

# TBF E-News

VOLUME 5, NUMBER 3

OCTOBER 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:

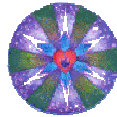
Seasonal Message  
from Judith on  
"The Presence Process"  
by Michael Brown

## Cabo, Mexico Events

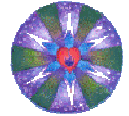
Level V  
Dec. 6 - 12, 2009  
Seminar  
Feb. 7 - 12, 2010

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## Getting Fully Present with The Presence Process



by Judith Kravitz



Have you ever had the experience of finding someone or something that is such a perfect match that it seemed like it was meant to be, like they were made for

each other?

This is the absolute feeling I have had about the book, *The Presence Process* and Transformational Breathing since reading it and beginning The Presence Process itself, this spring. *The Presence Process* is a book that inspires you and then takes you through an extensive 10 week program, with the ultimate goal of not only becoming more present in your life, but to access

and integrate deep suppressed emotional pieces from our early origins.

*The Presence Process*, by Michael G. Brown, is not only one of the most profound books I have ever read but the most perfect supplement to Transformational Breathing you could ever imagine. Michael is an authentic, loving, conscious being, who through a seriously painful physical condition 20 years ago was led to develop this highly effective and Divinely-guided journey into one's subconscious to the essence of the soul.

It has been quite a while since I had found a book and process that engendered such awe and appreciation for

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## Facilitator Spotlight

by Stephen Gooby



This issue we profile **Eugenia Altamira**. Eugenia was born in Mexico City and grew up in Cabo San Lucas. She has a degree in Psychology in her native Mexico. She was a full time teacher and researcher at Universidad Latina de America in Morelia for seven years and during this time she published two books. She is currently Judith Kravitz's

personal assistant and travels with her doing trainings all over the world.

### How did you get interested in Transformational Breathing (TB)?

I like to believe that I was ready for it, actually TB found me. JD Thomas, who is a TB trainer and was my boss at the time, offered me a session one evening when work was slow. And I knew right after the session, this was going to become a big part of my life. I decided in

*(Continued on page 2)*

## Spotlight ... continued

that moment that I wanted to learn more and share this with as many people as possible.

### **How does TB fit in with the practice of psychology?**

I think TB has been the most beautiful complement to my work as a psychologist. I love my profession, believe in therapy, and I am living proof that it can create change in someone's life. But, I always felt there was something missing in this process. To begin with, people need to spend a lot of time in therapy to actually start seeing changes in their life and sometimes there are certain issues that never get resolved. Maybe because they happened too early in life and they can't be explained or accessed with words, or because they are too big for the client to deal with.

During a Transformational Breathing session I have seen people being able to deal with these issues and integrate them. I like to say TB bypasses the mind and goes directly to the core of the emotion and once the person is in that place they WILL get integration, there is no question about it. In therapy you never know how it is going to end.

The results I have seen with TB are so wonderful that I refuse to give only psychotherapy to the clients that approach me. I will offer them a one and a half to two hour session, where we can talk, do coaching, and set an intention based on this for their breathing session, and then they breathe. Once they experience this, every following session there is usually less time devoted to talking and more time for breathing, because they can see the benefits and that encourages them to go deeper into their own process. I do think that when people get coaching or therapy combined with a TB session, the results are multiplied, so I strongly recommend to all the facilitators to explore the coaching with your clients as much as possible. You are going to see how getting clear on the direction your client wants to move, setting goals and intentions, and giving them feedback after their sessions, and allowing the space for them to share, is a very valuable experience.

### **What has been your path in becoming a Trainer?**

I love to answer this question, because my path as a trainer is a clear reflection of the kind of change TB can bring into someone's life and how powerful it is.

I completed my training and got certified in a year. I also completed Level V in this year. At the time I started I was facing the biggest financial challenges of my life, so it was completely unrealistic for me to plan on doing this training from the practical-conventional point of view. But my desire to learn and to share TB was so strong, that I just believed it was possible for me to do it. I set my intention to do it and it was a powerful one. I could just feel it in my heart. And everything in my life started to align for me to follow this path, help came from so many directions. I encountered several Angels that helped me along the way.

Even today my heart jumps in excitement when I think about this journey. I was committed to the training and I just took one training after another and completed all my certification requirements as soon as possible. It became very clear to me, that when we align ourselves with our life's purpose, things just seem to flow in life. And certainly TB showed me what my life purpose was. It might not be the same for everyone, but I do believe that everyone can connect with their own life purpose during their own breathing sessions. Every day I get a confirmation that this work is important for the world right now and we need to share it. It's so magical, pure, effective, powerful ... I see it with every single person that I get to work with and now that I am traveling with Judith, I get to work with a lot of people.

