

TBF E-News

VOLUME 5, NUMBER 4

MARCH 2010

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

SPECIAL POINTS OF INTEREST:

Kuwait
embraces
Transformational
Breath.

Spring New
England
Workshops

FREE Tele-class
...details p.12

INSIDE THIS ISSUE:

Judith's Message /

Facilitator
Spotlight /

Facilitator's Share 4

More on TPP 5

Q&A 6

Trademark Notice 10

PTSD and Vets 11

Training Schedule 13



Breathing in Kuwait



by Judith Kravitz



"THE OPENING OF THE MIDDLE EAST"

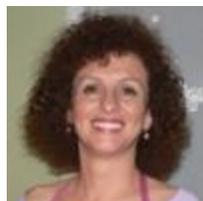
About a year ago I received an email from someone named Manal from Kuwait who inquired if I would go there and do some Transformational Breathing. I was somewhat perplexed since I had never worked with anyone from Kuwait or knew anyone who was from there. I was wondering who they were and how they came to invite me there.

At first, I was somewhat suspicious as my initial overall impression of the Middle East was that it was a virtual war zone and no place for an empowered woman. Manal let

me know that she had found and read my book (which had been translated by Nora Abdul, a TB Facilitator from Saudi Arabia, and published by her contacting and working with a publishing company there). Manal was also one of the key organizers in Kuwait who sponsored teachers and healers from all over the world to come to Kuwait and share their teachings and gifts. I definitely had mixed feelings about going there and yet I had a strong memory of a conscious intention I had on a London subway some years before. I was on the train and saw two "covered" Middle Eastern women sitting near me. All I could see of their bodies were their eyes peering

(Continued on page 3)

Facilitator Spotlight



This issue we profile **Nilgül Tavsöl**, TB Senior Trainer. She was born in Istanbul, Turkey where Europe meets Asia. She studied sociology in college, and following her BA degree, she went to London and got her master's degree in Marketing and Business Studies. Nilgül has travelled and lived in many different countries in Europe over a span of 15 years. And this is when she started her personal development training through Eastern-based energy / mystic learning and

Sufism. Additionally, she is a Reiki and NLP master and is a Co-Active Coaching Life Coach. As a Senior Trainer she does sessions, workshops and seminars, and also organizes the Level IV and Level V trainings in Turkey.

Why did you choose breathing and how did you first encounter Transformational Breathing?

In year 2005, I was having the worst time of my life, my husband was with-

(Continued on page 2)

Spotlight ... continued

out a job for a very long time as a result of a major economic crisis in Turkey. I was not working, we had almost no money left and on top of that, our daughter had serious health problems. I was the only one at home who could stand solidly but eventually I also became powerless to continue.

An inner voice always said “breath” but I did not know what that meant. One day, I saw an advertisement for a Transformational Breath group session and joined immediately. After that session I couldn’t detach myself from “breath”. Everything in my life slowly started to open up from then on - I had found my life purpose, via the effective power of breathing. I had found a tool to change and transform my life and other people’s lives, a tool to help bring out the real potential hidden inside.

What is the meaning of TB for Turkish people? How do they react to TB ?

Transformational Breath is growing very fast in Turkey. Characteristics of Turkish people and Turkey’s location are very much effective upon this growth. Turkey is located in an area where all the energies of the ancient and modern meet. Turkey had a very important role here and a mission to balance the extreme energies, especially balancing the energy of peace. If it was not Turkey, there could be much more chaos and fight in this neighborhood. The reason for this balance lies in the fact that Turkey has been the cradle of all religions and cultures throughout history and still carries their reminders in its soul. Naturally, this creates a human typology which is born and raised up into this balance of culture and energy.

Turkish people are very open-minded and hospitable to new ideas and new people. The roots of these people go back to North-east Asia, to the essence of shamanism. They are easy with spiritual trainings and open to personal development, they have strong intuition, healing abilities and sensitivity for energy systems.

Because of all these, right now when our world goes through a transformation towards a higher energy level, Turkey’s role gains more importance. There is a great interest for breathing and many other spiritual masters have a tendency to come here to have their trainings. And they all get very good response to their teachings. Since we all know that Breathing is the es-

sence of life and it transforms very effectively and quickly, compared to other healing activities. The Turkish population had been male dominant for many ages, women carry lots of hidden or blocked feelings and the man needs to express *his* true feelings and perhaps his weakness so they need breathing to heal those areas. For that I feel they are drawn towards TB instinctively.

Can you tell us how Transformational Breath has been such a success in Turkey?

Yes, we are doing really well in Turkey. In the last 2-3 years, the number of participants are around 35-40 for the seminars, 46 participants attended the last seminar I organized. Including 35 staff, we were around 80 people in the group. It was a tremendous atmosphere. Very successful. Of course, Judith has miraculous power and energy which plays a big role in this. After all the trainings I got from different teachers, I can easily say she is the best trainer I have ever seen. And there is another beauty, a bigger percentage of the participants stay with the TB family and continue their journey with us.

