

TBF E-News

VOLUME 6, NUMBER 3

FEBRUARY 2011

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

New YouTube video

produced by Niklas Schrimpf, who is also finishing up a feature documentary on Breathing. See page 9 for more on that.

Click for the new [Video](#)

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The Intention of Transformational Breath®



by Judith Kravitz



Transformational Breath is a powerful self-healing modality that integrates and heals on every level of our being: physical, mental, emotional, and spiritual.

Using a FULL connected breathing pattern Transformational Breath (TB) brings awareness and life-force into the entire body, clears mental tapes, integrates suppressed feelings (imprints) stored in the subconscious, and enhances the connection to and experience of Presence.

The intentions of TB are multifaceted and

begin with the *facilitator's intention to support the overall intentions of the process*, which are to:

1. Assist in fully opening the breathing pattern of the client.
2. Facilitate the integration of suppressed emotions and memories.
3. Support the connection to the client's Presence and greater expression of his / her Spiritual nature.

The next aspect of intention in TB is to support the *client's intentions in the session*. These intentions are explored before each session.

The next important area of intention,

(Continued on page 3)

Spotlight

by Judith Kravitz.



*This issue Judith talks with **Robin Sharan**, Transformational Breath Facilitator, and Director of the Annapurna Center for Self-Healing in Port Townsend, Washington about the body's need for Detoxification.*

Robin has dedicated nearly four decades to the exploration of healing modalities.

You may contact her at:
www.theannapurna.com

JK: How did you get interested in liver / gallbladder flushes?

RS: In February of 2000, I saw a flyer saying "Come to Maui and Experience a Liver/Gallbladder Flush". Having no idea what a gallbladder really did or how a liver could function, I *intuitively* knew the flush was the missing link of natural healing. Employing the simple means of live, organic, vegan food, colon hydrotherapy, and moderate exercise, heals serious conditions.

(Continued on page 2)

Spotlight ... continued

This program clears the toxins like a fire hose on a burning house, cooling the inflammatory condition of the entire body. With this newfound ease the digestive system can now unlock the nutrients of your food for you to become more becoming.

JK: What was your personal experience?

RS: My first flush produced "gold stones"! What? Yes, that's right, gold stones! I remembered that I tried to clear the blemishes from my face during my adolescence with handfuls of Vitamin A. Little did I know that too much of a good thing is possibly life threatening! After dropping those pieces of golden debris, I felt happy, enlivened, and calmer. Though I was not sick, I still had fascinating results.

JK: How does that tie into your life purpose?

RS: I had been developing a healing retreat center for quite some time and then in Maui, I met a fellow seminar attendee, a man who had been poisoned by Agent Orange in Vietnam. He was told by his doctor that he needed a liver transplant. He had been shaking like a leaf on a winter's windy day, and as white as a sheet.

Within seven days he "pinked up", no longer trembling, no longer on pain medication, no longer on any medication, and he announced to the seminar attendees that he was keeping his own liver and no longer needed to consider a liver transplant. Another person was amazed at the increased clarity of his eyesight.

After I saw what this protocol did for others, I decided to dedicate myself to proliferate this information. For the last twelve years I have been offering this program through The Annapurna Center for Self-Healing in Port Townsend, Washington.

The results have been, across the board, stellar.

JK: Why is it important for us to do this level of detoxification?

RS: Numerous reasons:

- 1) You gain control of your own health.
- 2) In short, it's you that has the ability to save both your life and your life-savings by not having to stand in line at the pharmacy and doctors' offices, unnecessarily.
- 3) Environmentally, for the planet's sake, it is the

healthcare of sustainability. Use of toxic drugs and chemotherapy end up in your municipal water supply. Organic materials in the cleanse just compost naturally.

4) This simple protocol can be implemented by anyone.

JK: What are the benefits from the liver / gallbladder flush?

RS: Inflammatory processes that cause disease are removed, thus:

- 1) Pain is relieved and mobility increases.
- 2) Vitality increases.
- 3) Mind becomes more clear.
- 4) Improved assimilation of nutrients.
- 5) Better elimination.
- 6) Improved hormonal regulation.
- 7) Inner calm creates courage to be more present.
- 8) One experiences more creativity and better humor.

