

# Transformational Breath® E-News

Transformational Breath Foundation

Synergistic Foundation

VOLUME 6, NUMBER 4

AUGUST 2011

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

We've Been Busy

New E-Commerce  
Site with  
Downloadable  
E-PRODUCTS

New TBF Website

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## DISASTER RELIEF

Dear Reader, please offer what Prayers and Funds you can to International Relief Agencies to aid the still suffering victims in **Haiti**, the horrible famine in **East Africa**, and others throughout the world who are in need!



## Freedom Now



by Judith Kravitz



Many places in the world are crying out for freedom, basic freedoms that we, in our culture, have pretty much taken for granted all our lives. Freedom to do and say what we want. Freedom to choose our leaders. Freedom to achieve our goals. There are numerous types of inherent freedoms that we all yearn for that may not be apparent to us, but which we need and want as well.

For example, freedom to express who we really are. Freedom to feel and express our true feelings. Freeing our bodies from pain, tensions, and disease. Freedom to follow

our hearts and inner guidance. The capacity to achieve these freedoms lie within each of us, not within a political system or government. So how do we access and realize these states of freedom?

One of the most effective and profound ways I have shared and experienced to unleash these important freedoms is with the power and use of *The Breath ...* yes, our very own Breath!

When we recognize that our breath is really our connection to the Life-force moving through us then it becomes important to open up that flow and maximize our ability to breathe using our full breathing capacity.

*(Continued on page 3)*

## Spotlight

by Judith Kravitz.



This issue we talk with **Jeff Morrison**, TB Facilitator, currently living in Cabo, Mexico. Jeff grew up in San Francisco, attended college in New England, and

has owned a few businesses for the past 14 years in Cabo. **Jeff is an avid world traveler.**

**JK:** What called you to start traveling?

**JM:** I've always enjoyed traveling. As a fam-

ily we lived in England for a year when I was in high school, and I spent a semester abroad in college. I've traveled all over but not very much in Asia, so I felt called to the East.

**JK:** To what places in particular have you travelled?

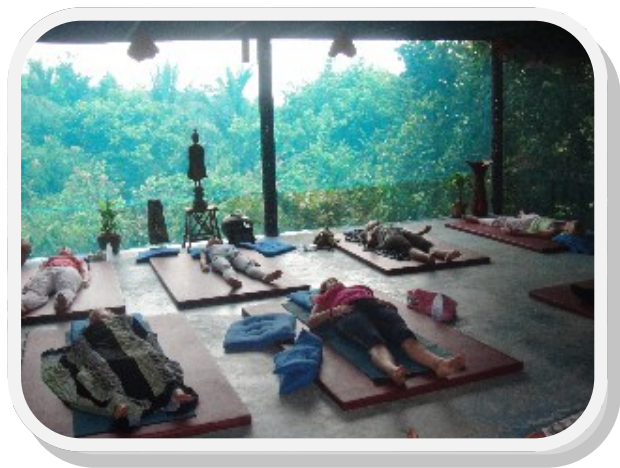
**JM:** I spent the first month, surfing mostly, in Bali. Then I went to India and spent five months there. The last two months I spent between Thailand and Bali.

*(Continued on page 2)*

## Spotlight ... continued

**JK:** Tell us about some of your experiences.

**JM:** I had some amazing experiences in all those places. Some of the most memorable in India were spending time at Osho meditation resort. They have 8 - 10 daily meditations, as well as some really good workshops to choose from. I really enjoyed taking the Intro to Buddhism course at Tushita in Dharamsala, and I got to see the Dalai Lama teach. In Rishikesh for the yoga fest, I was teaching the Breath and was exposed to some



great yoga. I was hanging out in Goa, and sitting in Satsung with Mooji in Tirumanavalli for a couple of weeks.

He is the most wise and awake spiritual teacher I've come to know. Thailand was very relaxing, I found a great place called the Sanctuary on Koh Phangon. No cars or scooters, I had to take a boat to get there. I got into doing Astanga Yoga every day and teaching the Breath three days a week.

