

# TBF E-News

The Official Newsletter for Transformational Breath® and the TBF

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NOVEMBER 2010

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

## Transformational Breath® & The Presence Process

San Diego, CA  
November 20, 21

There's still time!

TBF wishes  
everyone a  
Peaceful, Joyous  
and Prosperous  
Holiday Season!

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## Zero Limits



by Judith Kravitz



### Zero Limits: Could it be So Simple?

Life is amazing how it keeps providing answers, as soon as we are ready for them. So proficiently that it almost seems ahead of our process or too soon. This has recently happened for me, in a few different ways, and I love finding ways to make life better, expanding and letting go.

This new gift is an awareness and technique that I was exposed to a few years ago through an article by Joe Vitale, that my friend and colleague J.D. Thomas sent me. It was about how a doctor in Hawaii healed a whole criminally insane hospital

and did not see even one patient. The procedure given seemed so simple but very evolved, I tried it a few times and I just did not get it. It seemed like a great idea, but in application I did not feel it creating the stimulation of movement in my life. Although the principle behind it was one of the highest concepts I had ever been exposed to and in perfect alignment with the spiritual principles of Truth and metaphysics I embraced.

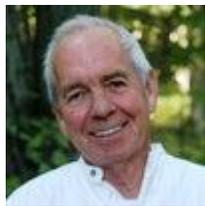
Recently, the same process has re-entered my life, this time in the form of a book entitled, "ZERO LIMITS" by Joe Vitale & Ihaleakala Hew Len, Ph.D. I felt drawn to order it, because of my

*(Continued on page 3)*

## Facilitator Spotlight

by Judith Kravitz.

**Jim Bacon**, a Transformational Breath Trainer and Certified Facilitator who has lived in Tacoma, WA for over 66 years is the newly activated *Facilitator Liaison*.



Jim began TB about 6 years ago, after experiencing his first session at Optimal Health Institute. He was there to support his choice to deal with

his smoking addiction of 45 years. Approaching his 60th birthday, he knew with-

in that it was time to choose life. In releasing the old behavior his replacement choice became breath.

He now leads and organizes workshops and offers private sessions in the greater Seattle / Tacoma area, providing the space for those who are ready for their own integrative work. Central to what is offered is an invitation to be powerful and responsible in the matters of one's own life.

Jim is also an Ana Forest Yoga teacher,

*(Continued on page 2)*

## Spotlight ... continued

having completed Ana's Foundation Teachers Program in Boston in 2006. Transformational Breath, meditation, and yoga have opened a portal to an extraordinary life for Jim.

In 1995, Jim completed the "*Curriculum for Living*" offered by Landmark Education Corp. and has continued in the assisting program since that time. By continuing to work in construction he keeps in shape and stays active. His lifetime career as a master carpenter and small business owner becomes less of his focus at this period of his life. Jim has attended and assisted in over 30 TB training programs over the past 6 years and has contributed greatly to the growth and quality of those programs and support for attending staff.

Recently, Jim has felt inspired to serve as a liaison and integrity coach in North America and is available for matters that concern TB Facilitators in general.

**JK:** Jim can you explain the need for such a role as TB Facilitator Liaison?

**JB:** Well, Judith, it feels to me that as we grow and train more facilitators that it will be to the benefit of our mission to receive on-going feedback from these facilitators. There's a wealth of contribution available from these amazing individuals. It feels like a win/win to really open the flow of that at this time.

**JK:** What has TB and working with groups given you in your life?

**JB:** More than anything what I experience is the opportunity to be authentically the person I came to be, I have spent many years of this life wondering if that would ever happen. Around 1980, I began to turn that around and yet still had no structure to support my self-expression. My work with TB has provided a platform from which to move forward into a whole new realm of possibility in this regard.

**JK:** What are some of the primary issues or matters that you see yourself handling or mediating?

**JB:** I see the question as how to maintain individual empowerment and responsibility as facilitators while maintaining a collective cohesive support system within the foundation that serves everyone and fulfills our mission.

**JK:** What would you like to share with other TB Facilitators?

**JB:** Sometimes from facilitators I hear between the lines a lack of certainty about direction, a lack of true 'ownership' of the outcome of this breath adventure we're all on together. Something like separation, it feels like in the unspoken there's tremendous doubt that we're a family.

