

TBF E-News

VOLUME 5, NUMBER 1

MAY 2009

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

SPECIAL POINTS OF INTEREST:

A Call To Conscious
Evolution

Seasonal Message
from Judith

The 2009 Global
Inspiration
Conference
begins July 6
In Mexico

Damanhur 2009
Sep. 29 - Oct. 5

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What's Our Job?



by Judith Kravitz



What an interesting time on the planet right now. At a time when there are more things to know than ever, we now live amidst big changes and huge uncertainties.

Recently, in our program events I have been noticing some new patterns unfolding and emerging, quite different from years before. The flow of groups, the seeming instability and inconsistency of predictable income, and fluctuation of the size of trainings. A number of TB programs have been built in the last few days prior to their beginning. In curiosity I asked what is this about, what is happening and what should we do? I knew that there was something else going on besides "the economy". One clear answer I got is that instead of programs being almost fully booked weeks and sometimes months in advance, that the last few days before the program registrations doubled. What I got was that some of the new develop-

ments are more about our building faith and in the movement of Spirit and learning to trust the flow and the perfection of the moment. How big that is when sometimes it does not match our vision? It also was shown to me that people are more in touch with their intuition and are making last minute decisions from that guided place.

One of the new "jobs" I have been given is to hold the space of proceeding and moving forward regardless of numbers and appearances. To trust the flow of the Universe and show up no matter what. This can be somewhat challenging when the mind has created a different structure than the current reality. I keep remembering Byron Katie's famous quote, "You only lose every time when you argue with reality". So what I get is that we are being taken to a new level of faith. Faith in trusting in the moment, faith in Spirit's plan for this world at this time, faith in the absolute perfection of the Universe. A Universe that cannot be manipulated,

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Facilitator Spotlight

by Judith Kravitz



This issue we talk briefly with **Dr. Anthony Sainz** and **Dr. Chih-Ching Woo**.

They have been sharing Transformational Breathing

for over 10 years. They are not only Certified Facilitators but have led TB Training weekends as well. They are based in New York City, but have traveled to China, Taiwan, Miami, and elsewhere to share Transformational Breathing.

Right now they are the only Trainers working in the Far East .

Anthony is head of research at Hunter College in Manhattan, while Chih-Ching is a world renowned speech therapist and a retired and famous newscaster in Hong Kong.

Although they have combined a variety of healing modalities in their individual practices they still share Transformational Breathing with the majority of the people they work with.

Spending a good part of the year touring the East lecturing on their new book, written

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Spotlight ... continued

in Chinese, the translated title is: *"Showing Your Real Face !!!"* I was fortunate enough to meet with them last month in New York to find out the exciting things going on in their busy lives.

JK: I understand that the Dalai Lama called you several years ago to come and work with one of his lamas.

Chih-Ching: About five years ago we received a call from the Dalai Lama asking us to come to his monastery in India and work with a young boy who he recognized as a reincarnated teacher of his. This young boy presently had the appearances of the condition of autism.

JK: What happened when you arrived?

Anthony: When we arrived at the monastery it was very impressive and we were taken to this boy about 8 years old who seemed to have the symptoms of severe autism, with little or no communication skills and was very withdrawn. I began working with him patiently with sounds and breathing and lots of repetition. After three weeks of therapy he started coming out of his shell somewhat and making better contact, attempting to say words.

JK: How has that progressed?

Chih-Ching: We returned several other times to the monastery and worked diligently with him and he continued to progress and improve. Now that he is older he has come to New York to work with me the last few times and stayed several weeks. He is now saying some words and definitely is more focused and able to connect better. The Dalai Lama has let us know how pleased he is with his "teacher's" improvements.

JK: Tell us about your book.

Anthony: We have just finished and published our new book. It is written in Chinese and the literal translation of the title is, "Show Your Real Face". It includes many of the healing tools we have studied over the years and, of course, we mention you and Transformational Breath. We are getting ready to tour the Far East leading lectures and courses that cover the information in the book. So far the response has been amazing and we are very excited. Our plans are to make it available in English in the future.

JK: How do you include Transformational Breathing in your work now?