JK: What happens if we ignore the health of our liver?

RS: Our liver is the filtration system of the body. Just as your car's air, water, and fuel filters need to be clean in order for your car to function optimally, so attending to your very own filtration system is imperative to operate in high gear.

JK: How do you see TB support the cleansing and detoxing of the system?

RS: Transformational Breath pumps the lymphatic system so fully that my clients can actually eventually feel the area of their body that needs healing getting the attention it needs from the lymphatic system. TB removes the waste from the lymph and when the client has prepared for the flush with TB, it is a forgone conclusion that the process is easier because of the more thorough preparation for the detoxification. Sometimes the flush is so gentle, people opt to do it a second and even a third night of flushing the liver and gallbladder and there is so much more effective cleansing that way. The results are just amazing.

JK: In what ways does TB and the Annapurna protocol work together?

RS: World renowned endocrinologist, Dr. Deepak Chopra, in the 1991 American Holistic Medical conference in Seattle, said that when one feels naturally very high, then one is boosting one's own immune system by intrinsically produc-

(Continued on page 12)

Intention ... continued

present in every session, is that the facilitator hold the space for the intention of Spirit to manifest. This could be known or unknown to the client and facilitator. This last intention allows the results to transcend from the realm of human possibilities to unlimited good.

An important part of the Transformational Breath Facilitator Training Program is focused on developing the consciousness of the facilitator in training. The awareness that is cultivated within TB facilitators is called *Miracle Consciousness*, which essentially is experiencing life from a Spiritual Perception (a true knowing of perfection) rather than Human Perception (the senses). This transformed consciousness is emphasized as the most valuable transformational tool a TB facilitator develops. Having a Spiritually-oriented consciousness definitely has an impact on the overall intentions of the breathing sessions.

The first and foremost objective in a TB session is to open up the respiratory system and create an open, flowing breath. Most people have very restricted breathing patterns which primarily come from shutting down parts of the respiratory system to suppress unwanted or unmet memories or feelings.

As the facilitators guide clients into breathing into the traditionally protected and restricted areas they are able to not only bring awareness and energy into those parts of the body but are also able to facilitate accessing and integrating suppressed energy patterns (emotions and memories) that have been stored there.

This integration is based on a principle of physics called the *law of entrainment* wherein the energy of the breathing (high vibration) comes into contact with the energy of the suppressed material (lower vibration) resulting in the higher energy entraining or raising the frequency of the lower energy. This represents a permanent transformation of that particular pattern.

One of the more interesting aspects of TB is the understanding of the correlation between a person's breathing pattern and what is going on in their life, at the levels of personality, behaviors, the subconscious and areas of expression.

We call this understanding *Breathing Analysis* and it is a very succinct science. It is an actual reading of one's relationship with life or the life-force. Having the specific infor-

mation about what the individual breathing pattern means gives TB facilitators the ability to support the breather in several ways. We are able to give supportive affirmations to help in the process of opening the breath and reprogram limiting beliefs in the subconscious.

We are also able to identify their breathing pattern with major attitudes and behaviors that show up in their lives thus enabling us to assist clients to be more conscious of their actions and choices.

During a TB session, emotional imprinting is felt during the integration process. As we know that the connected breathing assists in keeping the energy in motion, we encourage clients to fully feel the emotions they are accessing. They are also coached to continue their breathing to complete the integration of the imprint. The integration is created by the high energy of their breathing pattern.

If the respiratory system is kept open during this stage of the session the pattern will fully integrate and the client will have resolution with minimum feelings of discomfort after the session. Things may be different in the client's life after the session as energy continues to move and processing continues. However, most of the suppressed material accessed gets integrated during the session as opposed to working it out in our lives.

There are some major differences between Transformational Breath and other known breathwork processes. One of the most significant is the skill and importance in opening the respiratory system along with the understanding of the meaning of the client's individual breathing pattern. In TB, we use "hands-on" in a variety of ways for several reasons. First, we apply pressure to relax the muscles which control respiration; then we use a form of acupressure to activate cellular memories that get integrated with breathing. We also use movement and sound as well to create pressure and resistance to assist clients in moving through patterns of control.

