

TBF E-News

VOLUME 5, NUMBER 2

AUGUST 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:

Seasonal Message
from Judith

Dave & Pat Krajovic

Damanhur, Italy
9/29 - 10/5

Cabo, Mexico
Level V
12/6 - 12/12

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Inspiring Love



by Judith Kravitz



[note: This is a summary of the keynote talk that Judith gave at the 2009 Global Inspiration Conference outside of Mexico City (July 6-13)]

The theme of this international conference was "Inspiring to Love", which really seemed to fit because Mexico City is reported to be the heart chakra of the planet. Having a global conference there with the theme of Love seemed so perfect.

Why is love important? Many feel that our essence is love, that we ARE love. We all have within us infinite unconditional love. The love I speak of is beyond words; it is all-accepting and non-judging.

Love is the answer to all questions. No matter what comes up, if we choose love as the solution then we have won, even though it might look

as if we lost something in this world. For example, say we seem to have lost our boyfriend, but if we handle the situation with love then we have passed the test and have really won. We are given many of these tests that initiate us into higher orders of love, and when we choose the path of love, we pass that initiation. The master Jesus was the perfect example of unconditional love by asking for his persecutors' forgiveness while being crucified.

Some say that there are only two emotions, love and fear and we are always choosing one or the other. How do we know which one we have chosen? How does our choice feel? If it feels good and expansive then we have chosen love and if we feel contracted and uneasy then we have picked fear.

Most of us have been programmed and
(Continued on page 3)

Facilitator Spotlight

by Stephen Gooby



This issue we profile Dave and Pat Krajovic of Michigan. Each is a Senior Trainer in the TBF organization and

together they have made significant contributions to our collective work. I have known Dave since he became a facilitator and since have witnessed the Krajovics' accomplishments pile up. It's a pleasure to present them to our readers who may not know the name.

SG: I have witnessed you both spearhead a

Breath movement or expansion in Michigan, and since, branching into other states as well. Tell us how it all got started?

K: It goes back to a passion for the breath. See the change. Feel the change. Be the change. As the breath has changed our lives, it is a natural outcome to want to expand and share it with others. When we did our seminar, we did it together. Never before, other than maybe our honeymoon, have we ever felt so connected, so in love. But it was not just romantic love but love for

(Continued on page 2)

Spotlight ... continued

all things everywhere. Such feelings are contagious. A vision of what can be forms in your mind and pulls you toward it.

SG: Before creating Bodyworks Healing Center, you had other professional backgrounds. How have they helped your healing business and how can they assist the evolution of Transformational Breathing?

K: While incarnated in human form we participate in a duality of energies, yin and yang, masculine and feminine, analytical and intuitive. Our formal education as MBAs and our professional lives in the corporate world helps bring the masculine energies of "doing" into manifestation of breathing programs and events. It is easy to melt into the warm, comforting energy of the feminine (the breath) but nothing happens without the masculine. Einstein said it best, "Nothing happens unless something moves".

We believe this marriage of the masculine and feminine when balanced can make for effortless and powerful manifestation. It also provides a comfortable base for communication and understanding with those in the business world. Businesses need to regain the balance between masculine and feminine.

Since we have lived both ends of this spectrum as professionals and as breath facilitators, we can help bring this new consciousness to businesses. Also, our formal training and experience, helps us understand what it takes to develop, maintain, and advance a breathing practice to the public.

SG: Tell us about your new Training format debuting this year in the US called, "Inspiring Your Destiny". How did that come about? What are the similarities and differences between it and other TBF Training formats?

K: All the Universe wishes to expand. When a person is infused with the energy of the breath, they become "inspired". The root of the word *inspiration* literally means to "breathe in spirit". When we surrender to the breath, it naturally provides insight and movement toward expansion. Our inspiration first took the form of 2 one-day workshops, *Letting Go with Transformational Breathing* and *Conscious Manifestation with Transformational Breathing*. The breath is a powerful ally in the letting go of old negative patterns. It is an equally powerful ally for creating anything new, for to create something new we must breathe life into it.