### **What is your job as Judith's assistant?**

I help her with the organization of the trainings. There is a lot of logistics involved in every training and when you have one after the other like she does, there is always something needing to be done. Rox in the TB office does a lot and I help Judith with her part. I have also been helping her in some projects that are important for the growth and organization of the Foundation and there wasn't enough time for her to get them resolved. And when we travel to do events, I facilitate and co-train. I love every aspect of this job. I am learning so many new things.

*(Continued on page 8)*

## Presence Process ... continued

not only how much opened and moved in me, but how perfectly it fit as a supplemental or partner tool with Transformational Breathing and how masterfully written it is.

About two years ago several people told me about *The Presence Process* (TPP) and as you might guess folks tell me about a lot of things that they think might be of interest. One of those people Marcia Bailey, a TB trainer in Michigan, gave me a copy of the book. I still did not explore it. Then several more TB Facilitators told me of the impact it was having on their lives. So early last spring I began reading the book. There have been a few major books in my life that seem to have a life of their own, actually seeming "alive", and which acted as a major transformational presence in my life. TPP was definitely one of them, along with *A Course in Miracles* and the *Power of Now*, by Eckhart Tolle.

Once I began the book it was like some powerful force started working within me. I felt compelled to follow through and do the Process as prescribed, regardless of what other conditions and activities were going on in my life. There was a part of me that knew what an important step this Process journey was to me and the value it had to TB and all its Facilitators. I followed through with the reading and exercises with a strong level of determination and commitment. It seemed to me like I was being given a gift that my soul had been waiting for a long time. Almost like one of the final important pieces of life's puzzle called, "becoming fully present and aware", was now available.

The journey of TPP is not an easy one. It is one which Michael feels people take only through inspiration and guidance and not before they are really ready for it. There have been quite a few days where I had consciously accessed deep original suppressed emotional pieces that reached to the core vibration of my being, and thus spent a number of times breathing all through the night to ultimately find peace and acceptance on the other side.

The first two sections of the book are to prepare you to understand the value and commitment involved in undertaking the journey of TPP. And to familiarize us with the challenges and changes that would lie ahead if, one in fact chooses to go on, and do the next 10 weeks.

Then if you have chosen to go ahead with the actual process there are ten one-week programs you would do that are geared to change your life and perspective in a major way.

It is really about becoming fully present in each moment without the filters of the past. Then knowing and expressing our true authentic selves and find our Unity with all.

Each week has some constants and some variables. The one regular part of the process Michael emphasizes over and over again is to do constant connected breathing twice a day for 15 minutes. He understands the value of the breath to bring us to the subconscious, and access our deepest unprocessed past emotions, and to ultimately integrate them into a higher energy state. One of the valuable things TB can add to that practice is the understanding how breathing into certain areas with specific physical point holding can deepen and enhance the breathing even more. Along with the breathing are weekly key "Presence activating statements" to concentrate on throughout the day and also during our breathing to attain a two-fold benefit.

One, to become aware of a higher reality and focus our mind on that to allow us to gain entry into each present moment as it unfolds. Second, to stimulate our understanding of our Oneness with our Presence and the unification of the Presence in all. Unbelievably effective and life changing is the combination of a committed intensified breathing practice with a concise way to work with our mind and look at its unproductive creations.

Another important aspect of TPP as it relates to TB, is that Michael understands that our emotional wounds are anchored in the subconscious before the age of six and cannot be accessed intellectually. The conscious connected breath then becomes the tool to allow us to access these unconscious feelings which run our lives. They have taken form before our intellectualization and therefore cannot fully be assessed with the mind.

So we have the gift through TB to go to the core of our initial separation from Presence, and reconnect through the accessing and healing of our core emotions.

I have been guided to make TPP a required book for all new Facilitators taking Level IV, and give the strongest possible recommendation for all existing Facilitators and breathers to embark on this self discovery and mas-

*(Continued on page 6)*

## Facilitator's Share

### A Special TIBA Contribution

It was just reported to us from our friends at **TIBA Africa** that a very sweet contribution has arrived in the mail. This new TIBA member is none other than **Leonard D. Orr**, the breath-work pioneer. We wanted to acknowledge it.