Also, to my knowledge, we had the highest number of participants in the facilitator training that I organized last year; we had 32 people. We also get participants from abroad. I think, Turkey’s land and energy beauty, along with the hospitality, has an effect on this.

What is the secret of your success and your work methodology?

After working with spiritual matters and energy for almost 20 years, when I first met breathing, I recognized the power of breathing and I put breath into the center and nothing else from then on. Breath became not only my mission but also the meaning of life for me. I think the secret of my success is to reflect my belief in breath to all aspects in my life. Besides this, my perfectionist character and my problem solver side are the most important tools that help me to have successful organizations. Especially, before all organizations I put myself into the place of participants and try to understand what they need.

Trainings may not be cheap for Turkish people but after each seminar they come up to me and say regarding the cost “we feel so fine that we consider we even paid less for what is happening to us”. My belief in breath and just a

(Continued on page 14)

Kuwait ... continued

through the slits of black material. This sight gave me a funny feeling, like it did not seem okay to have to cover oneself to the world and seemingly not be free to express. In that moment I heard a loud clear voice inside of me say, "Someday I want to work with these women and support them in finding and expressing their power."



The very next day I received a phone call from Nora and her sister from Saudi Arabia who were in London visiting and had come across a flyer from the training I had just completed in London. She said

they HAD to meet me and find out more about TB. Since it was my last day in London I agreed to meet with them at my organizer's home. They came and I told them about TB and gave them both a mini session demo. Nora immediately knew that she had to do more and followed up with taking the Seminar and Level IV in Italy that fall. While spending time with Nora I learned some scary things about life in Saudi Arabia. Women basically have no status and cannot go anywhere without the permission and presence of a male and have to be covered at all times when in public.

At that point I had mixed feelings about going there to work, wanting to help and also somewhat concerned about my own ability to be quieted and covered. That concern was soon cleared when I found out that no one is allowed to just go to Saudi Arabia, that people are only permitted in by special invitation, which was not all that easy to get. Over the years because of the popularity of my book in Arabic we would get requests from people who wanted to experience TB, and we would refer the females to Nora and tell the men there was no one there yet who had been trained in TB.

And then out of the blue came this invitation from Manal. Having lumped all the Middle Eastern countries together I had second thoughts about going to Kuwait and having someone who was not in TBF organize for me. And yet there was this strong pull to go which I knew came from that powerful intention on the subway years before.

Apprehensive, and as plans got more complicated to go to

Kuwait, I made several attempts to postpone or delay the trip. For example, travel was not all that easy and getting visas for three of the facilitator and trainer ladies was somewhat extensive. And yet as each new challenge came up Manal met them head-on and with confidence and helped resolve any issues that might interfere with our trip.

Manal asked if I would be willing to give an evening public talk and meet a group of ladies for a "coffee" on the first day. Wanting to support our program any way I could, I readily agreed. So the first morning Nilgül Tavsöl, Eugenia Altamira, and I, went with Manal to a Starbucks on a beautiful Marina on the Persian Gulf. When we arrived, there sat about 20 Kuwaiti women sitting outside waiting for us.

When Manal went inside to get some drinks for us, I connected with each of the women, some of them totally covered and some very modern looking. They were very open and showed they were happy to meet us and eager to learn about TB. Soon I was leading a mini workshop at Starbucks, while surreal Kuwaiti life went on around us. I could not help but be fascinated by the back drop of the men in their elegant white robes with perfectly placed white headdresses. It was almost like being in a foreign movie. In mid-November the weather was nice and somewhat warm. A refreshing change from the on-setting winter in Istanbul.



We concluded the meeting with the ladies with a few simple sitting breathing analyses, that seemed to be the cincher. They all were going to come to the workshop that night. The public workshop was amazing because there was no touching involved. Both

men and women could attend and there were a handful of brave Kuwaiti men along with about 60+ women. We were excited and a bit apprehensive, knowing that re-

(Continued on page 10)

Facilitators Share

From [Denise Perrin...](#)

Dear Judith,

I wanted to send you a huge breath hug and gratitude for the blessings you have brought into my life with the Breath. I was diagnosed last week with Breast Cancer and am due to have a mastectomy and reconstruction tomorrow which is going to be fantastic. I was due to fly to Scotland to be with my fellow Facilitators for the weekend and more cross about missing that than any other issues.

I spent last weekend with Ange, Andria, and Nathalie for Level 2 and on the Friday, Andria and I were able to go along to an evening with Byron Katie. HOW AMAZING and, of course ... perfect timing.

I am so calm, accepting of the gift of my cancer and very strong in my heart. I am asking for assistance in practical and spiritual ways that I have not done in the past and the flow of love is just incredible.

