

Transformational Breath® E-News

Transformational Breath Foundation

PO Box 248, Tilton, NH USA 03276

VOLUME 8, NUMBER 1

JUNE 2014

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

New TBF

**FORGIVENESS
&
THE IDEAL LIFE**
...More

Audio CD

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Level V
Red Bank, NJ
July 13 - 19
(w/ Judith)

The Non-GMO Project

A good site to
monitor the GMO
issue and keep
involved.



Panic and Anxiety



Transformational Breath & Panic Attacks

A dialogue with Güzin Balçık, CTBF

Q. Dearest Judith,

I have started to work with an association that works with panic attack patients. The president, Dr. Muzaffer, sent me three patients of his with whom we work together and share feedback after sessions. In my experience, I've seen Transformational Breath work well with patients who have such attacks along with heart and lung symptoms. These were two of the patients. The third was a patient who has attacks as a general anxiety syndrome. Dr. Muzaffer's opinion is that it's because of high oxygen that they have these symptoms. He says that such patients choose treatments that lower the oxygen levels.

The feedback from this third person after the session is that he feels very well with the session, feels relaxed, feels as if he is flying and has smile inside him. Once he had a feeling he described as close to orgasm. Still, he doesn't want to continue, stops each session somewhere in the middle. There was an element of control present in the process.

What is your comment on this? Do you think we should continue with such patients and would you agree with Dr. Muzaffer's comment that the high oxygen on such types of patients would not be beneficial, or maybe even harm the whole treatment?

Dr. Muzaffer wants to bring alternative healing support to the panic attack cases and we work with him together in order to write a report at the end of these three patients, and as a panic attack association, to bring a legal approval to use Transformational Breath as legal healing process.

Big hug with Love,
Güzin

A. Dear Güzin,

Hi there. This is a great opportunity to get more information and documented results with Transformational Breath and people who experience anxiety and panic attacks.

My firm belief is that your beloved Doctor does not understand the process of energetic integration and is looking only at the biochemical aspects. If I understand cor-

(Continued on page 3)

Forgiveness

Forgiveness CD

Forgiveness & Creating The Ideal Life are the themes of the new CD by Judith Kravitz.

The **Forgiveness** track you will recognize if you have taken our Seminar...it is the same powerful exercise that we employ with our dyad... now you can have this to listen to over and over.



Creating the Ideal Life is a meditation you may recall if you have completed our training path.

And a bonus, is a Guided Session for the **TORUS BREATH™** that we brought to you some time ago. A small Torus Chart is included to visualize the flow... If you enjoyed our *Infinity/Triune* session, you will like this as well.

At 36 minutes, it retails for \$12.95 US, for the [CD Version](#), and \$10.95 for the [Download Version](#).

NOTE: The CD will be included in our wholesale package for volume discounts, as with other CD and DVD titles.

[Covers were designed by TBF Photographer, [Robert Langford](#), based in Atlanta, GA. We must acknowledge and thank him for all the great work he does for the Transformational Breath Foundation].

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Breath Immersion Conference

Breath Immersion: From Science to Samadhi

is the name of the annual gathering. Now in its second year, they will again have Judith Kravitz along with a host of esteemed speakers and presenters at world-famous **Omega Institute**.



Recall what a smash Judith made last year in her presentation as reported by Lauren Chelec Cafritz.

Judith's 2014 address is entitled "**The Science of Integration**" and is scheduled for Tuesday the 26th (prime-time).

Click for the event's [official flyer](#), or jump directly to the [Omega website](#) for information or to register. We do not recommend waiting to claim your space.

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Q&A

Reliving Trauma

Q. Is it your feeling or experience that with our breathwork modality there is no need for recapitulation in healing emotions related to relationships?

Light and Love, Tim

A. Dear Tim,

I firmly believe that past emotional patterns and trauma can integrate without memories or revisiting experiences. Maybe some feelings will emerge during integration. Sometimes not. But it's usually not necessary for the mind to re-live the traumatic experience. That's one of the beauties of this work; that the worldly mind can be removed from the healing process.