### Religious and Spiritual Values & Beliefs -- How They Relate to our Breathing.

*Following is a correspondence between Daniel Marunga (TIBA Africa) and an associate in Kenya ...*

Hi Daniel,

Thanks for the info, but I am very concerned about your connection with Buddhism. I feel very uneasy about this. Could this whole thing about breathing be connected to this religion? How do you invite a Christian to a Buddhist temple? This is serious! However interested I am, count me out. Kindly walk in the light. You cannot mix light and darkness. I thought you are a committed Christian, Daniel. I have a testimony that Christ is my Saviour and I feel like I was about to be tricked into something evil. I am going to be very cautious about this breathing thing in future and warn my friends from now on. Don't do that in future to unsuspecting clients.

-Name Withheld for privacy

Dear ----,

Daniel here very fine. I respect your stand. Daniel is liberal in mind. I believe in Christ Jesus. Jesus, the son of God, and the creator of everything. According to my nature I am free to anyone from anywhere. It's all about our understanding and how we look at the world. But above all there is only one supreme being that we all connect to.

Even though we are not giving the session from the Buddhist temple but, given a chance, Daniel will be willing to. My wish and vision is that all can connect to their inner beings for wholeness in being. Being pure in heart with no judgments, I am at liberty to reach out to all because doing so then I stand a better chance in helping all. Christ was open to all including those who were against him. And indeed he came for the sinners. He indeed said, "Love your neighbor as you love yourself".

I don't want to sound a Buddhist but I mean to have no right to judge them. This is God's business. Neither do I want to contradict with your faith, but the point is we are all creations of God and it's His responsibility to judge. Let's love one another, respect one another, and live our lives wholly.

I strongly encourage you to take time and research on what Transformational Breathing is. Believe me or not you will be amazed. We all breathe and breathe in the breath of life that God gave to man. The Breath that is all over including in the Buddhist Temple, Church, Mosque, Osama bin Laden's cave and so on. Why? Who created it? Who made it available to all the breathers is beyond our religions. It doesn't matter whether you are a Hindu, Buddhist, Muslim, Christian, believer, non-believer, atheist etc. It is for all. Very vital in our lives and never are we taught.

We are all responsible to the actions we take in our lives. If you choose to advise your friends against Transformational Breathing, who am I to say no? It's up to them still to buy or not buy your advice. Thank you and God Bless.

Big Hug,

Daniel Marungu, Life Coach & Transformational Breath Co-Trainer

[Editor's Note: Daniel Simbiro Marungu is a teacher by profession. He is an internationally-licensed Life Coach and has taught English and Swahili to young school dropouts in the Nairobi slums. From these community-based activities, Daniel felt a need for more knowledge to serve the community. This drew him into several natural healing practices. He feels fortunate to be introduced to TRANSFORMATIONAL BREATHING. On a personal level TB helped him overcome the trauma of his parents' death and his feelings of hopelessness in life. The rest is history - studying with the de Jager's and Daniel's formation in 2008 of the TIBA AFRICA FOUNDATION [www.tiba-africa.com](http://www.tiba-africa.com)

*Judith and TBF affirm that Transformational Breath is non-denominational, universal, and non-dogmatic in its approach. No belief system is required!*



## Q&amp;A

**BREATHING BAD FOR CANCER?**

**Q.** Hi Judi,

I have been working with a client with breast cancer for 3 years. Her husband bought her a hyperbaric chamber and she was planning to do TB as well. Her oncologist told her not to use the chamber or breathe since this would / could spread the cancer. Your thoughts?

In love and breath hugs, Pat

**A.** Dear Pat,

Hi there. I am so surprised that a doctor would say that about breathing in general. There is nothing in medical science that would back that, but there is documented research to support the use of oxygen therapies in the treatment of cancer and other anaerobic disease. Otto Warburg won his Nobel Prize based on proving that a lack of oxygen is THE primary factor in the development of the disease. He showed that in cancer, anaerobic respiration replaces aerobic respiration (the Warburg Effect) as the disease progresses, meaning cancer cells can thrive in a low oxygen environment when normal cells cannot. This seems to make cell mitochondria (the energy producing centers in the cells) redundant. Further, when mitochondria shut down a damaged cell's ability to kill itself (programmed cell death or *apoptosis*) is short-circuited, further worsening the cancer situation. There is so much to address with this doctor's statement we could write a book.

Today, research is ongoing to leverage these ideas – essentially using a high oxygen environment as a weapon against cancer. I would suggest three things. First, she explore the doctor's position more thoroughly and maybe even get a second opinion. Second, you want to be sure and remember the emotional component of any disease must be addressed and our breathing does it better than anything. Last, we don't recommend hyperbarics except in rare medical cases where a doctor may be right in its prescription. Hyperbaric pressures and the levels of oxygen they promote run the risk of causing oxidative damage to cells.