Anthony: I have a busy private practice and I give each of my clients TB sessions along with some other powerful modalities I use. I also give a group session to all my students at least once per semester. We also do small group sessions once a week in my office, so TB is still a wonderful part of our practice and lives.



The Air Tamer 300

NEW PRODUCT OFFERING

How can one experience a deep cleansing breath if the air one breathes is polluted with chemicals (solid, liquid, or gas state)? When an individual is processing negative past experiences while taking deep cleansing breaths, how can the process be fully effective if the air is contaminated?



There is a very simple means for a person processing sub-conscious negativity with deep cleansing breaths to inhale and exhale pure air that also has a very organized structure. Highly coherent negative ions that have been treated by Triple-Vortex Technology cleanse the air in any kind of environment. The negative ions are generated by a small, dependable, durable, and effective device one wears on the chest called Air Tamer 300.

It has been on the global market for three years. The personal Air Tamer 300 ionizer is now available as a Triple-Vortex Technology-treated item. When an Air Tamer 300 is placed into a normal-sized room, the negative ions will improve the smell and taste of any liquid or solid food exposed to the Triple-Vortex Technology negative ions for three minutes.

The Triple-Vortex Technology-treated Air Tamer 300 uses an inexpensive battery that last for 22 days of non-stop operation and is completely silent so as not to distract the individual when processing personal issues with deep cleansing breaths. The individual can choose to use the Triple-Vortex ionizer while in the facilitator's office or also purchase a unit so they can use the unit when practicing their deep cleansing breaths at home or office.

The Triple-Vortex Technology Air Tamer 300 is very effective for the initial or full-blown symptoms of a cold, headache, sinus congestion, and lung distress. So when one stimulates the tear ducts to flow when taking deep cleansing breaths, those tears will be a structured liquid due to being exposed to coherent negative ions produced by the Triple-Vortex Technology-treated Air Tamer 300.

If you desire structured and true deep purified cleansing breaths for yourself and your clients, then contact the Transformational Breath Foundation www.transformationalbreathing.com about purchasing the Triple-Vortex Technology-treated personal Air-Tamer 300 ionizer. Initial introductory price now \$150 or two for \$275.

This and other new products will be available on our new E-Commerce Site which is expected to launch in May 2009.



What's Our Job? ... continued

planned out, or controlled. Something that has always been true and yet now is ever so much more apparent. How do we keep up the new leaps of faith thrust upon us?

I know we have the most amazing and powerful tool for tuning into higher realities, the one that can take us past fears and appearances to the solid foundation of trust and knowing cores inside each us. So I have been breathing a lot. Waking up many times in the middle of the night to find myself called to breathe past the anxieties or concerns my mind has churned up or the pieces emerging from my unconscious. I have found that when things seem too overwhelming in my schedule or family life, the minutes I spend breathing myself back to center or energize are priceless and effective.

In a recent prophetic article written by Carlos Barrios, a Mayan historian, investigator, and anthropologist, along with being a ceremonial priest and Spiritual Guide, he speaks of the earth changes and the historic date of 12/21/12. He shares how life and our values are changing and will be different, telling us, "Learn good breathing techniques, so that you have mastery of your breath." He also goes on to say how important it is for us to have strong roots and tradition, and if we find our hearts we will find our way.

So it looks like living in the moment and trusting the flow is the Order of the Times. One practice that I have just begun is the *Presence Process*, by Michael Brown, which calls for us to breathe and practice being fully present for 15 minutes twice a day for 77 days. The folks who I know who have completed this, say it has changed their lives. I look forward to experiencing and sharing more about its value.

We have chosen to incarnate at this universally unique and historic time because we have important work to do. We are here to help create balance. It is nature's way to find balance. The gift we have in Transformational Breath is that it is a true energetic balancer and we can utilize it to bring that to ourselves, to others, and to the planet.

SO WHAT'S OUR JOB? OUR JOB IS TO BREATHE PAST THE ILLUSIONS OF SEPARATION, SICKNESS, AND PAIN, AND FIND WHAT IS TRUE AND REAL, AND BRING THAT GIFT TO WHOEVER IS THERE TO SHARE IT WITH. WHAT COULD BE BETTER THAN THAT?