Love and big hugs, Judi

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Panic ... continued

rectly: the ones who the doctor thinks Transformational Breath is not good for, is that they stop the sessions in the middle? If this is so, they have interrupted the integration, and that will either take place in the session, or in their life. If in the session, they will probably have the feelings of panic or anxiety and then have the ability in the session to integrate (entrain) those feelings. If they stop in the middle, even if they are feeling good, then they risk the chance of not resolving or completing the process. I would only work with such people if they committed to complete the session and explain why to them.

In my practice, Transformational Breath has been beneficial for anxiety, including full-blown panic attacks, as well as post-traumatic stress disorder (PTSD). The increased oxygen brings more energy, integration and awareness, so this mostly is a good thing. If someone stops the breathing in the middle of a pattern then the energy and awareness can be focused on the areas of fear that were activated but not integrated.

I would suggest you request being able to continue to work with these folks with their commitment to complete the sessions. And see if that changes their states after the sessions.

Keep us posted.
Love and big hugs, Judi

[follow-up by Güzin]

I feel like the medicine that those clients take is affecting our work negatively. The muscles are much more relaxed during the session and it affects the usefulness of the body mapping.

However, same clients, same use of medicine... I didn't have the same reaction at the beginning. Might it be possible that the healing with Transformational Breath worked out and there is no need for medicine anymore? I want to request Dr. Muzaffer, the psychiatrist, to reduce the dosage and/or to stop the medicine. But before doing this I wanted to know from my master's high knowledge, if you agree with me regarding the effects, or would your experience tell you that there is no effect of medicine on our work?

The difficulty with clients on reducing or stopping the medicine is that they believe in medicine too much. I tried to

explain to them about healing, we have to do it, and try to work with meditation on their belief systems. But to be honest, I don't want the clients to feel bad and lose their belief in Transformational Breath, or me.

-Güzin

[reply from Judith]

Dearest Güzin,

I have worked with many folks on anti-depressant medications; it is a tricky situation and needs to be handled carefully. Many of the folks who have done a fair amount of Transformational Breath have integrated much of the emotions that they were dealing with prior to doing the breathing. So intuitively they feel they do not need the medications anymore. Which is probably true, but the tricky part is that those medications are difficult to get off and major crashes can occur if they get off too quickly. That is why it is important to work with the Doctor who prescribed the medication and have them gradually decrease the meds and monitor them. We always teach that medications keep these clients from experiencing their authentic selves and feelings, and Transformational Breath is a great way to move beyond.

[Commentary]

Judith is absolutely correct about the medicine. Most doctors are hesitant to stop the pills, so they need to do it gradually. Though we all know this, such a truth shows the inherent danger in such medications (such as the anti-depressants and benzodiazepines commonly prescribed for these disorders). Especially in the US, doctors are expected to give such prescriptions; drugs make money, they create side-effects which result in more drugs, and more money; this is the expected orthodox medical approach.

But what mainstream doctors seemingly fail to understand is that breathing is the most central element to life. There is no way (outside of acute episodes, where drugs and gentle care might properly be indicated) that a Transformational Breath protocol is unwarranted, or

(Continued on page 4)

Panic ..continued

where a doctor's patient needs to stay on the drugs if they get proper holistic support and close monitoring by an enlightened prescribing physician.

A bit of light concerning the types of patients likely to show up with panic or anxiety attacks. Güzin's first letter mentioned those who present anxiety/panic symptoms relating to the heart or lungs. Some in fact, develop anxiety disorders directly because of pre-existing heart problems, such as mitral valve prolapse. But the bottom line: the heart needs oxygen and nutrients like any part of the body. Why would a physician opt for "therapies" that reduce the amount of oxygen? Breathing is the most holistic healing modality there is. We have worked with many folks who have various types of heart disease more serious than mitral valve prolapse. Our work in conjunction with a conscientious and dedicated physician can do wonders to help heal and heighten quality of life.