**JK:** What are some immediate solutions you see?

**JB:** My interest in offering myself as facilitator liaison is to create the structure and opportunity for open communication with the foundation for everyone in our organization. My intention is to be available to facilitators as a clear listening for their concerns and a stand for resolution, communication, and a model in which everyone wins. I will bring to you in a candid and uncensored manner, to the best of my ability, the compilation of any issues and concerns. It feels to me in this manner, we will receive great and powerful input and the opportunity to deal with what may not be working in our best interest. When I look into our breath family I see a collective of amazing talent, brilliance beyond description, and above all loving compassion without limits. This IS the world I choose to live in.

By the way Judith, I mentioned my experience with Landmark Education and in that program one "invents" themselves as a possibility, so I'll share mine now: "Who I am is the possibility of deep unconditional love, experienced by everyone". The "Act" I give up is that what I say or do makes no difference. Thank you for this opportunity to serve love.

## DALE DIVA wins Talent Contest

Who are the *Dale Divas*? One of them is a long-time TBF Trainer from the UK. She and the large singing group she performs with recently won a national talent show in the United Kingdom called, *Don't Stop Believing*.

This is cool. Check out the [You Tube video](#). Also, here is a write-up in the [Daily Express online](#). On top of their sudden Boyle-like fame, they have won a recording deal at a famous studio in London.

So, Congratulations to trainer Ange Leake and all the ladies from Derbyshire. ●

## Zero Limits ... continued

desire to really get the concept and process that I explored previously. It appeared so powerful and idealistic.

I have to be honest I have not finished the book, but have read enough now to begin effectively working with the principles that were so enticing before but seemingly not working.

This Dr. Ihaleakala Hew Len, who studied intensely with a native high female shaman, found that we are all intrinsically connected, including our minds, and that our minds (feeling and thought) are the ultimate cause of our experiences. ALL of our experiences. That we are responsible for everything we experience in our lives, whether we are directly involved with what is happening or not. To me this is HUGE, a big step in the direction of self-responsibility. Almost more than what is possible to accept. Are we really that empowered?

At first when confronted with the 4 simple steps that can lead us to the healing of our whole world, they do not seem to make sense, and resistance came up big time. They take us to the place of total humility and ownership of our universe.

I have however been practicing them daily and I have noticed some amazing changes. The biggest one is PEACE ... and a feeling that my ego has been defused. I also feel that the "warrior" in me has settled down and is definitely not so active.

So you ask what are these 4 steps, what could cause such profound changes in one's person and experience?

It seems to be a system where we practice saying these four statements to everyone in our lives.

1. Forgive Me
2. I Am Sorry
3. I Love You
4. Thank You

These were the statements that were shared with me a while back. However, when trying to use them without deeper understanding, they did not really seem to shift anything.

Then, after reading parts of "Zero Limits" I attained more understanding of what is behind those statements and then things began to change.

First of all LOVE. However we best can get into a space of love, for love is the permeating energy and force that moves all. Then the first statement, FORGIVE ME. At first, I did not understand "Forgive Me", it appeared in my life that I was the one who had been done "wrong" over and over again. Children, lovers, business partners, so why should I say "forgive me"?

Now that is where the book shed some important light on the matter, it explained that the "forgive me" is followed by "for all the erroneous thoughts I have had about you." A-HA! That completely changed things for me. For always following any seeming violation or crime against me I had attacking thoughts. So as I began saying, "Please forgive me, for all erroneous thoughts I have ever had about you", I would first of all become aware of the thoughts (and there were many) and then as I continued with, "I'm sorry, I love you, Thank you", I would feel everything get lighter and my mind would become at peace. Sometimes I would feel emotions and love as what appeared to be a big shift occurring.

I am nowhere near completing this journey. Actually just beginning it and I am sure there will be a lot more insights and healing ahead and yet I feel I have found a very powerful and important way to REALLY make peace with my world. Please forgive me, I am sorry, I love you, Thank you!



## Poem

*A poem, submitted on the Presence Process:*

To place You in my Heart  
May turn You into Thought.  
I will not do that!

To hold You with my Eyes  
May turn You into Thorn.  
I will not do that!

I will set You on my Breath  
So You will become my Life.