Our background as healers includes training in a number of advanced healing disciplines. We took some of these concepts and other ancient wisdom teachings and infused them with the power of Transformational Breathing. Once the one-day workshops were completed, it was a natural step to combine them into an even more powerful weekend event called, *Inspiring Your Destiny, The Power of Creating with Your Breath*.

SG: You have developed your own Breathing CD. Any more works planned?

K: Yes, we developed a CD entitled *Divine Breath*. Our next CD is due out in August 2009 and is entitled *Spiritus Animus*. Divine Breath is perfect for the beginning breather and for those that want a less in-depth breath session. As part of the breath session there is a clearing meditation invoking Archangel Raphael. Spiritus Animus is a 55 minute breath session allowing you to go deeper. Mark Watson, the artist who created the music for both CD's, has breathed to both. He says, "If Divine Breath is Breathing 101, then Spiritus Animus is definitely Advanced Breathing."

SG: Can you talk about your meditation circle for Facilitators?

K: Yes, once a week we gather whoever is available to connect and support each other energetically in our breath practices. We do this using free voice-conferencing. During the call we affirm energies that we all desire more of, such as wellness, aliveness, open-heartedness, and abundance. Then we direct our combined attention on our vision and infuse it with the power of a connected breath. A number of facilitators have already noted a change in their breath practice. We do all this in about 20 minutes.

The more that join, the more powerful the energy and the greater the ease of manifestation. If you feel the least bit inspired, join us.

[see note at the end of the interview on joining the call].

SG: We often ask about one's vision for TB? Do you have a vision and a concrete, practical view of how to take it to the next level?

K: Our vision is that millions come to know the transformative and self empowering nature of Transformational Breathing. So far, each facilitator has been on their own doing the best they can to develop a practice. There are now enough facilitators to begin to collaborate and take Transformational Breathing to the next level.

We also feel that the time on the planet is right. With the increasing vibrational shifts, there is no better time or more urgent need. Why can't Transformational Breathing be as commonplace as massage therapy? We want to help facilitate and coordinate this effort.

SG: Given your success, do you have any advice for newly-minted facilitators out there?

K: Breathe. Breathe every day. Learn to consciously create your day. Create a world view of an abundance of people wanting to learn TB. Connect with other facilitators. Join our weekly meditation. We have much more planned but facilitators must be willing to put their conscious awareness in this direction.

The DVD *The Secret* and similar products have done wonders to

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Inspiring Love ... continued

trained in loving conditionally, which means I will love you if you do what I want, or meet my expectations, or be who I think you should be. We are all transitioning into a truer state of loving, where we love everyone and everything exactly as it is, seeing the perfection and spiritual essence of all. Unconditional love is what defined the true enlightened ones. There have been many beings with wisdom, but the true masters were not earmarked by the information they had, but with the love and peace that they shared that wisdom with.

WHATS YOUR BOTTOM LINE?

In exploring the subject of love for this talk I began looking into the matters that motivate people in this world. Even though everyone is love and wants to experience love, love is not everyone's bottom line. Our bottom line is what is our baseline of choice when we have to make our ultimate decisions. Some have chosen money, some power, some importance. I began to realize clearly that love has been my bottom line and could feel the rightness of that path for me. Knowing that when I have to make a major decision that my ultimate choice has been the most loving one, regardless of external outcomes. To me the earth is the school of love and perhaps we are all here to remember love as our bottom line. This is the key to self love, learning how to trust and appreciate ourselves and knowing we will make the right choices no matter what. Choosing love is the ultimate indication that we are truly present for ourselves.

DEEPENING OUR LOVE THROUGH OUR BREATH

It is commonly known and accepted that we have 7 major chakras mapped to our physical body. Chakras are energy centers that govern certain areas of our expression in our lives and they are either open or closed.

When they are open, pure light, or the kundalini energy, runs through the chakras via our spine activating the life force stimulated by our breath moving through our full respiratory system. Some of these chakras get blocked from shutting down from past traumas, holding on to suppressed emotions, and negative thoughts and programs in the subconscious. This is clearly shown by restricted breathing patterns that limit the flow of that pure light energy or the life force. Here is a simple image of the chakras and what areas of expression they govern.