Another defining aspect of TB is the use of invocations in each session to co-create and invoke the presence of the Beings of Light for guidance, support, connection,

(Continued on page 10)

Q&A

Pot and TB

Q. Hi Judi,

A client of mine smokes marijuana; he's looking for more presence and vibrancy, so I recommended he stop pot for a while. Then he sent me a report, "GANJA YOGA COMBINES MARIJUANA AND MEDITATION" by David Silverberg, (Source: Globe and Mail) Regional News.

Love, Lauren

A. Dear Lauren,

Hi there. This subject is a tricky one because science has found positive medical benefits from marijuana, such as pain reduction, relieving stress, and other uses.

However, I have noticed some not-so-positive effects from marijuana smoking that would cause me to discourage the use of it in daily life and certainly before a breathing session. For one thing my understanding is that marijuana is one substance that opens one's energy field and some say even create holes in one's aura. While speculation, this is problematic while breathing, because at that time we are more subjective than normal and being too open during a session could make one more open to outer influences.

Using marijuana or any substance is an individual choice that people need to make for themselves. There are perhaps positive and negative effects of all substances and each individual makes their own decisions. One thing I have noticed is that it is difficult to be objective about a drug while under its influence. So, if someone really wanted to understand how something affected them, then it would be beneficial to get away from it for a period of time to be able to see the difference. Make no mistake, we endorse no drug in combination with our modality! I hope this is helpful.

Love and hugs, Judi

Out of Body

Q. I'm having a hard time with what I experienced in my last session. I know it sometimes takes a while to complete the experience afterwards but this was terrifying. I was astral travelling. I fell and landed fast and hard. At that moment I felt myself get back into my body and as I did this I gasped for air and then started to convulse.

I haven't felt this insecure in a very long time, which is contradictory to how I really feel. Love, Natacha

A. Dear Natacha,

What you experienced is not unusual as many leave their bodies during sessions for various reasons. Sometimes when folks are re-experiencing their birth they come into their bodies rather abruptly and with a big shock, as you can imagine how consciously coming into the physical world all of a sudden would be. There is usually a sense of disorientation, and strong body reaction when this is happening. Sometimes, the jolt of the feelings of re-entry will be very intense. It can happen again, representing another layer of that pattern integrating, but never as much as the initial time. And it is nothing to fear.

Eventually it completely integrates and is gone. The end result is a feeling of being more grounded and feeling safer in this world. I hope this helps you understand more.

Breathing in love, Judith

Loud Activation

Q. Judith,

I have a very active client. It is her 4th time working with me and she is still into very loud activation. My neighbors told me they almost came to my door they were so worried. They said the whole neighborhood probably heard it. I have the windows shut and a fan on. Is it time to gentle her a bit without "stifling" her?

Thanks,
Mary Kennedy

A. Dear Mary,

I do sessions in hotels at times when I travel and one solution for a very vocal client is to have one put a pillow over his/her mouth while they are "toning". Be sure to explain this beforehand. I would also talk to her and explain the difference between screaming and toning and how the toning creates integration and the screaming is really drama and little integration takes place. Screams can be shifted into tones with coaching and awareness.

Love and hugs,
Judi

(Continued on page 6)

Mailbox

NEWBORNS: From *Lisa Zucker*, a facilitator working breath sessions with her family. A most interesting session was breathing her newborn niece, Emilia.

"I was able to breathe Emilia—on her time, of course, not my own time—and was able to get agreement from Emilia, and started to work with her belly at a time when I was holding her. Others were wandering in and out of the room, and although she didn't squirm away, she didn't really begin to breathe then.

"Another day, I held her while she was sleeping, on my chest our heart chakras together, exchanging energy. Suddenly, I realized that she was breathing. Her breath was fully open, the breath like a wave, she was fully engaged. Then her breath got raspy, mucous heavy in her lungs, (it sure sounded that way), and she began to cough, and then again raspy breathing. I held space for this dear being clearing her birth trauma—feeling so much gratitude that she would share this with me.

