A client, around 50, with about 6 sessions behind him, spaced 10 to 15 days apart, informed me his pulse was high - around 90 bpm. He never checked it in the past and wonders if it is related to the breathing.

Love, Alev

A. Dear Alev,

Hi there. If he is in the right position and the breath is moving through his whole body, (i.e. from top to bottom) then there should not be any problems. Pulse and blood pressure would actually drop and normalize. So make sure the breath is really moving in the chest and starting from the lower belly. This will insure energy not building

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News Briefs

TIBA AFRICA Needs Your Help

Daniel, Vincent and TIBA Africa still need your financial support. Any donations, perhaps in form of a monthly pledge, will help further their work. Funds may be sent directly to the TBF and will be forwarded to TIBA Africa.



For more info on their work, visit

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

Science: Breathwork & TB

The TBF website's Science Page is to be expanded with a collection of peer-reviewed scientific research on Breathing in general, oxygen, and related healing topics. This is designed to help improve the credibility of our work in the eyes of the main-

stream medical establishment, or those who may simply be inherently skeptical about health claims to begin with (as I tend to be). Hard science from trained researchers equals food for thought for the scientific mind and perhaps greater comfort for popular consumption as we have distilled the studies down for easier comprehension.

Cheryl Valk worked on articles for Phase I of the Science Page. Now, Nadja Benschop, (one of the handful of physicians Judith has trained), has contributed a collection of articles from scientific journals around the world for Phase II. She and Stephen Gooby have reviewed these for presentation on the web, appearing sometime before the next Newsletter comes out.

It is the aim of the TBF to grow this body of literature but also, and more importantly, eventually to procure resources to launch controlled clinical studies on the healing effects of Transformational Breathing.

Call This Dedication

Yes, that's a tattoo -- of the TBF Logo. And it's on someone's back. I know who this woman is and I'm guessing it's one of those permanent tattoos -- you know, with the needles and stuff -- ones that require surgery to remove. This requires real passion for the work! I for one, am impressed.



-sg ♥

Q&A ... continued

up internally. If you need to slow the breathing down until this happens, then do. Be sure and prop him up as well as this allows a better flow.

Love and hugs, Judi

LOCALIZED PAIN

Q. Hey Judi,

A breather has noticed that during breathing he has strong knee pain. No pain otherwise.

John

A. Dear John,

Pain in a specific place (e.g. knee), is about a trauma that is integrating. It could be a surgery or a past injury or just an area that needs some energy for what ever reason.

Love and hugs, Judi

SCIENCE BEHIND TB

Q. Hi.

About a week ago I underwent a TB treatment. During the treatment I had to breathe in the typical wave like way. After the treatment I felt euphoric, confused and motorically disturbed. My limbs were tingling and my lips were numb. I also passed away for some time. I felt nausea and had a slight headache, I thought this was normal until later, when I got home. I told this to my wife (MD). She explained to me that I actually breathed myself into a hyperventilated state, with concomitant imbalance of O₂/CO₂ levels. This might cause neurological effects because it tends to change the operation of the nerve conductance. A few hours after the treatment I still felt nauseatic and very tired. I also felt abnormally depressed (I am sensitive to depression). The tiredness took 3 days to pass, after that I felt still depressed until now, 10 days after the treatment. I tried to read about the scientific back-

(Continued on page 8)



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)

Seminar
October 31 - November 05, 2008
Istanbul, Turkey
 Sibel Kavunoglu
 +90 5323576176
sibel.kavunoglu@hotmail.com

Level V
November 30 - December 07, 2008
Cabo, Mexico
 TBF
 603.286.8333
info@transformationalbreathing.com

RYB
January 16 - January 18, 2009
Jacksonville, FL
 Carol Meyer
 904.242.0012
healerone@bellsouth.net

Seminar
February 08 - February 13, 2009
Cabo, Mexico
 Rox Lindbert
 603.286.8333
info@transformationalbreathing.com

Level IV(A)
February 15 - February 21, 2009
Cabo, Mexico
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

RYB
March 27 - March 28, 2009
New York City
 NY Open Center
 212.219.2527 x2
info@opencenter.org

RYB
April 03 - April 05, 2009
Lenox, MA
 Kripalu Center
 800.741.7353
info@kripalu.org

Level IV(B)
May 02 - May 08, 2009
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

Seminar
May 10 - May 15, 2009
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

TBF SPECIAL EVENTS

Annual Cabo Seminar

February 8 – 13, 2009

"Breathe on the Beach"
with Dr. Judith Kravitz.