**JK:** What were some of the differences from sharing TB in Mexico and the US?

**JM:** I don't find a big difference, although I was surprised how open the owners of spaces were to letting me use their studios.

**JK:** How were you able to share TB in brand new places?

**JM:** It was a lot easier than I thought. I would go to places like Goa (India) or Ubud (Bali), places with lots of yoga, bodyworkers, healers, (Yoga festivals are great), and find a space. I used mostly yoga studios. I would

find a time they were not being used and ask if I could use the space to teach a Breath workshop. They always said *yes*.

They would usually take 30% of whatever I took in, and everyone was happy. In Rishikesh I was teaching six days a week during the yoga fest that goes on in November. At a place called Raj Deep Hotel. In Goa I was at Magic Park three days a week. They had bungalows, a great restaurant,



and three yoga studios. In Thailand, I was at the Sanctuary, a retreat health resort with all kinds of things going on.

Doing workshops was a great way to make a little extra spending money

along the way. I could usually pay for two or three night's accommodation with each workshop I did. Plus, I got to turn on hundreds of people to the Breath. Many people had amazing experiences and are excited to do either the Seminar, or more TB when they get home.

**JK:** Any upcoming travel plans?

**JM:** I look forward to traveling again soon. I really enjoyed Thailand and India. I plan to go back this fall, as well as other places in Asia, such as Laos, Cambodia, and Vietnam.

**JK:** What would you tell other TB Facilitators about traveling and sharing TB?

**JM:** Just go for it, it's easy. It's a great way to get to some awesome places, a great way to meet people, and a chance to share the Breath with people from all over the world, make some really good friends. All the while making a little extra spending money for your travels.

**JK:** What was your most memorable experience teaching the Breath abroad?

**JM:** That's hard to say. I had so many great experiences sharing the breath on my travels. It is hard to pick one, but the family we created at Magic Park in Goa was fantastic. I

*(Continued on page 8)*

## Freedom Now ... continued

In developing an integrative breathing system that focuses initially on completely opening the respiratory system, I have seen many physical changes take place in people's bodies; release of tension, restoration of health, elimination of pain, plus more energy with which to move through life and do what we came here to do.

In this system that we share we also use the Breath to access and resolve past emotions and memories stored in the subconscious and the cellular memory. You ask, how can breathing accomplish this? By using a specific guided breathing pattern that creates a high vibrational energy within our electromagnetic field. This high vibration begins to access low vibrational patterns which have been stored not only in the subconscious but also in the closed areas of our respiratory system. As a result, the vibrational quality of the suppressed material changes. This change occurs based on a principle of physics called *entrainment* or energetic relationships.

When a high vibrational energy pattern comes in contact with a lower vibrational energy the higher one will always raise the energy of the lower so when we practice this breathing pattern we are permanently transforming the energy of our suppressed mental and emotional bodies. This leads us to the ability to not only access higher emotions and states of consciousness, but creates the energetic opening to express them more freely as well.

We also get in touch with our heart's true desires and since the fears prohibiting our allegiance to those desires have been integrated we can now express and follow our hearts with more freedom and joy.

I believe after 35 years in the field of integrative breathing that our Breath is the greatest gift and tool we have to access and express our most important freedoms. I invite you to explore the limitless "world of you" fueled through your Breath.

[ed. note: Judith Kravitz, Doctor of Metaphysics, and mother of eight, has been doing workshops and trainings all over the world for 35 years now. Inspired by healing a cancerous tumor on her throat with breathing, she is empowered with her vision to see everyone breathing their **Way to Freedom**. Judith is also author of the book, "Breathe Deep, Laugh Loudly", the ultimate breather's guide, in its 3rd paperback edition, and now available via download at: [www.transformationalbreathing.com/shop](http://www.transformationalbreathing.com/shop)]