"Every now and then a wave of fear would come up in me, 'what happens if my sister comes to take her from me while she is in this process ... she will freak out, since her breathing was labored, and it sounded like she really needed help.'

"Then came the knowing that the universe was supporting this process and that we (all of us in the house at that point—my family) were involved in holding this miraculous space for her.

"Again, gratitude. I stayed with her for about 45 minutes and then her breath seemed to come back to normal, no more raspy breathing, she continued to sleep, only now more soundly.

"Soon after, my sister came to pick her up for a feeding. What a gift. I feel so much gratitude and closeness to Emilia. Incredibly profound. I don't know if she totally cleared her birth trauma. But the next time I see her I will again ask if she wants to breathe again."



TRIPLE VORTEX LASER from *Denise Perrin, FRSA*, Transformational Breath Facilitator

To Judith:

"I had a left breast mastectomy and latissimus dorsi flap breast reconstruction in 2010. This involves detaching a large portion of the chunky back muscle and swinging it around under the arm to form new breast tissue. Sound painful? Not exactly but the result is that the back muscle, which is still attached to its original blood source, is somewhat stretched and strained. The whole area has been completely numb and very traumatised which at times has been quite upsetting. I began to regret my decision to have the immediate reconstruction and beat myself up for my vanity. The choice at the time reduced the emotional impact of the shocking news that my left breast was to be removed but now I was feeling rather foolish.

"My surgical scars have generally recovered quite well but five months of chemotherapy took away by body's resistance and I had three months of various blood infections and then the tissue on my back and side became very inflamed. After hospitalisation for IV Drug Therapy and yet more oral medication the cellulitis just wasn't responding. Judith suggested I try the **Triple Vortex Laser** and after three nightly sessions the redness had reduced.

"After a week of regular treatment not only had the inflammation been reduced but I noticed that my movement was much easier. Today, I feel that my decision to have the reconstruction was certainly the right one for me now that the transplanted tissue has settled down. Triple Vortex has been the key to my physical recovery and a blessing to my mental acceptance that I made the right decisions and I can feel at peace with my body."



Q&A ...continued

Menstrual Cycles

Q. Judith,

I have a client who experienced her menstrual cycle starting up after a breath session and she had just had her cycle a week before. She says she is usually very regular. Can you give me some feedback as to why this might be?

Love, Dale

A. Dear Dale,

This is not an uncommon occurrence and it may happen for several reasons. One correlation is that it is “red fluid” releasing in the lower chakra of the woman. *Fluid* is emotion and *red* is anger. So it represents the letting go of anger and sometimes anger about sexuality and creation or the mother. The other main reason may be that Transformational Breath promotes detoxification and cleansing of the cells and organs of the body. So sometimes there is a build-up of endometrium in the uterus that needs to slough off and the diaphragmatic breathing initiates that process. Hope this sheds some insight into your client’s experience.

Love and hugs, Judi

Breathing during Delivery

Q. Hi Judi,

My daughter is due in seven weeks with first baby. Can you offer some guidance regarding the best breath techniques during labor?

Much love, Julie

A. Dear Julie,

Hi there and congratulations to you all. The best way to work with the breath during labor is to do the connected breathing during contractions and then some slow deep breaths in between. The connected breathing helps integrate the intensity of the contraction while supporting the natural energy flow of labor. It can make labor a bit easier and lessen the intense feelings of the contractions. I know she will have a beautiful birth.

Love and hugs, Judi

Cardiac Issues

Q. My friend has had two heart attacks before his late 40s.

Do heart issues become a concern for doing the breathwork? Is it possible to pass out doing the breathwork?

Anonymous

A. Hi there. Heart issues are always a concern but in my opinion Transformational Breath can be a great gift for someone with a heart condition or history. It will allow the energy in the body to flow in a more balanced and even way, and create less of a strain on the heart muscle and mitigate internal pressure.

The most important factor we need to remember is to make sure the client is propped at an angle which allows the chest to move freely, such as placing them in a well-padded, comfortable chair. If this angle isn’t achieved then the heart could be strained.

I have never had anyone pass out in a session, with or without a heart condition, so I do not think that would be a factor. But flow is very important in any individual with heart problems.