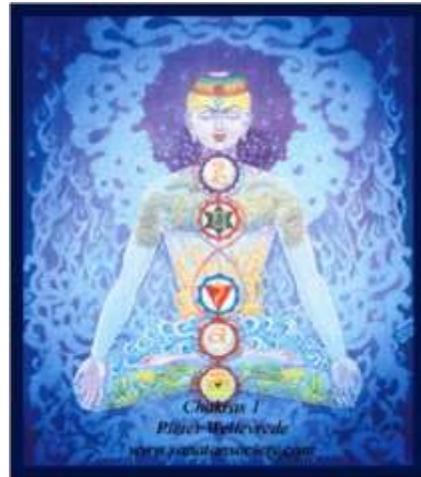
(see opposite diagram for **chakra mapping**).

1st Chakra (Root): blocked – ungrounded; open - grounded and focused.

2nd Chakra (Sacral): blocked - repressed sexuality and creativity; open - creativity and sexuality.

3rd Chakra (Solar plexus): blocked - our fears; open - expression of our power and joy.

4th Chakra (Heart): blocked - holding on to grief and anger; open -



expression of love and higher will.

5th Chakra (Throat): blocked - expression of feelings and self; open - expression of Self.

6th Chakra (Third eye): blocked - confusion and lack of clarity; open - inner vision and clarity.

7th Chakra (Crown): blocked - disconnected from Spirit;

open - connection to Spirit and Guidance.

Our 4th chakra governs our expression of love, the 5th and higher influence our spiritual connection and expression and these chakras when open and clear become the doorway to our Spirit and mystical life.

Our breath when flowing openly can and does work with the Kundalini (life force) energy to clear and open the positive expression in each chakra. We all need to learn to breathe in a way that supports the natural flow of life force energy and the clearing and opening of the chakras.

This is one of the fundamental objectives in Transformational Breathing, to work with the flow of life force in a specific way to stimulate the clearing and opening of each chakra so that our energy flow is nowhere restricted in our bodies and energy field.

One of the natural results of this process is the full opening of our heart chakra and the healing of the pain and traumas that might have closed it in the first place. This results in greater access to our love expression. Sometimes this happens for someone in their first session and sometimes it is an energetic journey to get to the heart chakra and above. The path is always the same, beginning to breathe in the first chakra (Physical) and working up to the 4th (Emotional), then higher (Spiritual), the same flow as the Kundalini energy movement in the spine.

As the life force energy moves higher than the heart center, (i.e. throat, third eye, and crown) our love becomes more spiritually influenced. So we can, in fact, "inspire" our love and breathe consciously to access and express it in unprecedented ways. We then become more and more aware of who we are as love, and allow it to help experience why we are really here.

[*ed. note: In the next issue we plan a piece on the "Presence Process" by Michael Brown. Meantime, check it out at: www.thepresenceportal.com]*



Q&A

MEDICATION

Q. Dear Judith,

I am working with a client who is not able to stay with the breathing and continually phases out, although not leaving her body. She is taking several medications for various conditions. How can I keep her breathing?

-Sheri

A. Dear Sheri,

Hi there. It sounds like she might be detoxing from the medications she is taking for her condition which would come up as they were coming out with the breathing. I would also sit her up and just keep coaching her like a drill sergeant. Maybe even do private sessions with her so that the attention you give her does not take away from the others. Toning a lot helps pep up the energy too.

Love and hugs, Judi

AORTIC ANEURYSM

Q. Prospective client has an aneurysm in his abdominal area. Of course, I would not do any deep palpation or body mapping in the area of the aneurysm, but my concern is if during the session his blood pressure were to rise during an intense cycle.

BIG Hug to you!

Love, Allen

A. *[We had a Physician field this question].*

Hi Allen,

You are right to question safety here. First, it would be helpful to know how large the aneurysm is. Generally, anything under 5cm [2 in.] will not be operated on, as the chance of success is too small in the smaller aneurysms. The diameter therefore helps to judge the risk (anything under 3cm [1.2 in.] could be considered rather safe). If the aneurysm is larger, then you should be careful with this client, mostly in terms of bodymapping.

As for your question about the blood pressure, generally, these patients already suffer from a high blood pressure, and my guess would be that he is being treated with anti-hypertensives. Changes in blood pressure are evened out with this kind of medication, so normally I would not be too scared of a drastic rise in blood pressure during the session.