I take into the hospital the knowledge that I am surrounded in love and support and the perfect angels to guide me through my recovery. I know that my cancer is about past issues that now need to be excised and let go and that I have already started a new healing that is resolute, humble and so FREE. That lightness is wonderful.

I send my love to you Judith, my gratitude for what you have brought into my life and those of others and pledge my continued dedication to bringing the breath to more ladies facing similar issues and others who have been living with disease.

God bless you,

Denise

[ed. note: Wow! If you could only bottle such courage and outlook.]

From [Patti Alessi](#)

Hi Judi,

I wanted to let you know how much impact your YouTube videos are having upon me and am so grateful to you for this work. For these past ten years my life was pretty regular using Transformational Breath where I would practice daily and I felt pretty good - had multiple physical healings as you

know - from two back injuries, chronic fatigue / fibromyalgia etc. Suddenly these past few months I stopped - like a "dark night of the soul" thing. There was no inclination on my part to breathe myself and virtually no one responded in registering at my regular breath workshops - it all flat-lined. Got myself back to a doctor again. Apparently, I had been exposed to swine flu and also have the Lyme factor. I had not felt well - a lot of sleeping, joint pain, and exhaustion. I am being treated with homeopathic and environmental drops to build up immunity and tag these bugs.

Watching you tonight on YouTube was like having you in my house. Such a boost! I am grateful for Turkish TV's coverage of you. What came to me insightfully is that this all happened to bring me awake again. Out of balance on all three levels - mind-body-spirit. And that I would have this as a gift to share in testimony as another contrast to look at. I know inside that God has offered a way to me out of illness ~ Just Breathe. The breathwork is key to me staying in balance. I will begin again and one step at a time - balance and breath and email you any info that I get along the way. p.s. - Dreamt last night you were here and we were dancing at a celebration. Hope to dance and breathe with you soon.

Love, Patti

Dear Patti,

Hi there. Sorry you have had so many physical challenges. I know the perfect time to jump back into the breathing is at hand. One thing that has re-inspired my breathing practice is a book and program called The Presence Process, by Michael Brown. Not only does it work deeply with our mental patterns, but also using the breath consistently on a daily basis to go even deeper into our subconscious to access our original core patterns.

Love and hugs,

Judi

(Continued on page 10)

More on the Presence Process

IS THE PRESENCE PROCESS TOO HARD?

Dear Michael,
Hi there. I am doing my third round [of the process] and it is having quite an impact on me, the reading flows easier and I seem to be kicking my own ass ... figuratively speaking. In my meditation today I was wondering how so many will be able to do such deep and extensive work. I am sure Spirit has a plan and yet knowing all the years of personal work I have done and with still such big pieces coming up ... how many are willing to commit to that level of integration work? Not my business, I know, but just wondering how it's all going to happen in the bigger picture. Love and hugs, Judi

Dearest Judith,
Funny, you have been on my mind all morning and now here you are in my email. I too pondered such a question. I still get my ass kicked every day and wonder how those who have no tools manage to make it through ONE DAY on this planet. I nearly gave up because I realized this is all too hard and most do not have a chance. Then, in the darkest of doubtful moments the answer came to me, loud and clear:

"Michael, this is not about **perfection**,
it is about **participation**.
You take one step,
and ten more are taken for you."

So I pass this on to you dearest sister of the heart. We simply encourage participation, and then leave the rest in the hands of the One who oversees the Sacred Heart within us all.
Love you so much dearest breath angel,
Michael.

*[again, Michael is reached through: www.thepresenceportal.com
I am told he will be at the GIC 2010 to speak along with Judith and others.]*

TPP and RELATIONSHIPS

Dear Judi,
Hi there. I could really use some advice. I am looking forward to entering the Presence Process. I really wanted my BF to do it with me. He chooses not. And I really want him to do some TB as I believe it will help him. He has had 1 session, which he enjoyed, however does not display action to do more. He is an ex-heroin addict for a big part of his life, clean

now for 5 years. I have been getting this feeling that if he does not practice, we will separate. The imbalance in conscious awareness is too big. I am not really sure what to do or where to go from here. I finally have stability in my life that feels shaken once again.
Your input is much appreciated.
Love, Lorna

Dear Lorna,
Hi there. I understand how you feel and yet Michael Brown feels strongly about not being able to push people into the Presence Process that their Presence (which is the same as ours) will lead them perfectly to their next step. I did it two full times and shared with Daavid along the way the profound changes it was bringing in me personally and professionally. Then the first of the year when he knew I was starting my 3rd time he began his. So I feel this will add so much to what we share and I knew I could not make him do it. The one thing you are really empowered to do in this situation is to look at the reflection he is presenting to you and work with that within yourself and also the feelings it is bringing up in you and work with them (they should feel familiar) and not the situation. That is really some of the essence of the Process work. I am excited that you will be doing the Process, lots of good will unfold as a result and it will be like a good virus spreading in your life.
Love and hugs, Judi



CONGRATS!
to the first two **Senior Trainers in Kenya (and Africa)**, **Daniel Marungu** and **Vincent Odhiambo Oloo**.
They can be reached at TIBA-AFRICA (www.tiba-africa.com).