But let's be honest here, if I had listened to a doctor like that and avoided breathwork when I had cancer in my throat, I wouldn't be answering this letter.

Love and hugs, Judi

**HYPNOSIS**

**Q.** Dear Judith,

What do you think about the combination of TB and Hypnosis? I think it would be strong unit.

Hugs, Ralf

**A.** Dear Ralf,

Hi there. People who have studied hypnosis have remarked that TB puts them in the hypnotic state very easily. I believe it is because the connected breath we use accesses the subconscious which is the level worked at in hypnosis.

Breathing in Love, Judith

**LOSING THE VOICE**

**Q.** A client has lost his voice for over two months. He believes some trauma moved from his lower chakras to his throat. And it has affected his life tremendously. Doing throat work touched off anger but the loss occurred before working in the throat. Advice?

-JD

**A.** Dear JD,

Hi there. It seems pretty clear to me that the life-force or healing energy is moving up your client's body and is now active but at the same time stuck in his throat chakra, which for most of us has a lot of suppressed matter stored there. If he were my client I would encourage him strongly to continue to work with TB AND throat mapping, to see what expression is blocked there and let the Breath and Spirit support him in moving through it. We have had folks who've lost their memories or voice, or even sight and hearing, where all have returned after continued breathing. It would be great if he could come to Seminar where I could work personally with him. I know the breathing and throat work will support him to find his "true voice".

Love and hugs, Judi

*(Continued on page 6)*



## Presence Process ... continued

tery process, not only to enhance their sharing of TB, but also a huge step in their personal transformational path.

I completed the ten week program several months ago, and guess what? I began TPP again, as Michael recommends that we do it at least three times. I wholeheartedly agree as I am getting even more understanding and movement the second time around. And I can only imagine the expansion in the third cycle.

I know that TPP is a very important step in our enlightenment process and can think of nothing more powerful than the genius of TPP combined with magic of Transformational Breath. The two are meant to be shared together. They will stretch you to your limits. You will feel Presence behind the scenes guiding every step and grateful for the opportunity to take such new quantum leaps on your spiritual odyssey.

*[Editor's Note: Michael Brown may be reached on the web at [www.thepresenceportal.com](http://www.thepresenceportal.com). He is coming out with the next volume of "The Presence Process" in the new year. His book may be purchased from Namaste Publishing, at Amazon, or through the TBF.]*



## Questions ... continued

### BREATH JITTERS

**Q.** Hi Judith,

I received an email from a client, 63. She was 83 pounds and is now at a healthier weight. Do you have a suggestion for her about our breathing causing jitters in her?

Love, Lauren

**Case study** (name withheld):

Hi, Lauren -- I'm having some difficulties. To date, I've been taking a very deep inhale, holding it for a second or two, then exhaling deeply, then waiting a second or two until I get the "steam" up to start over. This has been very calming for me, remembering that my system tends to work at very high speed -- to overheat, in a sense -- and that anything which spells "calm" is welcome. Breathing faster without pause makes me feel very jittery. I've really been very nervous today (unaccountably)

## Enlightened Relationships



The first "Enlightened Relationships" Seminar was embraced in Istanbul, Turkey over the weekend of July 31st to August 2nd. It was an intimate encounter for all 33 participants who traveled from America, Europe, Turkey, and Saudi Arabia to learn about the mystical powers of breath, polarity, and love. J.D. Thomas shared new insights on the laws of creativity and understanding sexual energy; how to circulate it through intention and breath. Judith Kravitz added her personal wisdom on Divine Love and enlightened relationships. She also spoke of what we are really looking for is "intimacy".

The event was organized by Nilgül Tavsell and was held at The Miramar Hotel in downtown, Istanbul. The only possible negative was that it lasted only 2 and a half days. The first full seminar will be coming to the states soon, as well.



and am having difficulty with this new routine. Anxiety and nerves are a big part of my MO. Do you have any suggestions or compromise positions for me? Thanks.

**A.** Dear Lauren,

Sounds like your client is a Vata/visual type and high energy (in Ayurvedic terms). The breathing with pauses is good for calming but will do little for integration. Connected breathing can help calm her down; be sure she is really breathing as deeply as possible into her lower abdomen and belly, then slow it down and still keep it connected. If her breath is really open it should take her deep inside herself. If she is holding on or tightening up it will cause tension and nervousness. Also have her do the connected breathing through her nose that will help create a calmer energy.