Breathing in Love, Judith

Multiple Sclerosis

Q. I will be working with somebody who suffers from Multiple Sclerosis (MS). He says he has had a negative experience with breathwork before. Is there anything I need to know or look out for when breathing him?

Lots of love, Nathalie

A. Dear Nathalie,

Hi there. I have worked with folks with MS and find that if the energy is managed and the flow is open that TB can lessen the symptoms and give the client more energy, create clearer speech, better coordination and more overall calmness.

Love and hugs, Judi

Feeling Cold

Q. Beloved Judith,

I had a breath client come yesterday who has very poor circulation ever since getting a bad flu about a year ago.

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Q&A

She was wearing 5 layers of pants to help keep warm.

When doing her first breath session she could feel lots of energy from her belly button up and just below her hips all the way down and she felt completely numb in her pelvic region. She would like to know if you have had any experience with this and what you think may be the cause of this.

Also, how well could the breathing help with this condition?

Love, Dale

A. Dear Dale,

Hi there. Having not met or know more about your client's history it is hard for me to really say what is going on. In general, it seems that either old anesthesia is clearing out of her lower body or she might not be breathing as deeply in the lower parts of her body as is possible. I would first of all make sure you see movement all the way down to the pubic bone and also to deeply body map the lower abdominal area, which if it were tense could be blocking the flow of energy to her lower extremities.

I would also have her do a long Kundalini breath before the session and even explore leg compression. There might be some issues or memories there that she is unconsciously avoiding. Please let me know what the results are.

Love, Judi

[Mental Illness](#)

Q. Dear Judith,

Thank you for your emails which I always find interesting. I am a trained counselor in the UK and wondered if you could tell me if Transformational Breath is safe to practice on those who have experienced mental health problems—whether mild, moderate, or severe.

Many thanks, Jill

A. Dear Jill,

Yes, Transformational Breath has been very effective in working with certain kinds of mental conditions. With cases of depression we have had great success. Most feelings of depression are related to the triggering of suppressed feelings of the past. Transformational Breath works very effectively on accessing and resolving repressed feelings and memories. More serious mental diagnoses need to be

looked at individually and addressed in coordination with the individual's therapist / physician.

For additional support and information, there is a chapter in my book, "*Breathe Deep, Laugh Loudly*" with a number of stories from therapists who have had fine success in combining TB with their practice.

Breathing in Love, Judith

[Foreign Matter in the Body](#)

Q. Hi Judith,

Five months ago I fractured my right humerus. Surgery inserted a "plate" to mend the arm. My doctor says I don't need the plate removed but starting the *Presence Process* two weeks ago and doing the breathing, my arm began to ache. Is the plate in my arm an obstacle? Is this pain normal? Should the plate be removed?

A. Dear Ebru,

Sorry to hear of your injury. I'm not a physician, but in general, working with people having plates, pins, and other hardware in their bodies, I find these to be no obstacle to integration in their sessions. They may, however, interfere with the flow of electro-magnetic energy in your energy field. The pain in your sessions are likely just integration of pain and trauma of the bone breaking during the accident. If the pain persists after continued sessions then explore a connection with the plate with another physician.

Breathing in Love, Judith ●

ZERO LIMITS UPDATE

Last issue I wrote of *Zero Limits* by Joe Vitale and Dr. Len (V6N2). I have come across a fair amount of negative reviews of his marketing practices. I wish to make clear that neither I nor TBF have any association with Mr. Vitale or his company, however, I will not pass judgment, and maintain that the content in the book which I reviewed has had value for me personally and may for you as well. -JK ●

Sharing

From Mish Wood, facilitator, South Africa

“Dear Beautiful Souls,

I am truly blessed and have to be the luckiest girl in the world, from heartache to igniting the fire and passion in my heart again ... the last year and a half has taken me to places I never imagined ever going, inside or out ... I never imagined I could find a safe place to land where my body could find peace and comfort, that I would be able to discover a way to turn work into play, that I would have colleagues that feel like family all over the world and I get to just be me!