As for the session, I would prop him up, and always keep the flow in the heart area, even if you need to sacrifice the belly somewhat.

Please do not put pressure on the sub-sternal point. If he still seems to be controlling his exhale, approach the control points via his back. Also, you could just put pressure across the lower part of his ribs, across the lower part of the sternum to help with the exhale. In general, I would opt for gentle sessions. Put on gentle music and let him soften the breath each time he stresses. Avoid arm or leg compression. As long as you have the circular breath and a gentle flow going, he could still have very meaningful sessions. Sometimes I find that the gentler I am, the more powerful the release is.

Love and hugs,

Nadja

HEART ARRHYTHMIA

Q. Hi Judith,

A client with recent severe palpitations (heart rhythm disturbances) had been taken to the ER. Her heart was fine, no signs of heart disease on the ECG. She is currently experiencing menopause and happily concludes the palpitations are part of that. As a physician I can certainly go along with that conclusion, but I am curious how to explain such symptoms in energy / breath terms? She has tendency to exhale longer than her inhale and sometimes is a challenge to breathe deep down into her belly.

Love and hugs, Nadja

A. Dear Nadja,

Energetically speaking, if she has a longer exhale than a quick sigh, then there is an element of control and this could cause a back-up of energy which has sometimes caused seizures and other physical symptoms of imbalance, which heart palpitations would indicate to me. First, I would shorten the exhale, to relax the tightening and go for a smoother, even flow. See how that affects her condition. Second, you know the importance of propping them up for an open flow so pressure does not build in the system.

Love and hugs, Judi

ARM COMPRESSION

Q. Hi Judi,

I had a client the other day who had an issue with keeping

(Continued on page 5)

Q&A ... continued

her arms bent during arm compression. I sensed during the session she had some sexual abuse in her past. She confirmed that she had "feelings" of sexual abuse, but doesn't have conscious memory. Does abuse sometimes get "forgotten" by the conscious mind or can people have a "pain body" for others? She did not like the arms bent as she didn't feel she was able to push "the abuse" away.

Love & light,

John

A. Dear John,

Hi there. It is common that when folks first do arm compression that they are not able to push back or push too hard and not keep them straight, which can cause instability. One of the main reasons we do arm compression is to help them get in touch with their power and express it. So we just want to match their power and let them have a slight edge. As far as things such as abuse happening and someone not remembering it is not uncommon. Those are the types of things we put away in our subconscious mind. Also, it could have been from another incarnation or maybe even tuning into or carrying someone else's trauma. It does not matter where the fear and trauma has come from, the important thing is that it is coming up and clearing in the breathing sessions.

Love and hugs, Judi

ABANDONMENT ISSUES

Q. Hi Judith,

My daughter frequently goes into deep sadness that she cannot account for. She is 24 and was in an incubator for 6 weeks at birth. I keep telling her that she may be going through some nonverbal birth trauma / abandonment. I don't understand how babies with no "language" can know what abandonment is.

Love, Rose

A. Dear Rose,

Hi there. Nice to hear from you and I understand about young people going through depression. However, as strange as it might seem newborns experience everything whether they are verbal or not. We have had some very interesting patterns we noticed from clients who have been adopted and how big their abandonment issues are and some of the physical symptoms they developed associated with that experience; asthma is one of the major ones. I would suggest if there was anyway to attend a week program independently or together that would be wonderful and very powerful. The breathing has a way of getting to those deep feelings and patterns and resolving them very quickly.

Love and hugs,

Judi

GUILT

Q. Hi Judith,

I have been wondering where to access guilt when I work with the neck. Is it still best to turn the client over and work the points all up and down the back?

Thanks so much,

Eva

A. Dear Eva,

Hi there. My experience is that we carry guilt and self judgment in our lower abdomen. The important thing is to body map the lower stomach and abdominal area, and go deeply but gently into those areas. If you find a hard spot or tension there, keep the pressure on until it relaxes. Those are issues that have not integrated yet and need help to release. Affirmations of forgiveness and acceptance of self are valuable too. Let me know how that works for you.