Don't forget about the Club of 100 to help support TIBA's efforts.

[www.tiba-africa.com/?The Club of 100](http://www.tiba-africa.com/?The+Club+of+100)



Q&A

PANCREATIC CANCER

Q. I have a client at an advanced stage of pancreatic and spleen cancer. She has had a couple of sessions and is feeling the benefits. Could you suggest why her tumours might be especially painful after breathing? She has spiritual healing as well, to the same effect. (I am not of course pressing any points near the tumours.)

Thanks,

Love, Andria

A. Dear Andria,

Hi there. Specifically for that condition, no I cannot explain the pain. But in general, in areas of trauma or health symptoms people feel a number of things during and after the breathing session, i.e. pain, tingling, electrical energy, etc. I see all of this as a sign that energy is accessing those areas and moving and transforming those chaotic patterns, and this is a good thing. I would encourage them, as I am sure you are, to drink lots of water and whenever they think about it to continue to breathe energy and light into those areas.

Love and hugs, Judi

[Physician Opinion]

The only thing I could imagine to explain the pain after sessions is that the affected organs are being moved up and down with the increased breath pattern during the session. This would however not explain the pain after the spiritual healing. I am much more inclined to follow Judith's path of thinking, i.e. there is more energetic activity in these areas after healing work, which I would consider a positive sign.

COPD

Q. Hi Judith,

I have a woman client with COPD and associated chronic bronchitis and emphysema. Is there anything I need to know to breathe her well?

Thanks as usual, Chereese

A. *[Judith first consulted one of our physicians.]*

It will be important to have this client sit up during the

breath session (or on a backjack) due to the strain on the chest and cardiovascular system. Remember that the exhale is extended by definition with these patients. You may never be able to shorten the exhale. This is due to the loss of elasticity in the lung tissue, disabling the natural collapse of the lung on exhale. You may therefore find extensive use of additional muscles to help the breathing. It would not be my first action to try to change this pattern. I feel that if you have a circular belly breath going, then this will be a result to be very happy with.

Dear Chereese,

To this, I would add to try to have them do connected breathing using their nose as that allows more energy in the upper chest and the breath to relax more. Hope this information is helpful.

Love and hugs, Judi

CHILD ABUSE

Q. Dear Judith,

I have a client who was molested in the name of ritual to cleanse her from bad spirits or from being a witch when she was young. Now 55, she feels the impact of the ritual. Today after session, she told me that she feels like her "back is open" and she cannot close it, and at the point of her heart from the rear, there is a "hole with threads of energy which look like dark clouds". How do we address this?

Big hug and lots of love,

Vincent Oloo

A. Dear Vincent,

Everything that is going on with your client, including the dark hole and threads and memories are all in the mental plane (i.e. 4th dimension). The most powerful thing I know that has worked with many others with equally strong past traumatic experiences is integration with Transformational Breath. TB is a spiritual healing process and works with 5th dimensional ener-

(Continued on page 7)

Q&A ... continued

gies (pure light) and can override any and all lower vibrational patterns.

The sessions need to be kept pure and only focused on breathing in the higher energetic states. It is important for her to see herself in Miracle Consciousness and not separate or subjective to harmful things outside of herself. I know all memories and past negative experiences can be transformed and it takes courage and commitment to do it, especially while they are being integrated and felt.

Lots of love to the TB Family in Africa,

Judith

HEADACHE

Q. Why would we get headaches during or after a session?

A. Please do not be concerned about people experiencing headaches during and after sessions. This may happen for a number of reasons. Pressure on the head and sides of the head are usually about integrating the birth experience. Pressure on the third eye and base of the skull is about opening spiritual centers located there. Heaviness and pounding in the head is primarily detoxification. We address all of these in the program and assist participants in resolving the headaches quite easily with the breathing. Please understand we know about working with the energy flow and not overloading the system with imbalances and we know also how to correct those imbalances in people when they are there.

Breathing in Love, Judith

FITTING BREATH INTO YOUR LIFE

Q. Hi Judith,

Sometimes a client has a really intense experience, they come out of it okay but when they go home all sorts of things come up and they can't get to sleep and are fighting with their issues which fatigues them. Many of these people are mothers with small children who feel they don't have the time or mental/emotional energy to go through such intense experiences when they have to be alert and ready to deal with all the demands of their motherhood role.

Thanks, Christian

A. Dear Christian,

Hi there. My general advice to young mothers or anyone who needs to carry on during times of deep integration: it needs to be a conscious choice to be willing to do whatever it takes to deal with deep core issues in a relatively fast and effective way. Somehow it needs to be conveyed that this is the time for us to free ourselves of our past unconscious patterns, so that we can show up in our lives fully present and in authenticity. This is not meant to be easy or feel good all the time, and yet we know the way out is through our patterns. If someone is not feeling that level of commitment then it may not be their time to work so deeply.