Thank you for teaching me it is safe to love and be loved. Thank you for each and every one of you for holding a safe place, caring and loving me. Thank you for inspiring me and feeding my curiosity. Thank you for showing me a magical world that I love and adore again.

Here is to living in YOUR flow and allowing the magic to unfold everyday ... we are so blessed.

DIVINE! I am excited ... Bring on the Life!”

From Luna: To Judith and Marco de Jager

“Thank you for a wonderful 7 day seminar. I did not know what to expect and I feel so much more whole and prepared to step into the world and share the beauty of Transformational Breathing.

“I got more body knowledge and feel much stronger and more confident in my body. I sank into another level of TB or maybe TB sank on a deeper level into me. Surviving this week also made me feel my stamina, proving to myself how much I can carry without falling over.

“Next to that my heart opened again more and more. I have such a great Love for people and their uniqueness. Lovely to have met you Judith. I keep getting the image of Mother Theresa energy. To me you also are a woman with a strong mission. I experience you as down to earth, simple, dedicated, and no nonsense. Ruthless and compassionate! Wonderful role model to me.

“May we all continue to dance TB awake in ourselves and on this lovely planet. Till we meet again somewhere, sometime.”

“Breathe Deep” Translations

Dutch Translation of “Breathe Deep, Laugh Loudly”



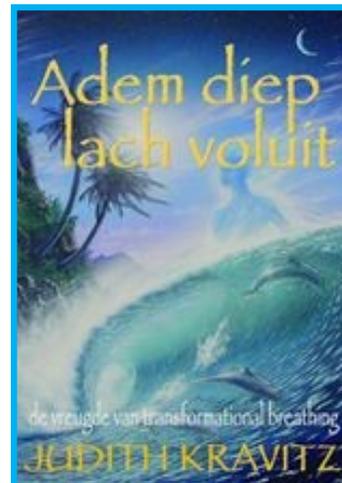
It seems every 3 months we receive interest in a foreign translation on “Breathe Deep, Laugh Loudly”. There are now 6 foreign translations on the market or in production. One of the first was the Dutch version of the English 3rd edition, produced so skillfully by Marcel Gerrits, a trainer from Holland.

In Marcel’s words:

“Translating, six to seven hours a day, for almost six months (instead of an estimated three), it was well worth the effort!

“Translating the book was truly a personal transformation process, way more than I thought it would be. It forces you to really go into a text, instead of reading it and think you grasped everything. Some chapters moved me into deep emotions and brought me tears.

“Thanks to all the effort of the proof-readers and editor Lucy Holl, I was able to greatly improve the quality of the translation.”



Marcel’s feedback:

“Wow, reading this in my native language really adds value, I now realise how good Judith’s book is.”

“Reading it in Dutch really touched me, much more than the English version.”

The Dutch version is available from Marcel:

marcel@themystic.us or

+31 63 123 2418. The retail price is € 20 (TB coaches and trainers can order at € 15/copy (wholesale price)).

[Editor: It was a pleasure to support Marcel in this project. His dedication and attention to detail was evident to us immediately.]

The Gathering



~ Bringing ancient Native American wisdom together with the energies of today to create a life and a planet of enlightenment. ~
March 19 - 21, 2011

Lightworkers around the world gather to share, rejoice, transform not only ourselves, but now also to gather in unison for the benefit of humankind and the earth. It is called, quite appropriately, The Gathering.

The first three conferences were held in Switzerland. This year, Native North and South American shamanic wisdom-keepers come together with internationally known mod-

ern spiritual teachers to create a Gathering in the United States. It is held at a powerful place – spectacular Sedona, Arizona - and at a powerful time, the Spring Equinox.

Keynote speakers include Drunvalo Melchizedek, Grandmother Mona Polacca, Jonette Crowley, and many others. It promises to be a very special gathering.

Visit www.TheGathering2011.com for more information. ●

TB Documentary

Co-create a feature film exploring humanity's primal spirituality at its origin.

Is it possible that some of the methods used in Transformational Breath can also be found in the oldest healing traditions of mankind?