Love and hugs, Judi

[*follow-up*]:

Judith,

I was thinking more about guilt. You teach in body-mapping, guilt refers to the back as well. So is the guilt held through the lower belly more related to sexual issues, such as that old concept of "sin" or is it more general? Or do I even need to know?

Love, Eva

Dear Eva,

Hi there. Yes you are right that the back is related to guilt about the issues on the front directly opposite. Self judgment, which is a form of guilt, is in the lower stomach and abdomen. That area is also associated with the second chakra which has to do with sexual expression and trauma, but also about creativity, open or suppressed. It is good to know so you can support your client with the best affirmations and support the issues in those areas.

Love and hugs, Judi



Facilitator's Share

STEFF'S RAMBLINGS

Hello Friends!

I wonder about how some people come to a Transformational Breathing session and then not show up again. I wonder why that is. Well, I did this too. I had two sessions and then I made every excuse in the book not to go back. I'm talking every excuse – no time (lots of work, dog is sick, house needs to be cleaned, doctor's appt, need to work out), no money (gotta pay the bills, car broke down). I didn't really know I was making excuses at the time, as all of those things seemed pretty logical.

It took me two years, but my next breath session was at a Seminar (Levels 1 – 3). I cannot tell you how terrified I was. To my core terrified. About to jump off a cliff terrified. I realized after that two years, that it was fear that was holding me back – nothing else. My ego was super unhappy that this new self-healing tool I had discovered was actually bypassing it and cleaning out my subconscious without it's approval. And it was acting like a kid who's discovered their mom had been cleaning her room behind her back. "Dude you're messing with my stuff! I like my stuff! Don't touch my stuff! And DON'T look under the bed!!"

Fortunately, my urge to "put down my stuff" had finally become stronger than my comfort in keeping it. And I dragged myself to the seminar, which I can only describe as profound and life-changing. I discovered that those things that I fear, are the ones I should do. I discovered that my fear would manifest itself first with sarcasm, "This is such hippy woo-woo stuff", and then anger, "They can't make me do that", until it finally got to the pure fear itself.

My point here is that, I get it. I understand why it takes some folks a bit longer to come back to the breath and I hold that space for you, for when you're ready so am I. ☺ *[ed. note: And so are we].* I urge you though to sit down with yourself in a quiet space and take a moment to ponder why cleaning out your car was so much better than breathing?

-Steffani Stephens

BREATHE FREE

I love how the inscription from the Statue of Liberty mentions "yearning to BREATHE free" instead of simply "yearning to be free" because it illustrates the innate relationship of our breath to our sense of freedom. These days, our desire for freedom doesn't extend from external oppression as much as it is an inner battle from which we are constantly desiring to gain liberty. Fears, worries, anxieties, chronic pains are the arch-enemies ... but there is one superpower we have with which to fight them all -- namely, the BREATH! With just a little practice we begin to see how opening up our breath in a smooth flowing cyclical pattern such as Transformational Breathing is the root of the mighty power we have inside of us to throw off the shackles of inner oppression and begin to live fully in that ideal of "life, liberty, and the pursuit of happiness" that has for so long

steered our actions and stirred our souls as a nation and as individuals. This past July 4, I took a good look at what keeps us you from achieving our dreams. Put the power back in your own hands by learning the simple techniques to "Breathe Free."

-Breathe Freedom, Christian Minson

O₂ , HIGHLY REACTIVE, YET SO STABLE *by -Silvina :o)*

Delicate and memory-filled tears
Emerge from these light eyes
Glide down my supple cheeks
I AM breathing
Connecting ... with my so-called Higher Self,
Seeing childhood memories ... no more!
Those so-called *memories*
Limitation-filled pictures in my mind, no more I say!
Blindly hindered my life ... but now, no more!

Reminiscing, and I ask
Who am I without these?
Uncomfortably free, I stand
Vulnerable, completely naked
Anxiety-filled, anticipating
What is next?
Unknown ground I stand before
But I know this has been my path all along
Spiritually filled

My GOD!
For once my tick-and-tock I understand
As ALL I want and have ever wanted is you
To be with you, whatever it takes ... just with YOU
Take my life if need be ... as long as I can be with YOU
Just YOU, YOU.