Q&A

REVERSE BREATH PATTERN

Q. A 28 year old athlete with a strong belly breath and very controlled exhale, flipped into reverse breathing when I got him breathing into his chest. The only way I could get him back to regular breath was to belly bag him, which took away his chest. I made little progress on his exhale. He enjoyed the energy of the session and was ready for more.

John

A. Dear John,

Without having seen your client I cannot say for sure how I would bring the two parts together. One thing that I have found effective to smooth out someone's breath is to turn them on their stomach, arms facing towards their head. Then check out where the breath is going. If it is in the belly then put some weight, (I usually lay my chest on them) on their upper back. If just the upper back is going up then I put the weight on their lower back and buttocks.

You can tell if it is effective if you feel or see that area begin to rise and fall. This process usually takes a while so have them stay in that position so the breathing pattern can become grooved. Also, you could keep him on his back, prop him up and have him breathe in very slowly. Start in the belly and gradually bring it all the way up. It would be better to work with them in a private session because of the attention it might require to get his breathing coordinated.

-Judi

SLEEP APNEA

Q. What is your take on sleep apnea as a communication from the body? I am in love with my life and very prosperous finally. What is wrong?

A. I know there are good ways to deal with your diagnosis of sleep apnea. In TB we believe it is directly connected to the unconscious "source urge" or "death urge", and its need to

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Facilitator's Share

From Steff ...

Voluntary Simplicity is basically desiring to live simply. I know so many people (myself included although not as much anymore) that have so much STUFF. When I started breathing, I found myself starting to go through my house and purge loads and loads of things. It was as if de-cluttering my mind allowed me to de-clutter my living space. I no longer needed "things" to show the outside world I was okay when I wasn't okay internally. By purging a lot of "history" I was able to live more in the

present – and enjoy it! Along with this, I've been adopting the "want vs. need" concept to purchasing new things that come into our home. It really is amazing how little you can spend when you aren't into acquiring more stuff. Take a look around and see what stuff you have, ponder what it means to you, and why, and how you would feel if you got rid of all those things tucked under beds, deep in closets, or in the attic/basement. And if you want to breathe away some clutter...



Q&A ... continued

integrate. So folks try to satisfy it by leaving their bodies in their sleep to heal the unconscious desire to leave. This can be directly related to their past and not necessarily reflect how they are currently feeling about their life. The best way to integrate that I know of is to breathe through it. During the sessions, you would probably leave your body a number of times and this would be the pattern in the process of integrating, it would be good to work with the affirmations, "It's safe to be in my body", and "I choose life, I choose breath". It would be also good to set up a few appointments with a facilitator you feel safe with. I know that this will help.

Love and hugs, Judi

MIND-CENTERED BREATHER?

Q. I breathed a friend yesterday. A chest breather, with no breath below her navel. She reports lower back pain, digestion problems, and gets taken advantage of. I felt that she was in her heart and probably made most decisions with her emotions. However, she believed she analyzes everything and made decisions with the intellect. She asks where do you see that in the body?

-JD

A. Dear JD,

Hi there. In some ways it might seem contradictory. If she is just breathing in the upper chest then her personal will is not developed and she tends to be spacey. I see folks who are heart breathers as loving and not grounded or totally focused. They also need to develop personal will [may relate to getting "taken advantage of"]. I do not associate being in the mind with a heart breather (and face it we are all in our minds) so it is not a true characteristic or correlation. The belly breather has a strong personal will, ego motivation, and are not too much about expressing or being totally in touch with their feelings. They are pretty grounded and more in their mental and lower chakra expressions and they have integrated more in the subconscious than an exclusively upper chest breather would have. Hope that clarifies, but know that each person is a unique individual and may not fit exactly in our evaluations.

Love and hugs, Judi

IS IT PRANA?

Q. There seems to be a fine line between what I was thinking was prana and simple hyperventilation. The tingling in the hands and face area are symptoms of hyperventilation. Can someone clear this up for me?