Love and hugs, Judi





# TBF Training: US & International

## Training Highlights (w/ Judith)

Check the full Training Schedule at [www.transformationalbreathing.com](http://www.transformationalbreathing.com)

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

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

**Seminar**  
**November 23 – 28, 2009**  
**Germany**  
 Dorothee Dillmann  
 0049 8106 32827  
[info@tag-coaching.de](mailto:info@tag-coaching.de)

**Level V**  
**December 6 – 12, 2009**  
**Cabo, Mexico**  
 Rox Lindbert  
 603.286.8333  
[roxlindbert@aol.com](mailto:roxlindbert@aol.com)

**Seminar**  
**January 17 – 22, 2010**  
**South Florida, USA**  
 Lucy Caso  
 786.683.7000  
[lucia\\_energia@hotmail.com](mailto:lucia_energia@hotmail.com)

**Seminar**  
**February 7 – 12, 2010**  
**Cabo, Mexico**  
 Rox Lindbert  
 603.286.8333  
[roxlindbert@aol.com](mailto:roxlindbert@aol.com)

**Level IV(A)**  
**February 15 – 21, 2010**  
**Cabo, Mexico**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Reclaim Your Superpowers (RYS)**  
**April 2 – 4, 2010**  
**Rowe, MA**  
 Rowe Conference Center  
 413.339.4954  
[retreat@rowecenter.org](mailto:retreat@rowecenter.org)

**Level IV(B)**  
**April 10 - 16, 2010**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Seminar**  
**April 18 - 23, 2010**  
**Oceanside, CA**  
 Jessica Leaf  
 760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

## MISCELLANEOUS

**LEVEL V Training**

Our Annual  
 Teacher's Training  
 in beautiful  
**Cabo, Mexico**

**December 6 - 12, 2009**

**Recommended Video**

Take 10 minutes to watch this  
 YouTube offering called  
**"The 5th Dimension  
 The Heaven of NOW"**.  
 Beautiful and Touching!

<http://www.youtube.com/watch?v=okc2KTxA7KE>

**SEMINAR in CABO**

We're back in Cabo on the Sea of  
 Cortez for a winter getaway.  
 Enjoy a life changing experience  
 at our week-long Seminar

**February 7 - 12, 2010**

**Attention Breathworkers Worldwide**  
**3rd Annual Breathworkers Retreat**  
**June 18-23, 2010**

"Life is Happening NOW ... Jump in!  
 BREATHE and OPEN to your FLOW"

**Web Upgrades**

We are inquiring as to what interest exists in a bi-annual retreat and what dates are desirable to those of you interested in taking time for yourself to breathe and be breathed. ... Please Respond to:

[timjimglynn@yahoo.com](mailto:timjimglynn@yahoo.com)  
 1 (310) 456-4807

The new TBF E-commerce site which was promised a while back has been delayed due to technical issues. We are planning to offer some products as "Downloadable eProducts" for convenience. Other changes are planned.



The Transformational Breath Foundation Newsletter is produced by:

**Dr. Judith Kravitz**  
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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.

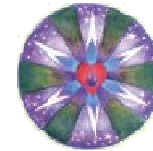
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## Spotlight ... continued

### What is the most enjoyable part of that job?

Working with Judith is a gift in itself, she is so generous with her knowledge and is willing to share it with anyone that wants to learn. For me this is great. Of course traveling with her, sharing and teaching TB is exactly what I wanted to do, plus I get to see beautiful places along the way. And also, she is a fun person to be around, I love it that we can laugh at the most chaotic of situations and we both know we will figure a way to solve it. Oh! And I have discovered one of her secret talents; she can prepare the most amazing Raw food! We have lots of fun in the kitchen.

### What is your vision for TB and your vision for yourself with TB?

I believe that TB is ready to grow exponentially in the near future, the response of people everywhere is so strong and intense. I think we need more trainers and events happening in more places. I can see that the people that are willing to believe in this are making it hap-

pen. As for myself, my vision is to organize trainings in Spanish, starting in Mexico and after that growing to other countries. I think this is why I am doing this right now. It is part of my process to grow as a trainer so I can share this with Spanish speaking people.

### How has TB impacted your life?

It has impacted my life in so many positive ways, that it would be a very long list to share them all. But I will say that one of the most relevant ones is the acceptance of the now and reality and the capability to live more in the present moment. And I say more, because I believe there is always more to learn.

*[Editor's Note: You can contact Eugenia Altamira at: [breathmx@yahoo.com](mailto:breathmx@yahoo.com). Even after a short while working with Eugenia, she impresses one easily. She is able to tackle many tasks, and difficult ones at that, which are essential to the growth and functioning of the Foundation. I enjoy working with her.]*