Niklas Schrimpf and his team who have been working on the upcoming TB documentary, set out on a journey to find out. In their feature film, they'll be exploring South Africa, the cradle of humanity, to bring home some of the most ancient spiritual secrets. Among the shamans and healers, they'll be learning from the

Bushmen who are the direct descendants of the first humans. What they all have in common is they are using sound and movement to heighten their vibration for the purpose of healing - in many ways like Transformational Breath!

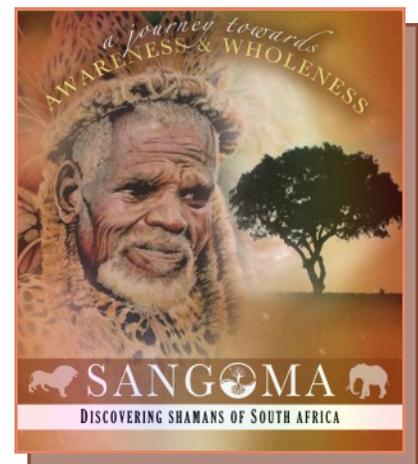
Watch the trailer and follow our journey for next four weeks at sangomathemovie.com.

The director, Niklas Schrimpf, was born and raised in Ger-

many. Under the guidance of the US Sundance director Roger Ingraham he learned documentary film-making. When he was introduced to Tibetan Buddhism his focus shifted towards healing and spirituality. He studied different holistic healing modalities like EFT and Applied Kinesiology. He created the [Presence Portal YouTube Channel](#). At the moment he is majoring in Osteopathic Medicine and learning Transformational Breath.

Niklas integrates art and healing in his film projects. These films invite the audience to rediscover their innocent heart and inherent potential.

[Editor: Please go to the [trailer link](#) and support the film's post-production.] ●



Intention...continued

and completion. Once again, by consciously invoking the Spiritual, the experience can go from the realms of limited good to infinite possibilities.

The use of sound and toning are valuable components in TB for several reasons. Pure sounds hold a high frequency similar to the energy that open connected breathing generates. Toning is utilized to create integration, especially at times when the physical or emotional energy becomes so intense that breathing is difficult. Making sounds and moving the body can help open constricted areas in one's breath. By toning, some of the unexpressed is able to be freed up which creates more openness in the breath and also in our feelings.

Transformational Breath is an independent, powerful, effective self-healing system. And yet when *The Presence Process (TPP)* is used alongside TB, the benefits increase profoundly. TPP gives us a clear path and practice to continue our integrative work on our own. It helps us develop a consistent breathing practice and not only gives us the understanding of our journey away from Spirit but also the keys which unlock the way back to our Vibrational selves.

Another wonderful gift I received from TPP was the understanding of *when* our emotional imprinting took place and our passageway back to that space to work with our issues at their causal level. This is so important because this is the only way we are able to reach true resolution of our seemingly never-ending repetitious life dramas.

This understanding and appreciation of the sacredness of the emotional processing during sessions has added greatly to Transformational Breath. Knowing that our feelings are the closest vibration to our Spiritual Selves and by feeling them unconditionally we are able to access our Presence. When we are unconditionally present with our feelings we are able to go through the energetic doorway to our Presence.

The focus of the weekly assignments in TPP are the most perfect way to learn to work with our unhealed emotions giving our minds exercises which bring more clarity and awareness into our lives. For example, we are reminded over and over again that the experience or person who upsets us is not the *problem* but rather the *messenger* who has brought us the message of the inner emotional pain of the young child inside of us. This child's unresolved pain shows up in our lives over and over again until we are able to ac-

cess that part of ourselves and feel those emotions unconditionally.

I now recommend to everyone who does Transformational Breath to do The Presence Process. I know of no better way to carry on and go further in the deep opening, integration, and spiritual connection that gets initiated in our breathing sessions.

By utilizing the great gift that Michael Brown has brought to us in The Presence Process and Transformational Breath, we are finally able to find our way back to Source.

Poetry

With Each Breath

Drama, the drunken dance of the ego,
devoid of delight,
dines on dregs of decay.

My soul demands my return,
dispelling notions of destination
and quiet despair.

with each breath

Deemed worthy of discovery,
my heart dives deeply
into my waters.