## Events

### Transformational Breath & The Presence Process:

November in San Diego

*Give Yourself the Present of Presence this Holiday Season!*

Dearest Friends in Breath,

Yes, time is nearly gone to get in on our new and exciting Transformational Breath® program, "THE PRESENCE OF BREATH", November 20, 21 in San Diego.

But there is still time! This revolutionary weekend brings two of the most powerful and life changing tools together for the first time as a dynamic duo for personal growth and profound life changes.



The weekend will consist of 4 powerful Transformational Breath sessions with pre- and post-session coaching to establish clarity and goals. Transformational Breath utilizes hands-on, movement, sound and inner-child play that adds to each personal journey.

Featured will be an in depth introduction to The Presence Process (TPP), a life-altering book and program, developed by Michael G. Brown. TPP takes us to the origins of our suffering and shows us the path of integration that leads to experiencing our full Presence.

Are you ready to open to your full power and life force energy?

To register, contact Jessica at: [SynergisticBreathing@gmail.com](mailto:SynergisticBreathing@gmail.com).

Check out this [You Tube video](#) of Michael Brown talking about Transformational Breath.

Breathing in Love,

Judith

### Personal Mastery Program



A journey of discovery and empowerment as we explore the wisdom and power contained within our chakra system.

The course is a combination of online reading, video clips, audio recordings of previous sessions with Christian, and experiential processes designed to transform, awaken, ground, balance, clear

and empower.

This course is not just about information, but *transformation*. <http://earthtransitions.com/Courses/Schedule/index.php>

#### Tele-class / Webinar

*Two tracks available*

##### 1) Empowerment Track

##### *Personal Mastery*

Program starts:

**November 27th – December 18th**

4 Live Tele-class sessions - Saturdays @ 5:00pm - 6:30pm (Pacific time)

Tele-class dates: 11/27, 12/4, 12/11, 12/18

##### 2) Enlightenment Track

##### *Your Divine Gifts*

Program starts:

**December 2nd – December 30th**

4 Live Tele-class sessions - Thursdays @ 5:00pm - 6:30pm (Pacific Time)

Tele-class dates: 12/2, 12/9, 12/16, 12/30  
(12/23 is postponed due to the holidays)

Earth Transitions 760-722-5555 [www.earthtransitions.com](http://www.earthtransitions.com)

## Mailbox

Dear Judith,

I can only express my greatest appreciation to you for the wonderful seminar and the fact that you have brought perhaps the greatest transformational tool alive – Transformational Breath. It was a brilliant 5 days of hard work, transition, and a lot of laughter. I am deeply thankful. As it is with group work - the processes of others especially Xuemei helped me and even affirmed the processes I have been going through myself and with my family. It was all perfect for me. I wanted to stay and do more work!

On Thursday, I said to myself this must continue and I made a promise to myself after talking with Rox to commit myself to the next step of Facilitator.

-Sarah

*[Sarah is a TBF Facilitator from Israel]*

Hi Judith,

Each year since I did my TB training my lung function has improved. I get a spirometry test every year because I have asthma and am on a steroid inhaler (high dose). My doctor, Carter Bobbitt, Jr., MD (Cincinnati), after seeing my results this year said that my lungs were remarkable and he wanted to take me off the steroid inhaler. I have been on this med for 35 years! I did go off and he tested me after a month and found my lungs were very remarkable. 107% of expected. I've had no problem with asthma since I went off the inhaler almost 2 months ago (except an allergic reaction to Ibuprofen, which quickly resolved with a rescue inhaler.) He refers clients to me and may talk on one of the radio shows about what he has seen.

-Gay

*[Gay is a TBF Facilitator from Ohio, USA]*

Hi Judith,

An Australian lady whom I treated with TB for a while in the hospital I work in had fibromyalgia and osteoporosis. She has lacked sleep since age 14 and needs medication to sleep. Her doctor followed up after we

did 6 sessions. Her sleeping pattern changed for the better and she sent me an e-mail 2 days ago telling me about her case and how she is getting better. I'm thrilled to see this. In fact, she might become one of your facilitators in the future.

-Roula

*[Roula is a TBF Facilitator from Saudi Arabia]*

Judith,

I recently wrote you regarding my frustrations about experiencing so many negative emotions since returning home following my Transformational Breath training. An answer came to me, and I know you've said this before, but I remembered it ... "It's just stuff that's coming up for healing. You don't even have to know where it's coming from; just breathe."