I see now this journey if chosen is not meant to be a once a week or month event, but a stronger and more consistent commitment to the breathing and their healing process. Even moms with small children can find the time if the inspiration is there.

One of the reasons I am encouraging people, breathers and facilitator alike, to read and do *The Presence Process*, by Michael Brown, is that it gives a protocol and framework for that consistent work with the breath and also a format for working with the mind and emotions around the old suppressed material. And yet if people are not called to such a level of self work, they will only get what they put into their breathing practice and for most in the beginning that is somewhat minimal.

If you let your people know in the beginning what a big endeavor clearing the subconscious is and that it will take a sincere and committed effort to be successful, and that there is relatively little else that is as effective or ultimately joyful, it will help them stay strong and move through those challenging days.

Love and hugs, Judi

DEATH

Q. Hi Judith,

My dad, Merle, died pretty suddenly on December
(Continued on page 8)

Q&A ... continued

28, 2009. We took him to the ER on December 14th, with trouble breathing. He died 2 weeks later from gastric cancer that had spread throughout his entire body, including bone marrow. What do you think we are doing when we do that "breathing thing" before we die? I am interested in discussing this with a lot of people, as there is no definitive answer until we have the experience. I am interested in your opinion / theory.

Hugs and love to you.

Nancy

A. Dear Nancy,

Hi there. My love and heartfelt condolences to you and your family. I have had the experience of a number of people going into integrative breathing while going through transition, even my mom in her final moments. My first response was that they are integrating the subconscious patterns that may need to be completed before they are able to leave this dimension. But also as I observed more of that particular experience I began to see how the connected breath also helps free them of the fear of letting go, and the ultimate surrendering of the body. It still seems like an important good thing that becomes organic to many before they leave this dimension. My only wish is that folks could enjoy that release long before they leave the physical.

Sending you lots of love and support, Judi

ENERGY IN THE HEAD

Q. Hi Judith,

I have a client that experiences a "plane" of restriction in his head in most of his sessions. He experiences this as a flat plane and no front or back. He said he will sometimes have this experience in stressful situations. I mentioned that he may be blocking some energy moving out. Have any hints on moving head energy?

Love,

John

A. Dear John,

Hi there. The "plane" on the head is a new one for me. My overall understanding of anything people feel physically is that it is energy moving or energy accessed and stuck. My

approach would probably be to prop him up enough so that there was movement in the "upper upper" chest, so that energy flow would be restored to the very top of his body and beyond. Then maybe the plane would take off.

Love and hugs, Judi

LIMITS

Q. Do you believe that the breath has the power to change our reality through direct manifestation? Example: If I want a sandwich, could I actually breathe that into my here-and-now (without me having to work out all the details with my head). I do.

-Name withheld

A. This would obviously take an extremely high state of consciousness but I believe that with the power of the breath and our focused intention we can do anything! We do not set limits with Transformational Breath.

Breathing in Love,

Judith

TETANY

Q. Hello,

I have done your 45 minute session 4 times and have done rebirthing. During sessions I have experienced pretty intense tetany. I also experience it with your CD. It has been pretty painful, especially in my hands. It also affects my face and body. I really would like confirmation that I'm not doing something incorrect.

Much Peace,

Janet

A. Dear Janet,

Hi there. Even though you have done other breathing modalities you have not been personally guided in a Transformational Breath session, which I feel is *(Continued on page 9)*

Q&A ... continued

a necessity for anyone before venturing into a whole session on their own. There are specific things we do in TB that assist folks when they get tetany, but the aim of our technique is to prevent it. Coming to one of our programs and experiencing our style of integrative breathing will allow me to give you feedback on what might be causing your tetany and how to integrate the deep patterns more easily. I know you would appreciate this work.

Breathing in love,

Judith

CONTINUED HEALTH CHALLENGES

Q. Hi,

I am deeply in need of your help and assistance. I was in a 3 day breath event a year ago, mainly for a panic attack crisis that I had (first time in my life and was taken to the emergency room). The experience that I went through while I was in the seminar was incredible. The month following the event was also incredible.

But then I continued with health problems. Twisted ankle bad, still difficulty walking, a bee bite which got infected, stomach problems and the return of panic attacks. Meanwhile I took personal sessions with a trainer and sessions on my own (once every 2 or 3 weeks). In a group session yesterday I was about to throw up. Searching for answers. Begging for your help.

Love and Hugs,

Aysegul

A. Dear Aysegul,

Hi there. I am sorry to hear about all the physical opportunities you are experiencing. My strong suggestion to you is to continue to do the breathing on your own as much as is comfortable and also to seriously consider taking one of the week-long Transformation Breath Seminars. I will work with you and help you overcome these conditions. I know the breathing will help and sometimes you have to work a little longer and harder on bigger patterns.