Denouncing my victim,
disarming my discomfort,
melting sedation's dazed desire.

with each breath

I donate my body
to the dearness of this moment,
tidal waves of delicate droplets
awakened as ocean dharma.

-Janet Lawson



TBF Training: US & International

Training Highlights (w/ Judith)

Check the full Training Schedule at www.transformationalbreathing.com

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

Seminar
March 21 - 26, 2011
 Kuwait
 Manal Al-Musallam
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Seminar
April 1 – 6, 2011
 Antalya, Turkey
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Seminar
April 16 – 21, 2011
 Switzerland
 Catherine Rusconi
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catherine.rusconi@bluewin.ch

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

Seminar
May 8—May 13, 2011
 Oceanside, CA, USA
 Jessica Leaf
 760.724.6006
jessicaleaf@sbcglobal.net

Level IV(A)
May 18 - 24, 2011
 Kuwait
 Manal Al-Musallam
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manala75@yahoo.com

Seminar
June 13 – 18, 2011
 Amherst, MA USA
 Rox Lindbert
 603.286.8333
roxlindbert@aol.com

Level IV(A)
July 16 - 22, 2011
 Istanbul, Turkey
 Nilgul Tavsel
 +90 532 502 0682
tavseln@ttmail.com

Level IV(A)
July 25 - 31, 2011
 Ancona, Italy
 Indalecia Ziritt
 0039/338/4622263
indalecia@tbitalia.org

What's Ahead?

“Reclaim Your Superpowers” Weekends

March 4 - 6, 2011
Rowe Conference Center
 Rowe, Massachusetts
 To register:
 413.339.4954 or info@rowecenter.org
 Visit Rowe for more info: www.rowecenter.org
 Click open [Rowe Flyer](#)

June 3 – 5, 2011
Kripalu Center for Yoga & Health
 To register:
 800.741.7353 or online at www.kripalu.org
 Visit [Kripalu](#) for more info
 Click open [Kripalu Flyer](#)

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Click for more [New England](#) events.

Presence of Breath

*A weekend featuring the
 work of Michael Brown and
 Judith Kravitz*

April 2 - 3, 2011
 St. Augustine, FL

To register:
 Julie Wolcott
 734.355.1671
info@BreatheAnnArbor.com

Open the [Presence Flyer](#)

More in 2011

Check the [Training](#) and [Workshop](#) schedules.
 More events in 2011
 (w/ & w/o Judith),
 are scheduled in
 such places as
 Germany, Kenya, United
 Kingdom, Holland, and
 USA (Florida, South
 Carolina, Michigan &
 Massachusetts).

*Check back as more
 events will be
 added!*

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
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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.

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Spotlight ... continued

ing interleukins which are also anticancer agents produced within the body when there is a state of ecstatic awareness.

Since Transformational Breath produces just such an experience, almost on demand, TB has brilliant potential to exponentially multiply the healing of The Annapurna Protocol. These two healing modalities dovetail perfectly together. We teach it individually to all our clients. I ask them to practice two full breath sessions a day while they are healing.

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BREATHING CIRCLES

"An active synchronised heartbeat for breathwork around the world."

Started last year by Natalia Brown, UK National Coordinator of the International Breathwork Federation, these connected breathing groups, (*Breathing Circles*) occur monthly around the world. Breathing Circles are from different breathwork traditions, and happen in Europe, the USA, and extend as far as Kenya, Ukraine, Turkey, and Israel. More are planned. Visit www.breathingcircle.com •

The Dale Diva Album



Remember those Ladies from Derbyshire, UK who won their National Talent Show?

Simply called "**DaleDiva**" – their 1st album is a 10-track cover song effort featuring well-known pop songs including a Christmas track released as a single. Tracks are as follows:

Tracks are as follows:

- Natural Woman
- Sweet Dreams
- Ain't Nobody
- Single Ladies
- Sisters Are Doing It For Themselves
 - Love The One You're With
 - Sing
- Still Haven't Found What I'm Looking For
 - Let The River Run
- Merry Christmas Everyone

Order download from **Amazon**, **iTunes**, or **HMV** or Compact Disc format from www.dalediva.co.uk •