Most anxiety clients we see are those who present generalized anxiety disorder without any other complicating physical factors - although adrenal fatigue is usually a basis. Those who abuse stimulants (anything from caffeine to meth), those who abuse alcohol, those who are under enormous stress from present circumstance or past trauma (many with PTSD), all have something in common: their breathing. Show me one client, or a doctor's patient, with a full, open breath pattern. You will likely find a more rapid cadence, and often a deeper than normal inhale, although it could be shallow and rapid.

To give you an idea, there is a complex of symptoms commonly called *Hyperventilation Syndrome*. These people live on the edge of an attack throughout their lives. Their breath patterns, in fact, show the typical quick ventilation rate. We see it in healthy individuals only when presented with a sudden healthy fear ('fight or flight'), but these people live with it, and when their stress is escalated, their ventilation increases further and a full-blown panic attack emerges, complete with shortness of breath, chest pain, dizziness, paresthesia etc. And all that on top of the usual state of decreased carbon dioxide levels, and oxygen levels which are usually inadequate; this metabolic state is NOT healthy long term, and leaves the blood pH too alkaline, and constricts blood flow, so less O₂ gets to cells.

So what then are the use of drugs? Will they bring more O₂? Can they change the mental/emotional patterns surround-

ing their long-term condition? No, this is why Judith wrote in the first reply about not having clients stop in the middle of the session. That interrupts or prevents full integration of the mental/emotional patterns behind the illness.

Transformational Breath® is the one thing, above all, that will address those emotional/mental aspects behind their anxiety/fear patterns. We have seen it with PTSD before. In fact, we have seen it work with the emotional patterns behind life-threatening allergies (anaphylactic shock), and we have seen it work well even with the complex mental and neurological patterns observed in schizophrenia where a doctor was able to wean a patient off meds completely while incorporating Transformational Breath into the protocol.

[Follow-up with Güzin May 2014]

Wonderful news from Turkey. And kudos to Dr. Muzaffer who continued to trust Güzin and our methodology. His concern over oxygen seemed to be that his patients were having high levels of CO₂ build in their blood and thus concluded that breathing as we do will only make it worse, at the expense of healing oxygen. That cannot be the case. These patients have low CO₂ and usually inhibit the delivery of oxygen to their cells, even with deeper breathing, because vasoconstriction results when the blood turns too alkaline. So you must normalize CO₂ if you want that increased O₂.

Güzin made the case that primarily because we do not emphasize or force the exhale (as we see in rapid anxious breathing), we can get more healing oxygen in session (and on a normal basis too, as the dysfunctional breath pattern evolves to something more functional and fundamentally healthy); but we can also regulate the carbon-dioxide levels in session (*normocapnia*). So, in technical terms, we breathers can be *hyperpneic*, in session, while remaining *normocapnic*.

To his credit, Dr. Muzaffer brought out all the equipment to measure the gasses involved in respiration [I'm guessing some expensive spirometry instruments were available]. It all checked out as we always taught. Thank you, doctor, for your open-mindedness. We've had many doctors do this work over the years, including a

(Continued on page 6)



Training: US & International

Training Highlights

Check the full [Training Schedule](#)