I was getting so worried about why I needed so much healing. Who knows! The beauty is that I have the tools to do it.

-Suzanne

*[Suzanne is a TBF Facilitator from Arkansas, USA]*

I've been reading a lot of things lately around how October is all about INTENSITY and how whatever it is you're feeling and the stories you tell yourself will be much stronger during this time.

I know I'm feeling this intensity but I know that due to the Breathwork I feel like I'm riding the churning current in a safe, inflatable raft rather than drowning in the chaos. I came across this quote the other day that I thought was applicable:

*"Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart."*

*[from Steffani, a TBF Facilitator from Washington, USA]*

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## FREE RADICALS

**Q.** Are "free radicals" being created when we breathe? Is it toxic?

**A.** Normally, our bodies make these as a response against inflammation. Or rather, they are a part of our inflammatory response. Contrary to general thought about the reactive character of oxygen and free radicals, these compounds are actually very important in our immune response. They can create damage to healthy tissue, however, when concentrations rise too high.

In Judith's book, *Breathe Deep, Laugh Loudly*, Dr. Scott Kwiatkowski, board-certified Osteopathic Physician, answered the free radical question very well (see Appendix B), stating that of course oxygen is very reactive but the body has its own enzyme systems to guard against damage.

This is never a concern when breathing at normal atmospheric pressure, or even breathing air (with normal levels of oxygen) at a high rate as we do (what we call hypercapnea). The only time one might worry about radicals being excessive is with hyperbaric oxygen or similar circumstances – we could never breathe more than we need, or produce oxidative stress through breathing. In fact, the body senses when enough oxygen is had and will lower the breathing (though these chemoreceptor mechanisms aren't completely understood). ... And, as stated above, the immune system needs these radicals in certain proportion to do its job against viruses, cancer cells, bacteria and such ...

*From Breathe Deep, Appendix B...*

... oxygen in its *active* form is very reactive because it readily joins to other molecules like hydrogen and other oxygen molecules. An oxygen molecule ( $O_2$ ) may lose some charge and become a superoxide radical ( $O_2^-$ ), join with a hydrogen and become a hydroxy radical ( $OH^-$ ), or join with two hydrogen molecules and form hydrogen peroxide ( $H_2O_2$ ).

These chemicals are very toxic to a cell, animal, or bacterial. Oxygen and its radicals are in a balance—balanced as if on a seesaw. They freely join together and break apart into consistent proportions. By adding more  $O_2$ , we drive the process to produce more oxygen radicals in order to maintain the balance. Thus, more hydrogen peroxide, superoxide radicals, and hydroxy radicals will result as  $O_2$  increases. Ooh, but

aren't radicals bad? Only if they are excessive.

When the production and breakdown of radicals is out of balance, the outcome is poor health. There are harmful effects of too much oxygen, and most of these effects surround a process called *oxygen toxicity*. The process of oxygen toxicity is incompletely understood and poorly defined, but some parameters have been identified. There are three variables related to oxygen: the percentage, the pressure, and the exposure time. Increases in these increase the risk for toxicity.

The major symptoms of toxicity are related to the nervous system. Common symptoms include tremors, twitching and convulsions. This does not occur during breathing air (a mixture of gases) at normal atmospheric pressure. This toxicity usually occurs in people who are breathing 50% or greater oxygen at increased pressures, two times atmospheric pressure or more.

To increase atmospheric pressure above 2 atm, you would have to go 33 feet below sea level or get into a hyperbaric (pressurizing) chamber. Since air contains only 20% oxygen, it is impossible to get more than 20% oxygen from the air while breathing it in at normal atmospheric pressures. Thus, oxygen toxicity is not something that will happen during Transformational Breathing. The normal, healthy cells in our bodies have enzymes to protect against damage from radicals, and it is only when these enzymes are overwhelmed that there is trouble.

So the physiological increase in  $O_2$  achieved by increasing your breathing rate and volume will also increase the radical formation. However, our cells have protective enzymes and are better able to produce them than most bacterial and cancerous cells. Remember that the enzymes *catalase* and *peroxidase* break down the hydrogen peroxide molecule. The enzyme *superoxide dismutase* joins the oxygen radical to two hydrogen molecules, forming hydrogen peroxide and a stable oxygen molecule. This increase in tissue  $O_2$  will aid in the demise of bacteria and cancer cells, while improving the health of our own cells and bodies.