## Q&A

### Alzheimer's Disease (AD)

**Q.** Judi,

I was wondering if you have had any success with older clients in the beginning to middle stages of Alzheimer's? Love, John

**A.** Dear John, I have worked with several folks who have been diagnosed with Alzheimer's and have had good results. I think just getting oxygen to the brain, detoxing and bringing more life-force into the body affects folks in a very positive way. In the long range picture they had more clarity and energy. Though there is no recognized cure for AD, breathing is a must. For you, the important thing is that they be able to follow instructions and stay focused on the breathing. - Judi

### Meditation and TB

**Q.** Since one is apparently entering an alternate state using Transformational Breathwork, is there a difference between that state and the state obtained in awareness meditation or insight meditation? What is the difference in the metabolic states achieved?

**A.** At the risk of generalizing, both meditation sessions (such as Vipassana/Insight, or Yoga) and TB sessions relax the body and kick up metabolism. The mechanism seems different however in one respect. Typically meditation breathing is slow, deep, and long, often extending the exhale (in fact, the body/mind begins to enter a meditative relaxed state automatically when "breaths per minute" reach as low as 4.)

In TB, we don't extend the exhale, the breath cadence tends to be quicker with emphasis on inhale, deeper oxygenation, and overall, a more physically active breath session. But ideally, in TB, we still achieve the end result of peace, a meditative state, and relaxation through engaging the parasympathetic branch of the autonomic nervous system. This creates a paradox. How can this be? That statement is analogous to someone feeling relaxed, or achieving normalized blood pressure by regular vigorous cardio-exercise rather than a long sleep or short easy walk.

Two paths therefore lead to this common endpoint. But why then practice TB if Meditation can do the same?

(Continued on page 4)

## Q&A

First, it cannot do quite the same. As you know, meditation is unlikely to reform physical dysfunctions in breath patterns or clear deep mental emotional patterns with any certainty. TB is a fast-track, and more powerful, which is why we must be trained to do self-sessions. Second, just like we cannot run a marathon 24x7, we cannot continually breathe at the high level within our TB model thus meditation practice becomes very positive and practical.

### Self Sessions

**Q.** I was told that it is advised to have 1 self-session per week and each day the 100 Breaths. Could it be harmful to do a self-session every day.

**A.** One may certainly do a session daily but there are a few important things to know. First, be sure you feel good before you stop breathing, (i.e. do not stop the session in the middle of a pattern integrating). Second, periodically do a session with a trained facilitator so you can have evaluation and feedback on your breathing pattern. This will make sure you are breathing in an effective way to maximize the benefits and continue tapping and integrating suppressed material. Third, it would be great if you would join us sometime in one of our programs and see how far you can go with us.  
Breathing in Love, Judith

### Holistic Model

**Q.** Dear Dr. Kravitz, Do you think that emotional trauma causes physical symptoms of illness?  
-Emily

**A.** Dear Emily, Hi there. In response to your question about the relationship between emotional stress and physical illness, I believe that there is a strong and direct connection between our emotional states and our physical health. We are not only a body, but a spiritual being with a mental, emotional, and physical body and they are all inter-related and affect each other greatly. My background is in metaphysics and the premise of that whole science is that all our experiences in the physical world have their origin first in the Spiritual realms then move through mind and emotions to ultimately take form in the physical. So our upset emotional health and feelings manifest in illness. And when we heal the emotions we work at the level of the cause versus treating the symptoms which appear as illnesses in our bodies.  
Breathing in Love, Judith

### Epilepsy

**Q.** Can I work with a 45 year-old woman who had petit mal seizures now controlled by medication?

**A.** I've worked with many forms of epilepsy and it has been very powerful and effective. The most important thing is to monitor their exhales carefully, encourage and help them relax their exhales as much as possible so that the energy is allowed to move through. When exhale is contracted it builds up and seizures could possibly result. I've found the breathing allows the client to get in touch with the underlying cause of the epilepsy, which leads to the ultimate healing.