Thank You. Monte

A. Dear Monte,

Hi there. I am glad you are experiencing Transformational Breathing sessions and I can understand your concern about hyperventilat-

ing. In our studies we have found out that when people blow or force their exhale it lowers the CO2 which in turn creates an alkaline state in the blood, (i.e. hyperventilation). In Transformational Breathing, we monitor the blowing or pushing of the exhale and insist on a relaxed one, thereby not lowering the CO2 and keeping the blood chemistry in balance. The tingling you feel when you are doing TB, (if you are not forcing your exhale) represents prana or life-force energy going to different parts of the body and bringing energy and oxygen there. We look at this as a good indication that new places in your body are now receiving the life-force and healing. I hope this clarifies your question and concerns.

Breathing in Love, Judith

CANCER

Q. What recommendations do you have for breathing a client with terminal ailments (i.e. cancer) – client is on medication and situation is not severe at the moment.

Big hug, Vincent

A. Dear Vincent,

Hi there. I would encourage him to see light going into every cell as he breathed and to also focus on getting in touch with the feelings and thoughts that help create disease in his body. This will allow the body to heal by working at the level of the mental and emotional causation. Also be aware of intense detox of the medication when they breathe (and this detox is good too). Have them drink lots of water. I know they will benefit greatly by working with you and the breath.

Love and hugs,

Judi

CANCER

Q. Dear Judith,

In December 2008 I was operated on because of skin cancer on the upper arm. Now, it is still very painful and I am afraid of the cancer returning. How can I breathe the pain and the thoughts away and become healthy, also healthy in my thoughts? Thank you for your answer. Sincerely, Ralf

A. Dear Ralf,

Hi there. I feel there are a number of ways to work with the diagnosis and symptoms of cancer or the after-effects of cancer treatment. I feel that TB helps in several ways. First of all bringing oxygen into the cells is a very good way of killing the cancer cells and creating new healthy ones. I also feel it is

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Q&A ... continued

important how you hold yourself in your awareness and to really see the truth of your being as perfect Spirit and experience the flow of the breath as the movement of Spirit in your body. I also feel that the breathing will give you the opportunity to get in touch with any thoughts or feelings that might be contributing to the causation of any disease in your body. I know you will have lots of support with all of these things in Level IV and have a joyous journey as well.

Breathing in Love, Judith

[Follow-up]

Dear Judith,

Thank you for answering my questions. You were right. By Marco [de Jager, trainer in Europe] I could feel the flow of energy through my body and I saw my thoughts about my former life and especially my childhood, and I really acknowledged the reasons for my cancers. My upper arm now is painless. Thank you so much, Judith, for creating such a powerful, lovely tool for all of us.

In love, Ralf

[ed. Note. Ralf has entered our Professional Training Programs].

CHEMICAL SENSITIVITIES

Q. I am interested in your program at Kripalu. I've had chemical sensitivities for many years, probably as a result of chemicals used by a cleaning company to clean a sofa back in the 1980's, and I was hoping the session might help. Maybe over time the breathing will help clear out the toxins. I also find that I often get stuffed up when I'm in climate-controlled environments. Do you think the program would be appropriate?

Louise Lonabocker

A. Dear Louise,

Hi there. Thank you for your interest in Transformational Breathing. I have seen quite a few people with allergies and chemical sensitivities respond very well with Transformational Breathing. We remove a lot of toxins when breathing with TB and as a result are able to handle more in our environment. I look forward to meeting you and sharing more.

Breathing in Love, Judith

PREGNANCY

Q. Judi,

I'll be working with a woman who is 7 1/2 months pregnant with twins in her first pregnancy. She is my boss in our office and this is her first breath session. I re-read your chapter in your book on preg-

nancy. To be clear Lamaze is an upper respiratory breath technique correct? Also, do you recommend toning while pushing during delivery and just use the TB method as contractions are occurring. Thanks for your help!!!

Love & light, John

A. Dear John,

Hi there. Yes it is fine and very good to work with pregnant women and right up until birth. It is best to prop them up so they are on a 45 degree angle. If you can find the diaphragm then you can work with it. It will probably be buried by now. The babies will actually be like belly bags so they will provide a natural pressure to bring the breath into the belly. Toning is great during labor and TB is even better during the contractions. I am happy and surprised she will have a natural labor with twins. The modern protocol is to take them out with a caesarian procedure. If that winds up happening then the breathing after will help her detox anesthesia and trauma from the surgery. La-Maze is "pushing the exhale breathing" and not effective for integration or to support the labor process. Let me know how it goes.