Breathing in Love,

Judith

(Continued on page 12)

Testimonial

Good morning! I have just done a workshop of Transformational Breathing. Whoa. Powerful and so very beautiful. I had a major release (yay!!) and now feel elated, bright and very present. I am a light worker teaching yoga and giving individual sessions of Reiki and holistic physiotherapy. I have for a while been looking for new ways to share my light and I think I have found it. TB!

My husband also did the workshop recently and had what we think was a Kundalini rush. A big ball of orange light rising up the spine and exploding in white light through the crown chakra. It was a very deep, profound and beautiful experience for him. An experience of transcendence. He must be a master awakening!!

Thank you for bringing this amazing healing technique to the world and I pray that I will be able to learn more and eventually help in spreading the light.

Much love and warmth,

Helle ♥

NEW TBF WEB MEDIA KITS

Now available. Two electronic "**Media Kits**"

On the top-right of every webpage is a download link (one for PC, a second for Mac). Each is a .zip file (compressed). When expanded after download, you click on [press-kit.html](#) to open a page in your web browser. Each kit has numerous documents and promotional items within as well as a 4 minute video.

Constructed by Steve and Eugenia, the downloads are free to distribute. In fact, facilitators may want to download them and burn them to DVD-R discs to highlight their work and association with TBF, but the content is open to all (please do not modify contents). It's kind of like a condensed version of the TBF website. ♥

Kuwait ... continued

ligion and politics in Kuwait were the same and my words needed to be chosen carefully so as to not offend any religious beliefs and therefore break any laws. A very new ball game indeed. There was also the adventure of breathing a large group of new breathers in a somewhat repressive culture. The guidance was to breathe the group for about 15 minutes sitting up.

The workshop went amazingly well and by the end of the evening we had a waiting list for the weekend program. It was so gratifying to see the breath break through such huge cultural differences so gracefully. The men attending also wanted more, so I arranged for a private session with the interested men. Even though by tradition there was no crying or touching the men, those walls fell as the sessions progressed.

The weekend with the women was more than amazing, the women were hungry for finding their breath and opening to the long lost art of full expression of their feelings and authentic selves. We had topped the group to 30, even though more were interested. With six facilitators the groups were 5 participants each, which is a stretch in any situation, not to mention that these were all new breathers in a culture where eras of feelings and restrictions had prevailed. Each day took us to new places in each woman finding more of themselves and having the courage to feel and express it more. We took breaks at specific times so they could do their prayers, putting on their robes and finding a spot in the room to do their sacred rituals. Then back to what ever was on our schedule.

By the end of the last day there was no way to recognize that these were the same somewhat downtrodden angels that began to breathe only a few days before. They were full of fun, vibrant and expressive. Yipping out in the closing circle in native sounds unfamiliar to any westerner, dancing around in jubilation, shaking and laughing in pure joy. I was so impressed by the questions they asked when we talked about the 3rd Level of TB, they just kept taking it deeper and deeper, so that I knew I could not hold back any insights I might have, regardless of the consequences.

There was so much more that impressed me about the

(Continued on page 12)

Facilitators Share ... continued

From [Phyllis Linn](#)

Hi there, Judith!

I had a wonderful experience today offering a Transformational Breath introduction here in Eugene, Oregon. Since I am the only facilitator here, I have shied away from doing a full-on intro with a TB session. Kind of overwhelming.

I was inspired recently to offer a free in-chair intro (less space needed, for one thing - and less "stuff", too) at Campbell Center, the local senior center. This center welcomes people of all ages, although mostly seniors participate. I like this place because it's part of the city parks and recreation department and they print a calendar of activities each season that goes out to every resident in the area. Plus there is NO charge for me to use the space. In fact, they are very appreciative to have people offer activities. They do all the work - I like that, too!

It was SO successful (20 eager breathers) and easy to do. It was a 1.5 hour session with chairs in a circle. For participating in the class I offered them a discount on your book (sold 4 of them) and on their first TB breath session with me. We shared breath hugs. So, it was a big success and I am eager to do more of this kind of event. I am delighted that I can offer a rich and meaningful breath experience, even without a full TB session. I thought this format might be useful for other facilitators who want to offer an easy-to-do intro. Hugs, Phyllis



TRANSFORMATIONAL BREATH® TRADEMARK

The Transformational Breath Foundation has applied for and received approval for publication of a federal registered trademark for **Transformational Breath®**. This is essentially a revival of a past trademark that had lapsed. To Facilitators and Trainers this will protect the work you are doing from those who infringe. It is therefore our legal duty (not option) to enforce said trademark. Let this be kind notice to those not associated with TBF to please cease and desist using the Transformational Breath® name or any trade names which may likely cause confusion due to similarity under trademark law. ♥

In Memoriam

Very recently one of the family, **Anna Wiedeler**, has passed on. Anna held a Master's in Health Promotion and Disease Prevention and was also a Physical Therapist and Cranio-sacral Therapist. Upon hearing the news, Judith offered the following words on her friend:



"Beloved Anna joined the breath family exactly a year ago, having her first powerful breath weekend at Kripalu last April. She shared with the group of how weary she was of her journey with battling

the symptoms of cancer for over 12 years.