There are many reasons why this condition arises and often it is about "escaping life" or "feeling unworthy". If someone goes into seizure during a session keep coaching them to breathe and put your hand on their belly, they will eventually go back into breathing and once again it is paramount that they relax on the exhale. If they start choking turn them on their side. I feel the breathing is beneficial and will help on all levels. - Judi

## NEW E-COMMERCE SITE

### TBF Now Offers

#### Downloadable E-Products for Sale

The "Breathe Deep, Laugh Loudly" book, most CD-Audio Titles, and the "Breath Analysis DVD" are all available for purchase.

- Receive Product Within Minutes
- No Postal Shipping
- Pay with Credit Card or PayPal Account
- Temporary Download Links are active for 72 hours in case of download trouble.
- Download Free Samples before Purchase

**NOTE: e-Products are NOT Returnable**

## Mailbox

### "Thanks" from Andrea

"I want to thank you from the bottom of my heart for inviting me to join you in Cabo. I have truly been transformed! I realized so many things about myself in both the Seminar and the Level IV-A. I will be forever grateful for the demo that you did on me, and really can't say thank you enough times about how it profoundly affected me and allowed for me to have a genuine pathway back to my heart.

"I didn't share this with you but during the breathing session that you did with me, I had Buddha and Jesus come into my body and heart to greet me. During the training, I was also greeted on the other side by my sister who passed 20 years ago in a car accident. She said it was time, and put wings on my back and asked me if I wanted to fly with her and the other angels. This was an incredibly loving and powerful experience for me. It was funny that your training the next day started with a talk about angels! Complete validation!

"The last day of the training, I think because I had a fever and my body wanted to release so much, I was able to transform many old, stored emotions. It has been a continual release since I have been back to Las Vegas and I am feeling a new and improved energy of hope, love and abundance. So, thank you for seeing me in your meditations and for calling on me to join in Mexico."

### *Have You Done The Presence Process Twice?*

If you are one of the people who has completed *The Presence Process* more than once, writer-filmmaker **Angus Strachan** would like to talk to you. Please make contact with him:

English HP: +44 750 690 5615  
[admin@AngusStrachan.com](mailto:admin@AngusStrachan.com)  
[www.AngusStrachan.com](http://www.AngusStrachan.com)

### "Infants w/ Digestive Issues" from Ange

"I saw a 2-week old baby who is failing to gain weight. She was born a little early, just over 5 pounds and currently weighs slightly less than that. She is hardly feeding and has only had 2 small bowel movements. I spent about half an hour breathing with her - never had a baby before that paused for so long before the inhale - we got to the point where she would take about 6 connected breaths between the pauses. I then spent 10 minutes each with her very anxious, doting parents, both shallow breathers, dad with fairly dramatic birth story and not breathing in his belly. I sent them away with instructions to spend lots of skin to skin contact time with baby, gently matching their breath to hers and telling her as many times as they can how much they love her, how pleased they are she's here. Sound familiar in relation to our affirmations?

"I've also made an appointment for them to come back next week as I kind of feel she isn't finished yet. Anyway, I've since had an email from her grannie reporting baby had a subsequent and massive bowel movement. I expect to update this report on whether there's been an impact on her feeding."

*[ed. note: Never underestimate the need for deep diaphragmatic breathing, such as we do with TB, when seeking to address digestive issues.]*

### *Judith in Vision Magazine*

A while back, October 2010, Judith did an interview with **Vision Magazine**, entitled, "*Breathe Deep: A Conversation with Judith Kravitz*". Conducted by Sydney Murray, the interview text may be read [online](#).

## Transformational Breath Foundation - United Kingdom

### Transformational Breath® Comes of Age in the UK

In just four years, Transformational Breath® in the UK has gone from being a little-known complementary therapy with just a handful of practitioners to where it has its own thriving national organization, the Transformational Breath Foundation UK (TBF-UK) with its own UK-based professional training and dedicated support network for practitioners.