Love and hugs, Judi

EPILEPSY

Q. Blessed Judith,

I have been breathing a client for 4 weeks, once/week. She is an RN and manages a critical care unit, lots of stress in what she terms a "toxic environment". She has been having major shifts take place in and after the sessions. She had a grand mal seizure (at work). She has never had one before and was hospitalized overnight.

Love, Giri

A. Dear Giri,

Hi there. It is not a surprise about what is going on in your client's life. I have worked with several epileptics where they have had situations in their life they wanted to escape. One of the biggest things to watch for is what she does with her exhale. If she holds on to it at all or tightens her body then that is causing a buildup of energy that can release through convulsions or seizures. You can slow her down and diligently look for places where she is holding on or tightening up on the exhale and then put a steady strong pressure there until the muscles relax. You can also work with the affirmations, "It is safe and enjoy-

(Continued on page 6)

The Club ... Working Toward It's Goal



I recently became a member of **TIBA-Africa Foundation's "Club of 100"**, because of what it is and how the concept touched my heart. As we all know everyone needs to breathe and Transformational Breathing is a way of learning to breathe dynamically to improve our lives on every level. Many countries in this world are not financially set

up to help people to survive, let alone treat themselves to self-help techniques.

Over the past 6 years Marco and Jacquelin de Jager and their family, have gone to Kenya, Africa many times to bring TB programs to hundreds of citizens there at their own expense and without salaries. Now Kenya has its own trainers Daniel and Vincent who are able to offer TB Seminars, mostly to folks who live on barely enough income to survive. TBF has been able to support their efforts with donations of money and materials.

Marco and Jacquelin's son Mitchel, just 14 years old, came up with a beautiful idea, to create the Club of 100 which would help provide income for Daniel, Vincent, and TIBA-Africa Foundation, until it is able to be more self-sufficient. How it works is that individuals and organizations contribute 100 Euros (approx. \$130 usd) a year to help the continuation and growth of TIBA-Africa Foundation during a period of three years. If 100 people

join then they are able to do their programs for three years. This project is only expected to be needed for a few years, then TIBA-Africa Foundation will be self-sufficient.

So I ask everyone to look into their hearts and see a place where we can make a difference in a realm where help is needed and valued, where they might not have access to it otherwise. Think of all the ways we spend 100 Euros and see the potential that supporting the Club of 100 has to change lives. Your contributions will be received with joy and gratitude.

Breathing in Love, Judith

Please contact Mitchel at Mitchel@tiba-africa.com to take this important step.

The CLUB of 100 -- A GREAT WAY TO SHARE



FACILITATOR-ONLY EVENTS

Facilitator Day in
 Saturday, May 30, Massachusetts.
Breath Facilitator Retreat
 June 20 – 24, Indian Wells, CA

More info: www.breathe2000.com/special_events.aspx

Q&A ... continued

able to be here and now" and, "I can relax and let go". Also include some coaching about her life and what changes she can make for more joy .

Hope this helps.

Love and hugs, Judi

BRAIN INJURY

Q. Do you have any specific cases where you breathed a brain injured adult?

A. Yes, we have had a number of clients with brain injuries that have responded well to Transformational Breathing, my own son Solomon included. What I noticed in working with several clients with various degrees and stages of brain injury is that it first brings more oxygen and energy to the head and brain. TB also has a profound effect on the nervous system and has a balancing and calming influence on the overall energy of the breather. Even if the brain-injured client is on a respirator, they

can be coached to breathe into their belly and relax on the exhale. The respirator can even be adjusted to function more with the natural rhythm of breathing. TB would also address any emotional trauma involved with the accident that caused the injury in the first place, or subsequent surgeries. One facilitator in San Diego worked extensively with a man who had suffered a severe brain injury years before and was experiencing limitations in speech, walking, and overall coordination. He worked with her for about a year doing a session a week and found great improvements in all those functions. He even invited her to come and speak at the San Diego Brain Injury Association meetings. He wrote an article about how much he felt TB had changed his life.

I encourage anyone with a brain injury to work with Transformational Breath and experience all the benefits from full open breathing .