Because of YOU I am
Perfectly in YOU I am ... beautifully with YOU!

A newly found purpose, I will create
Purpose which has been hidden in me these 30 years
For every human YOU have created
Every cell that has seen your light
All of your creations ... the entire world around
Deserve to be touched, caressed, pushed
By your precious, glowing hands
Those hands I myself have seen and touched

For now and above ALL
My only wish and hope for others
Is to feel like I do, complete
Completely and perfectly in love
In precise alignment
Beautifully with YOU





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)

Level IV(B)
August 14 – 20, 2009
W. Massachusetts, USA
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Reclaim Your Breath (RYB)
September 11 – 13, 2009
Colorado, USA
 Shambhala Mountain
 888.788.7221
callcenter@shambhalamountain.org

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

Level V
October 10 – 16, 2009
Baarlo, Holland
 Marco de Jager
 0031167540174
inside@home.nl

Reclaim Your Breath (RYB)
November 19 - 21, 2009
Kuwait
 Manal Al-Musallam
 +965-99082356
manala75@yahoo.com

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

Level V
December 6 – 12, 2009
Cabo, Mexico
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Seminar
January 17 – 22, 2010
South Florida, USA
 Lucy Caso
 786.683.7000
lucia_energia@hotmail.com

Seminar
February 7 – 12, 2010
Cabo, Mexico
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

MISCELLANEOUS

DAMANHUR 2009

Still time to see the **8th Wonder of the World.**
September 29 - October 5

A week of Breathing, visiting sacred power sites, and the spectacular underground Temple of Humankind .

Contact Rox at the TBF Office
 603.286.8333
roxlindbert@aol.com



Download [Printable Flyer](#)

TWO LEVEL V Trainings in 2009

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

New **Facilitator Class from Turkey** worked (or worked out) with a top professional soccer team (see them with their uniforms?).



It was really interesting and fun. They all loved it and the next day won the league championship ... I hope the Red Sox are reading this.

☺ -sg



Eckhart Tolle, author of "A New Earth" on BREATHING ...

Someone showed Eckhart Tolle the annual prospectus of a large spiritual organization. He was impressed with the wide choice of seminars and workshops they were offering. When asked whether he could recommend 1 or 2 courses, Eckhart replied, "I don't know, they all look so interesting. But I do know this. Be aware of your breathing as often as you are able, whenever you remember. Do that for one year, and it will be more powerfully transformative than attending all of these courses."



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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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Spotlight ... continued

bring awareness to what is possible but they also created a feeling that conscious manifesting is easy. It can be but it also requires conscious attention. Until we have cleared enough negative thoughts and beliefs that we can powerfully create at will, then constant and frequent attention is required.

This is where Transformational Breathing is so powerful. The breath is one of the easiest and best ways to clear the limitations that hold us back. So our advice is to breathe as often as you can.

Thank you for this opportunity to share. We are grateful for you, this newsletter, to Judith for the sacrifices endured to create Transformational Breathing, and the website that allows us to promote our events. We truly appreciate all efforts including those who have put so much love into their journey of TB.

[Ed. Note: Please contact Dave Krajovic at :
dave@globalbreathinstitute.com to be put on the mailing list because meeting dates for the 9:30pm EST call change.

The dial in number is: 218-339-3600; Access Code: 224955#]



Health Care Update

Congress tries to reform US Health Care

We occasionally alert you to certain health policy issues as they arise. Unless you live in a cave you are probably bombarded with political banter from those people in Washington who call themselves public servants, regarding President **Obama's Health Care Reform**.

There are countless opinions and more than a few plans out there. Bottom line: If you are an American citizen, please don't let Congress screw up another opportunity to take a step forward and catch up with the rest of the western world. Sad fact, we in the US arguably have the world's most brilliant researchers, surgeons, and trauma care but we do not have the best Healthcare System in the world – it's not even close. We ask you to call and email your elected representatives to work hard and pass a comprehensive health care reform package – one that isn't watered down or catering to any form of special interest, but rather a landmark bill that gets us into the 21st century and takes care of the needs of it's citizens.

Check www.healthreform.gov