#### *Achievements in the UK since 2007:*

- External recognition and validation of TBF-UK came in February 2011 when its UK Professional Training became affiliated to the **Institute of Complementary and Natural Medicine (ICNM)**. In fact, we are the first Breathwork school to be so recognised.
- TBF-UK has had its own professional (Level IV) training since 2009, when Judith Kravitz, the International Co-Developer of Transformational Breath worldwide, accredited Ange Leake, UK's Senior Trainer, to run trainings to this level. Ange is one of only three Senior Trainers accredited worldwide by her to train at Level IV.
- From few Facilitators and 1 Senior Trainer in 2007, (many of whom had trained abroad), TBF-UK now has 2 Senior Trainers, 6 Trainers or Co-trainers, 7 Facilitators, plus more new graduates and others coming along.
- An **Internet Group** was set up in early 2007 to enable Facilitators to communicate easily and support each other.
- A dedicated organization, TBF-UK was set up in February 2008, with its own **formal constitution** and network of officers, which gave UK Facilitators "a map" within which to develop Transformational Breath in the UK.
- TBF-UK has organized twice yearly **training sessions** and management meetings for its Facilitators since the beginning of 2008.
- TBF-UK organized a system of **peer supervision** in 2009.
- Joint advertising, working together, and publicity have gradually evolved. TBF-UK has had its own [website](#) since 2009 and **FitPR**, to represent it since January 2011.

*The ICNM accreditation process was a two-year effort which involved:*

- Submitting all the training materials, teacher training credentials, cvs and insurance documents for scrutiny by their registration panel.
- Introducing additional modules including first aid, enhanced anatomy and physiology, and UK law relating to complementary therapy.
- Formalising assessment and examination procedures and setting up an external means of verifying those procedures.
- Adopting the ICNM's Code of Conduct for Practitioners in parallel to the Foundation's own Code of Ethics.

#### *UK & Ireland Events 2011/12*

Level II & III	September 2 - 5, 2011	Edinburgh, Scotland, UK
Level I	September 16-18, 2011	County Wicklow, Ireland
Level IV (Part A)	October 8 - 14, 2011	Derbyshire, England, UK
Level IV (Part B)	November 26 - December 2, 2011	Derbyshire, England, UK
Level I	January 18-19, 2012	Cambridge, England, UK
Level II & III	May 25 - 28, 2012	Cambridge, England, UK

For more Details, got to the website  
[Training Schedule](#)



## Training: US & International

### Training Highlights

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 the Foundation Office (603.286.8333)

\*\*\* (Event featuring Judith Kravitz)

#### Seminar

August 22—27, 2011  
Langley, BC, Canada  
Dave Krajovic  
734.416.5200

[inspire@GlobalBreathInstitute.com](mailto:inspire@GlobalBreathInstitute.com)

#### Seminar

August 27—September 1, 2011  
Munich area, Germany  
Dorothee Dillmann  
0049-810632827

[info@tag-coaching.de](mailto:info@tag-coaching.de)

#### Seminar

September 30—October 5, 2011  
Sierraville, CA, USA  
Inez Unitus  
415.574.9642

[yamaya333@gmail.com](mailto:yamaya333@gmail.com)

#### Seminar

September 30—October 5, 2011  
Istanbul, Turkey  
Sibel Kavunoglu  
0090 554 268 02 87

[sibel@nefestr.com](mailto:sibel@nefestr.com)

#### Level IV (Part B)

October 22—28, 2011  
Istanbul, Turkey  
Nilgul Tavsel  
+90 532 502 06 82

[tavseln@ttmail.com](mailto:tavseln@ttmail.com)

#### Seminar

October 31—November 5, 2011  
Antalya, Turkey  
Rengin Sezer  
0090 532 334 40 07

[renginsezer@hotmail.com](mailto:renginsezer@hotmail.com)

#### Seminar

November 6—11, 2011  
Kapelle op den Bosch, Belgium  
Sara Busselen  
+32 (0)485 208 975

[sara@themystic.us](mailto:sara@themystic.us)