Breathing in Love, Judith





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

Introductory Workshop
May 19, 2009
Waltham, MA
 Betsy Bragg
 781.899.6664
bbski@stanfordalumni.org

Introductory Workshop
May 23, 2009
Quincy, MA
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Seminar
May 31 – June 5, 2009
W. Massachusetts
 Rox Lindbert
 603.286.8333
info@transformationalbreathing.com

Level IV(A)
June 25 – July 1, 2009
W. Massachusetts
 Rox Lindbert
 603.286.8333
info@transformationalbreathing.com

Level IV(A)
July 22 – 28, 2009
Istanbul, Turkey
 Nilgul Tavsel
 0090 532 502 0682
tavseln@ttmail.com

Seminar
August 30 – September 4, 2009
Clinton, WA (Whidbey Island)
 Susan Cassaro
 206.406.8442
crystalstardust@centurytel.net

Seminar
September 20 – 25, 2009
Rimini, Italy
 Sandro Carriero
 0039 0547 611363
info@accademia.fc.it

Seminar
November 23 – 28, 2009
Germany
 Dorothee Dillmann
 0049 8106 32827
info@tag-coaching.de

MORE TBF EVENTS

TWO LEVEL V TRAININGS in 2009



Our Annual gathering in **Cabo Mexico (December 6 - 12)** and a second in **The Netherlands (October 10 - 16)**.



BOSTON WORKSHOP SERIES

These partial-day events with Judith are rare so do not wait to register.

May 19, 2009 (5:30pm - 9:30pm)
May 23, 2009 (10:00am - 5:00pm)

These are RAW FOODS NETWORK Events

More info:
 Check the [Special Events](#) page



Additional events with Judith are scheduled in **Turkey, the Netherlands**, and even **Kuwait** during 2009.

Future Trainings running into early 2010 are slated for such locations as: **Massachusetts, California, Michigan, Florida, the UK, Canada, Kenya, Belgium, and Portugal.**

More trainings are added all the time so periodically check:

www.breath2000.com/training_sched.aspx



DAMANHUR 2009

Mark your calendars for **September 29 - October 5.**

Damanhur is truly a transcendent experience, considered by many the "8th Wonder of the World". More details will become available on the website [Special Events page](#).

Check back ... And don't miss out! ♥



JUDITH at 2009 GIC

July 6 – 13, 2009 in Mexico

Judith is keynoting again at the Global Inspiration Conference, joining an inspirational group of healers.

For all the details visit:
http://www.ibfnetwork.com/gic-2009_info.html ♥

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

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Steve 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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New Product

RA STICKS



RA Sticks produce rejuvenated alkaline water. These are your portable ionizer sticks. Great for everyday use and travel. Transforms tap water into a powerful anti-oxidant mix to aid wellness, weight-loss, and anti-aging.

Removes chlorine and other impurities, adds minerals, raises pH to 8.5 - 9.0 or higher.

Improves taste of water with beneficial minerals. Makes 500 16-ounce bottles of healthy high-pH, ionized drinking water. Great for pets too!

This and other new products will be available on our new E-Commerce Site which is expected to launch in May 2009.



A Call to Conscious Evolution

Sponsored by: Evolutionary Leaders

Climate change, economic disparity, educational inequities, geopolitical tensions -- these mounting concerns are symptoms of a world that is out of balance. Together we can shift consciousness by co-creating a new way of being together.

The Call to Conscious Evolution was born following a gathering of global visionaries. It's a movement that fully supports that the future is not what happens to us, but rather what WE create. Together, we can co-create a new narrative of conscious evolution by:

- * Building a global community and creating a culture of peace.
- * Restoring ecological balance to nourish all life, and mitigate the effects of climate change.
- * Engaging in social and political transformation by calling for a more conscious democracy.
- * Promoting health and healing by acknowledging the profound mind-body-spirit connection.

The Pledge: I join with Deepak Chopra, Marianne Williamson, Jean Houston, and other evolutionary leaders to pledge to make my conscious evolution an important part of my life, and in so doing help make the world a better place.

Sign the Petitions:

<http://www.thepetitionsite.com/takeaction/248704259>