By the end of that first weekend Anna was feeling better physically and emotionally. Even then her courage and strength impressed the whole group.

She was then motivated to continue her journey with TB, taking the Seminar and Level IV at Sirius community in western Massachusetts.

Her Presence gave so much to all of us. Her heart filled with love and humor and inspired us to go beyond our comfort zones. She shared TB with commitment and skill.

There is no doubt that she is flying free from all pain and burdens and continues to grace us with her angelic self.

We love you Anna and know you live on in our hearts. "

-Judi



PTSD Help for Vets

I have a big soft place in my heart for veterans of our armed forces, too many of whom have seen the worst that mankind has to offer. And while Post-Traumatic Stress Syndrome (PTSD) is a very real medical phenomenon, our US government hasn't done much to help our needy vets, even going so far as to issue directives to doctors to deny such a diagnosis. However, one of our Breath Family, Ida Kendall (Los Angeles area) is doing

PTSD ... continued

something great to help. Here is a message from her we received right before publication.

-Steve

Hello there,

I'm in the beginning stages of development for a project called "PTSD Rehab". The goal is to create a 3 day event for vets that will help them to integrate the traumatic events and effects of their service. Any vet from any time of service can be included.

www.ptsdrehab.com

Part of this development is conversations with vets to create a clear and comprehensive set of objectives and requirements for the project syllabus. I would like to set up meetings with (preferably recently returned) vets to find out the major obstacles they have had to overcome in re-engaging with everyday life, as well as obstacles they have faced in their own internal world. The two meeting places would be Westlake Village 91361 and Brentwood Village 90049. If there is a large community of vets in a specific location I would also be willing to travel to those locations and meet there. The dates have yet to be set up and will be arranged to accommodate the majority.

If you know of any vets or organizations who might be interested in collaborating in this process, I would be grateful if you could pass on this information and reply to me with particulars. More information about me may be found at the links below to my website and my blog.

Kind regards,

Ida Kendall

(818) 274-1193

Words of Wonder, Westside - Westlake Village

Hypnosis, Transformational Breathing, Spiritual Counsel

131 S. Barrington Place, Suite 200, Brentwood Village CA 90049
143 Triunfo Canyon Road, Suite 227, Westlake Village CA 91361

BLOG <http://idakendallhypnotherapy.blogspot.com/>

WEB <http://www.idakendallwordsofwonder.vpweb.com/>



Free Tele-Series

We wanted to let you know about a **FREE upcoming Tele-Seminar Series** by Soul Sight Services:
Layers of Health Tele-seminars

Honoring the Integrated Layers of Body, Mind and Spirit, this is a special series on **Spirit & Energy** and Nina Wallinder, the host, will be featuring Dr. Judith Kravitz and Transformational Breath®.

We would like to invite you to join in this special upcoming event. It is FREE by subscription at the appointed time and for a short time afterwards so don't miss out!

Click Here to sign up:

<http://layersofhealth.com/cmd.php?af=1135796>

You can join us via telephone or even by computer audio. And you can learn about the latest in Energy, Meditation, Intuition, Boundaries, Incarnation, Archetypes, Presence, Healing, Emotions and more. All aimed at helping you empower your life through learning, awareness and being informed!

This is a fantastic opportunity for FREE transformative information from experts, pioneers, innovators & healers.

When you sign up for this series you will receive the information you need to listen in! If you miss some calls or would like the series as a resource to keep, don't worry because you will be given the option to purchase a series package from the series presenter.



WEBSITE FACILITATOR LIST

We understand folks may get frustrated locating facilitators in their area only to receive no response or hear that a facilitator no longer practices. Around 7 days from delivery of this newsletter about 30 people from our worldwide list will be removed. BUT ... new professionals are being added all the time. Thank you.



Kuwait ... continued

experience, the kindness and generosity was so beautiful. Our organizer Manal and her family were the perfect hosts to all our staff and treated us as royal family. Something to be cherished always. We all knew that our visit there was historic, that TB was a missing piece that was allowed to come in and touch and change lives. Not only the lives of the women breathing but all who took part in such an important and moving event. This trip was just the beginning of a new liberation and expression in a part of the world where greater clarity and empowerment have been so needed.

The dance continues. The next wave is a women's Seminar, June 15-20 and a men's weekend June 17-19. There is room for a few facilitators for either event. Come and join us for the most unique adventure imaginable.



Q&A ... continued

TBF LOGO

Q. Hello Judith,

I am Gulin, a Transformational Breath coach from Turkey. I am setting up my website and would like to include the meaning of the TBF logo. Some people are curious and ask about the hearts, colours, symbols.