An annual special week-long Seminar held at a beautiful resort in Cabo, Mexico. Combine a winter vacation with a life-changing experience. Unforgettable!

To register, or obtain more info, contact:

Rox Lindbert
603.286.8333
info@transformationalbreathing.com

♥

Links to printable flyers for Special Events are found on:
www.transformationalbreathing.com/brochures.aspx

NOTICE: LEVEL VI TRAINING POSTPONED
until late JANUARY 2009

HEALTH BITS

With the **upcoming election in the US**, we hear much about Health Plans. Candidates come up with new plans to sell to voters, and after each election, the only change is that things get worse. This is not an endorsement of a plan or person but a call to GET ACTIVE and AWARE. Food for thought on what WE need be fix:

- * The biggest bureaucracy in the world is health care administration which accounts for 350 billion of your health care dollars.
- * Candidates say we have 50 million uninsured. Up from 41 million just a few years ago. 9 million are children.
- * 20,000 or more die in the US because they can't afford a doctor. How many are children? How many more suffer with chronic illness that could be treated?
- * There are 4 healthcare lobbyists in Washington for every member of Congress.
- * More bankruptcies occur because of healthcare bills than by mortgage default.
- * The US spends more on healthcare than any other country. We have neither the best health nor the best care... Not even close.
- * 42 countries have lower infant mortality rates than the US.

[sources used are both government and privately-based organizations] ♥

The Transformational Breath Foundation Newsletter is produced by:

Dr. Judith Kravitz
Transformational Breath Foundation (TBF)

P.O. Box 248
Tilton, NH 03276
603.286.8333 (office)
603.286.8118 (fax)
www.breathe2000.com
breathinfo@aol.com



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

Stephen Gooby
Breath Dynamics

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



Steve 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

grounds of TB and I found hand-waving and unproven explanations on how vibrations (of what) and energy levels change. As I am a professional physicist, I was rather curious on what that meant but up to now I could not find a reasonable explanation. As it is now I am rather suspicious about the usefulness of this method. I for sure am not going to pursue and I hope the bad effects will soon disappear.

A. Dear [Name withheld],

Hi there. Your response to TB was somewhat unusual, and without being there I would say the results were the result of an incomplete session. We carefully monitor the CO₂ and O₂ levels by insisting on a relaxed exhale which would keep the CO₂ levels up. I would love to communicate with your TB Facilitator and get more details from their perspective. TB has a 30 year history of profound results and a shaky first session is not the whole picture. I hope you are open to exploring the process more once I get more information There is a lot to be gained.

Breathing in Love, Judith

[ed. note: Dr. Kravitz has trained numerous board-certified physicians around the world, not to mention a few professional physicists. In an effort to elucidate the science behind our breathwork, we are building a Science page on our website which will soon feature a growing compilation of controlled, peer-reviewed research studies as well as science-related articles on various topics. Our plans include an article to discuss

the physics behind Transformational Breathing. Our intention is to one day gather resources to do controlled clinical studies on the healthful effects of this modality.]

APPLYING PRESSURE

Q. Judi,

What is happening in the body when you put weight on an area where there is no breath? Or, why does breath move into the area where you add pressure?

Love, John

A. Dear John,

My experience is that when you put weight on someone's stomach, for example, while they lay on a hard surface, the pressure causes the diaphragm to engage and correct the breathing pattern. It also collapses the muscles in the chest and back that have been keeping the breath shut down. Thereby expanding and freeing the breath. This position also helps people feel safer in expressing their emotions.

Love and hugs, Judi