#### Level IV (Part B)

November 8—14, 2011  
Ancona, Italy  
Indalecia Ziritt  
0039/338/4622263

[indalecia@tbitalia.org](mailto:indalecia@tbitalia.org)

#### Level IV (Part B)

November 18—24, 2011  
Kuwait  
Manal Al-Musallam  
+965-99082356

[manala75@yahoo.com](mailto:manala75@yahoo.com)

## What's Ahead?

### Special Workshop with Judith

*Part of Soul Wisdom Weekend Retreat August 26-28*

**August 27, 2011**

**9am—Noon**

**Norwalk CT, USA**

#### Weekend Featured Speakers:

Mellen-Thomas Benedict, "Journey Through the Light" book

Bernie Siegel, MD, "A Book of Miracles"

Kathy Williams, Yoga Therapist & Energy worker

Bret DuBack, Kundalini yoga teacher, "The Back and Spine" DVD

Suan Armstrong, flutist and sound alchemist with Kirtan

Carol Clark, Tai Chi & Qi Gong teacher

To Purchase individual Workshop tickets,

Day or Weekend passes:

[www.soul-wisdom.org](http://www.soul-wisdom.org)

Click for [Printable Flyer](#) ●

### Presence of Breath

*Three POB Weekends*

**September, 17 - 18, 2011**

Michigan, USA

**November, 5 - 6, 2011**

Cape Cod, Massachusetts

**January 20 - 22, 2012**

Sedona, AZ, USA

(w/ Judith)

### Annual Cabo Events

*Your Winter Vacation*

**Level V**

December 5 - 11, 2011

**Seminar**

February 5 - 10, 2012

### More in 2011/12

Check the [Training](#) and [Workshop](#) schedules.

More events scheduled in **Kenya, Switzerland, United Kingdom & Ireland** (see page 6), and **Florida**.

*Check back as more events will be added!*

### New E-Newsletter

**Facilitators** will be receiving a periodic Newsletter aimed at mutual support of TB Facilitators, to help expand community and global growth of Transformational Breathing.

**Dr. Judith Kravitz  
Synergistic Foundation (SF)**

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Judith is the Founder of The Synergistic Foundation and The Transformational Breath Foundation and continues to mold the crest of Conscious Breathing with her work around the world!

**Stephen Gooby  
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Steve is available around the Southeast United States offering Workshops and local Private sessions.

*Thanks to all of our contributors.*

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## Spotlight ... continued

was teaching there Monday, Wednesday, and Friday and I had many people who would come to almost every workshop. We became like family. I started there with the usual 3 - 4 people and a month later we were twenty-plus every session. We shared our experiences of the breath together and it bonded us in a special way. We became close to one another. We cared about each other, and hung out together outside of the breath. It was like we created our own little breath family. We were a very loving group and it was really nice to be a part of. I still stay in touch with many people from the workshops I did this past year. I made some life-long friends and look forward to traveling and teaching the breath again soon.

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### *Presence Process Audio Download*

The "Presence Process" by Michael Brown is now available as an **Audio Download**. The download, read by David Robert Ord, sells at \$24.95 and is delivered in both mp3 and m4b formats, playable by iTunes and other media players. This and other Presence Process products are available online at [Namaste Publishing](http://Namaste Publishing).

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## Congratulations

**C**ongratulations from all the Transformational Breath world to **J.D. Thomas and Ozden Kaftan** on their recent marriage. Best wishes for their life together.



*From J.D.:*

"The quick wedding was in Houston, Texas at the Courthouse at 10:30am on May 20th. We will have a Turkish wedding later in the year. We

have been married by commitment for quite some time and I thought I never wanted to get the paper. My experience and vision of love altered when I met Ozden. I proposed to her on November 7th at BLIND Restaurant at the Hotel "Adam and Eve" in Antalya, Turkey. This was on our days off between Seminars. We ate Dinner and spoke of love in the complete dark. You could Open your eyes and it was as though your eyes were Closed."

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