A. Hi there, Gulin. Thank you for asking about the symbolism behind the TB logo. There are three specific images in the logo: The first one in the center is the three-fold flame in the heart. It represents the three aspects of the heart, (love, light, and power). Second, behind that is the six-pointed star which represents heaven and earth coming together, (which is what I feel happens within us while practicing TB). Third, there is the background of light beams which represents the field of light that we all exist in.

Thanks for helping me with writing this down. Looking forward to seeing you soon.

Love and hugs, Judi





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(A)
March 14 – 20, 2010
Turkey
 Nilgül Tavsöl
 +90 532 502 06 82
tavsöln@ttmail.com

Level IV(A)
March 22 – 28, 2010
Italy
 Indalecia Ziritt
 0039/338/4622263
indalecia@tbitalia.org

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

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

Seminar
April 18 - 23, 2010
Oceanside, CA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

Reclaim Your Superpowers (RYS)
May 14 – 16, 2010
Lenox, MA
 Kripalu Center
 800.741.7353
registration@kripalu.org

Seminar
June 6 - 12, 2010
Western Massachusetts
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Seminar
June 15 - 20, 2010
Kuwait
 Manal Al-Musallam
 +965-99082356
manala75@yahoo.com

Level IV(B)
September 20 - 26, 2010
Western Massachusetts
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

SPECIAL EVENTS

JUDITH'S SPRING NEW ENGLAND EVENTS

Your best chance to catch
 Judith in the Northeast!!

April 1 - Free Tele-class / Intro Talk
 May 8 - Wakefield, Rhode Island (Workshop Intensive)
 May 21 - Weymouth Landing, Mass. (Intro Workshop)
 May 25 - Waltham, Mass. (Raw foods event / Intro Workshop)
 May 29 - Quincy, Mass. (Raw foods event / Workshop Intensive)

Visit [Special Events](#) for more info.



3rd ANNUAL BREATHWORKERS RETREAT

June 18-23, 2010
Indian Wells, California

more info:
 Tim Glynn
timjimglynn@yahoo.com
 1 (310) 456-4807
 to Register:
www.yantradeck.com/events



17th ANNUAL GLOBAL INSPIRATION CONFERENCE

presented by the International Breathwork Foundation (IBF)

July 3 – 10, 2010
Cardona (Barcelona), Spain

Dr. Judith Kravitz will speak again this year. Her address
 for 2010 is entitled: "*Understanding the Future Potential: Breathwork with Children*"

Join people from all over the world at this wonderful
 yearly gathering ... Michael Brown will also speak on:
 "*Conscious Evolution, Through Conscious Breathing*"

Book Early!
 Information and registration:

Robert Alnet or Dorotea Martínez
 +(34) 606 705 573
 E-mail: info@gic2010.com
 Web: www.gic2010.com



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
breatheinfo@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.

No Spam Policy:

You are receiving this newsletter because you have either attended a Transformational Breath® event or have expressed interest in Transformational Breath. If you would like to stop future emails, kindly click the "Manage My Subscription" link at the bottom of the newsletter and change email address or Unsubscribe.

.... ALL OUR MESSAGES are sent through a secure email service. Thanks!

Privacy Policy:

TBF will not sell or give away your email address or any contact information you provide. Such data is used only to communicate with you about Transformational Breath. See above to opt out. Tell others it's safe to opt-in. Thanks!



Spotlight ... continued

state of being in breath, without much effort helps me to have successful organizations. I am not a marketing person, what I do is to share my heart and my beliefs.

Additionally, I follow up every client / participant continuously. I have regular meetings at my home, I have breathing days, all is free of charge. They see many benefits and they cannot detach from breathing. They give reference to their family and friends. If we aim the goodness of humans, the relationship reflects this. And if there is a formula, it is "goodness of breathing and giving priority to people", all other follows this. And there is one thing more, Judith usually says and I believe strongly, "Spirit knows one's intention", if you start the journey with good intention, the universe will clear away all the obstacles and open your way. Only the wish and supportive work is enough.

How do you see TB's future in Turkey and the role of "TB Turkey" in the TBF family?

As I mentioned before, Turkey grew and developed really fast. We have almost 80 facilitators and 10 trainers in our

family now. Every day we have newcomers. Of course, all fast growth has its difficulties. Sometimes we did not know well what and how to do things and there was confusion. We are so far away from the TBF and have a different culture. It is very natural that our needs and demands cannot be recognized immediately.

I feel, right now, we need a structure to keep the TB family together, especially for the newcomers; we need road signs and we are planning and working in this area. Everybody has a unique style, her / his work, and so do I.

My ideal is to have all facilitators expressing themselves freely within TB ethic values and structure and while sharing the breath with people. I strongly believe that Turkey will be a role model for the TB family with its past and future successes.

Thank you...