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## 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)

**Level V**  
December 5—11, 2010  
Cabo, Mexico  
Jessica Leaf  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Seminar**  
January 5—10, 2011  
Kuwait  
Manal Al-Musallam  
+965-99082356  
[manala75@yahoo.com](mailto:manala75@yahoo.com)

**Level V**  
January 15—21, 2011  
Baarlo, Holland  
Marco and Jacqueliën de Jager  
0031-167-540174  
[inside@home.nl](mailto:inside@home.nl)

**Seminar**  
February 6 – 11, 2011  
Cabo, Mexico  
Rox Lindbert  
603.286.8333  
[roxlindbert@aol.com](mailto:roxlindbert@aol.com)

**Level IV(A)**  
February 14—20, 2011  
Cabo, Mexico  
Jessica Leaf  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Reclaim Your Superpowers**  
March 4—6, 2011  
Rowe, MA, USA  
Rowe Conference Center  
413.339.4954  
[info@rowecenter.org](mailto:info@rowecenter.org)

**Seminar**  
April 16 – 21, 2011  
Switzerland  
Catherine Rusconi  
+41 79 419 37 68  
[catherine.rusconi@bluewin.ch](mailto:catherine.rusconi@bluewin.ch)

**Level IV(B)**  
April 30—May 6, 2011  
Oceanside, CA, USA  
Jessica Leaf  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

**Seminar**  
May 8—May 13, 2011  
Oceanside, CA, USA  
Jessica Leaf  
760.724.6006  
[jessicaleaf@sbcglobal.net](mailto:jessicaleaf@sbcglobal.net)

## What's Ahead?

### Level V Trainings

#### *Are You Ready to Lead?*

Our annual Teacher's Training gathering is happening again in beautiful Los Cabos, Mexico

**December 5 – 11, 2010**

A second winter event is being held the next month in the Netherlands

**January 15—21, 2011**

Check the [Training Schedule](#) if you *ARE Ready to Lead*.

Dr. Judith Kravitz will be leading both Level V trainings.

The next Level V is not scheduled until August 2011 where two are scheduled in Europe during late summer.

Seems our Training Schedule grows bigger every year. Trainings are all over the world both with Judith and with other gifted Trainers ...

### Judith at Kripalu

Again this year we are in Lenox, Massachusetts for a May *Reclaim Your Superpowers* plus other upcoming events in and around New England.

Then it's off to Europe again. Check the Workshop and Training Schedules. new events are added regularly.

### On Tap for 2011

2011 will see numerous trainings in Europe, especially in Italy and Holland, but also you will find events in the UK, Belgium, and Germany.

Trainings are also held in Turkey, and Kuwait and ... who knows where else?

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[breathinfo@aol.com](mailto:breathinfo@aol.com)



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

**Stephen Gooby**  
**Breath Dynamics**  
2337 Jenna's Way  
Conyers, GA 30013  
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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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**Aura?**



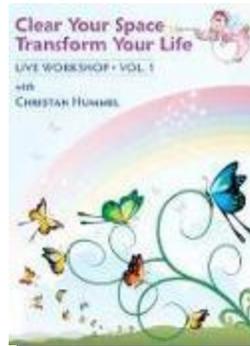
Here's 2 photos from aura photography equipment before and after a Seminar. Examine the difference, the Transformation!



From Zanni:  
"The 'After' is white and turquoise. White is pure substance, Spirit, clarity, purity, and the Turquoise is high-mindedness, altruism. The 'Before' was red and orange which is active, stimulating, creative energies! One not 'better' than the other ... just interesting to note the 'change'. yea!!"

[ed. note: The concept of capturing an "aura" is disputed within the scientific community but something must have accounted for the change and the shift to upper chakra energies. I would like to see controlled experiments, before and after individual breath sessions, to learn more.] ●

**DVD**



**CLEAR YOUR SPACE**

Fall is the time for letting go and releasing the past, for our bodies, our emotions and our lives. It is also a great time to do this with our spaces.

In this new workshop **DVD, Clear Your Space ~ Transform Your Life**, Christian Hummel, author of the *Do It Yourself Space Clearing Kit*, shows you how to do just that.

Discover what life can be like in a Clear Space! Special promotional offer this month.

<http://earthtransitions.com/Online-Store/DVD-special/index.php>