*** (Event featuring Judith Kravitz)

<p>Level IV (Part A) July 26 - August 1, 2014 London, UK Alan Purves 07598 937325 breathelondon@yahoo.co.uk</p>	<p>Presence of Breath™ August 8 - 10, 2014 Basel, Switzerland Dianne Mecklenburg +41 (0)79 679 12 82 djmecklenburg@gmail.com</p>	<p>Seminar August 22 - 27, 2014 Torup, Denmark Helle Thomson +64211049366 hellemorthomson@gmail.com</p>
<p>Level IV (Part A) August 27 - September 2, 2014 Ancona, Italy Indalecia Ziritt 0039/338/4622263 segreteria.tbitalia@gmail.com</p>	<p>Seminar September 6 - 10, 2014 Freising (Munich), Germany Dorothee Dillmann 0049 8106 32827 dillmanndorle@web.de</p>	<p>Seminar September 15 - 20, 2014 Kiental, Switzerland Catherine Rusconi +41794193768 catherine@breath.ch</p>
<p>Seminar October 6 - 11, 2014 Northern Ireland, UK Brian Williams 0044/7713652811 brianwilliamsni@yahoo.co.uk</p>	<p>Seminar October 20 - 25, 2014 Kapelle op den Bos, Belgium Sara Busselen +32(0)85208975 sarabusselen@gmail.com</p>	<p>Seminar October 23 - 28, 2014 Kuwait Manal Al-Musallam Phone: +965-99082356 manala75@yahoo.com</p>

More Events

International Events

Check our [Training Schedule](#)

Much more going on in the **Netherlands** (including a Level I & a Level II/III with Wilna).

Belgium (Level IVs and more), **Italy**, **Kenya**, **Germany**, and **Turkey** are very active in 2014 into 2015.

Also, the next European **Level V** is scheduled for November 11 - 17 in **Tuscany, Italy** with Eugenia and Indalecia.

New Trainings added all the time!



Trainings with Judith

Sirius Community - Shutesbury, MA USA

Level IV (Part A): August 4 - 10
 Level IV (Part B): September 14 - 20

West Coast USA

SEMINAR: August 18 - 23, Duvall, WA
 SEMINAR: October 12 - 17, Temecula, CA

South and Southwest

SEMINAR: November 7 - 12, San Antonio, TX
 SEMINAR: December 7 - 12, Delray Bch, FL

Keep an eye out for workshops with Judith during the year



Level V (w/ Judith)

July 13 - 19, 2014
New Jersey, USA

We have yet another Level V Training in the USA (again, on the water). And Red Bank, NJ is a fun town.

[Event Flyer](#)



TBF around the Globe

We have now reached **36 Countries**, spanning **6 continents**. We are truly a Global Breathwork success story. Check out the [MAPS](#).



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Judith is the Founder and Executive Director of The Transformational Breath Foundation. She continues to mold the crest of Conscious Breathwork with her efforts around the world!

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Steve is a Director of The Transformational Breath Foundation and is available in the Southeast United States for Transformational Breath.

Thanks to all of our contributors.

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[About TBF](#)

Panic ... continued



pulmonologist, and having another physician support what we do is gratifying.

Güzin reported again on the individual who was stopping mid-session. He is doing better and still keeping with sessions. The first

two individuals do occasional sessions and found great benefit to the Transformational Breath therapy.

[Editor's note: Thanks to Güzin for all the work. Güzin, and an associate, plan to open a Wellness Center in Turkey. And congratulations to Güzin as a recent Certified Transformational Breath Facilitator.]



TBF Supports GIC 2014

July 11 - 18

County Galway, Ireland

Theme: "Embracing Professionalism, Diversity & Community".

"My Heart to Your Heart ~ Mo Chroí do Do Chroí"

PTSD Notice

Stories Wanted

The Transformational Breath Foundation (TBF) is looking to launch a project to help those with **Post Traumatic Stress Disorder (PTSD)**. We need your help.

While PTSD has become newsworthy with returning soldiers affected in great numbers, and the politics surrounding the issue, PTSD can result from other more mundane and familiar traumas closer to home, such as natural disaster or abuse.

First, if you have a facility or program that currently treats PTSD, let us know so that we can work with you and help those suffering. We have had great success in the population we have worked with over the years and seek to leverage that to soldiers and others.

Second, if you have worked with Transformational Breath® as a PTSD client or a Facilitator, please send us your story. Testimonials may help us gather funding somewhere to get this program up and running, and we may offer it to readers of this newsletter.